

April 07

Volume 2, Issue 2

# Client Affairs News

Client Affairs/Peer Support Services – A Quarterly Publication from the SCDMH Office of Client Affairs

## Special Interest Articles:

- Developing Social Support pgs. 1 & 4
- The ADA protects you from discrimination in all employment practices pg. 5

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## Developing Social Support: How to cultivate a network of friends to help you through rough times

[MayoClinic.com Tools for healthier lives](#)

**A healthy and diverse social support network acts as a buffer against depression and illness. Here's how you can strengthen your support network.**

Family ties, friendships and involvement in social activities can offer a psychological buffer against stress, anxiety and depression. Social support can also help you cope better with health problems.

Cultivating social support can take some effort. Here's how to develop and maintain strong and healthy social ties.

### Understand the Importance of Social Support

Social support isn't the same as a support group. Social support is a network of family, friends, colleagues and other acquaintances you can turn to, whether in times of crisis or simply for fun and entertainment. Support groups, on the other hand, are generally more structured meetings or self-help groups, often run by mental health professionals.

Simply talking with a friend over a cup of coffee, visiting with a relative, or attending a church outing is good for your overall health.

If you have a mental illness, these connections can help you weather troubled times. Your friends and social contacts may encourage you to change unhealthy lifestyle habits, such as excessive drinking. Or they may urge you to visit your doctor when you feel depressed, which can prevent problems from escalating.

Social support can also increase your sense of belonging, purpose and self-worth, promoting positive mental health. It can help you get through a

divorce, a job loss, the death of a loved one or the addition of a child to your family.

And you don't necessarily have to actually lean on family and friends for support to reap the benefits of those connections. Just knowing that they're there for you can help you avoid unhealthy reactions to stressful situations.

### Develop a Social Support System

Some people benefit from large and diverse social support systems, while others prefer a smaller circle of friends and acquaintances. In either case, it helps to have plenty of friends to turn to. That way, someone is always available when you need them, without putting undue demands on any one person. You don't want to wear out your friends.

If you want to expand your social support network, here are some things you can do:

**Get out with your pet.** Seek out a dog park or make conversation with those who stop to talk.

**Work out.** Join a class through a local gym, senior center or community fitness facility. Or start a lunchtime walking group at work.

**Do lunch.** Invite an acquaintance to join you for breakfast, lunch or dinner.

**Volunteer.** Hospitals, places of worship, museums, community centers and other organizations often need volunteers. You can form strong connections when you work with people who share a mutual interest. (con't. pg. 4)

## Our Deepest Fear

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We

are all meant to shine, as children do. We were born to make manifest the glory that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson

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shine, we unconsciously give  
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## Protection & Advocacy for People with Disabilities

**Mission:** To protect the legal, civil, and human rights of people with disabilities in South Carolina by enabling individuals to advocate for themselves, speaking on their behalf when they have been discriminated against or denied a service to which they are entitled, and promoting policies and services which respect their choices.

**P&A's Vision:** Protection and Advocacy for People with Disabilities, Inc. (P&A) is a resource where individuals in South Carolina obtain quality information and referral about disability rights, enabling people with disabilities to be effective self-advocates.

Protection and Advocacy for People with Disabilities, Inc. | 3710 Landmark Drive, Suite 208 | Columbia, SC 29204 | 1.866.275.7273 | 803.782.0639 | 1.866.232.4525 (TTY) | 803.790.1946 (FAX)

<http://www.protectionandadvocacy-sc.org/>

PROTECTION AND  
ADVOCACY FOR  
PEOPLE WITH  
DISABILITIES, INC.

## National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. If you need help, please dial 1-800-273-TALK (8255). You will be routed to the closest possible crisis center in your area. With over 120 crisis centers across the country, our mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself, or someone you care about. Your call is free and confidential.

Why should I call the Lifeline?

From immediate suicidal crisis to information about mental health, crisis centers in our network are equipped to take a wide range of calls.

Some of the reasons to call 1-800-273-TALK are listed below.

- Call to speak with someone who cares
- Call if you feel you might be in danger of hurting yourself
- Call to find referrals to mental health services in your area
- Call to speak to a crisis worker about someone you're concerned about



## National Mental Health Consumers' Self-Help Clearinghouse

Joseph A. Rogers founded the Clearinghouse in 1986. It was the first national technical assistance center of its kind. Its mission is to make recovery possible for all people who have psychiatric disabilities by working to improve services and supports, and to remove social barriers on the local, state, and national levels.

On this site you can find access

- News and Alerts
- Training Curricula
- Resources

- Publications
- Technical Assistance
- CDS Directory

Go directly to their site at:

<http://www.mhselfhelp.org/news/index.php>

Or contact them by mail, phone, fax or e-mail at:

1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107 Phone:  
(800) 553-4539 or (215) 751-1810  
Fax: (215) 636-6312 E-mail:  
[info@mhselfhelp.org](mailto:info@mhselfhelp.org)



## LINKS.....

**MIRCI** - Mental Illness Recovery Center, Inc. is a 501(c)(3) nonprofit organization, established in 1960, whose mission is to provide community-based services to individuals recovering from mental illness and/or severe emotional problems in the Midlands area of South Carolina. MIRCI offers a variety of counseling, housing and financial management programs to help individuals become better adjusted and live independently in the community.  
<http://www.mirci.org/>

**SC SHARE** is the only statewide mental health consumer run non-profit organization of its kind in South Carolina. The organization is open to

anyone who has a mental illness. SC SHARE began in 1985 with a small group of people who had the hope that they could make a difference in the lives of people who lived with mental illness. These innovators formed the organization we call SC SHARE and began self help support groups across the state. Over 60 groups have come and gone in our history. As needs and trends changed, some self-help support group members wanted more direction and guidance for living a life of recovery. In an effort to adapt to the needs of its members, SC SHARE developed a manual called Recovery for Life: Helping Others Help Themselves.  
<http://www.scsshare.com/>

**MHASC** provides a statewide presence with governmental agencies, develops policies which guide activities across the state, lobbies for legislation which will improve and expand mental health care in South Carolina, establishes local affiliates in counties not currently representing our family, and offers assistance to local affiliates already in existence. The state association also sponsors statewide educational conferences and initiates or responds to public information on mental health topics.  
<http://www.mha-sc.org/>

The mission of **NAMI** South Carolina is to improve the quality of life and treatment for people who suffer from mental illness and their families, through education, support, and advocacy.  
<http://www.namisc.org/>



## Developing Social Support continued from pg.1

**Volunteer.** Hospitals, places of worship, museums, community centers and other organizations often need volunteers. You can form strong connections when you work with people who share a mutual interest.

**Join a cause.** Get together with a group of people working toward a goal you believe in, such as an election or the cleanup of a natural area.

**Join a hobby group.** Find a nearby group with similar interests in such things as auto racing, music, gardening, books or crafts.

**Go back to school.** Take a college or community education course to meet people with similar interests.

Having a variety of interests can create new opportunities to meet people. And it may also help make you more interesting to others. Maintaining a mutually healthy social support system  
Developing and maintaining healthy social ties involves give and take. Sometimes you're the one giving support and other times you're on the receiving end. Recognize who is able to provide you with the most support. Letting family and friends know you love and appreciate them will help ensure that their support remains strong when times are rough.

Your social support system will help you if you take time to nurture friendships and family relationships.

Here are some things to keep in mind:

**Go easy.** Don't overwhelm friends and family with phone calls or e-mails. Communication can be brief — 5 minutes on the phone or several sentences in an e-mail. Find out how late or early you can call and respect those boundaries. Do have a plan for crisis situations, when you may need to temporarily set aside such restrictions.

**Be aware of how others perceive you.** Ask a friend for an

honest evaluation of how you come across to others. Take note of any areas for improvement and work on them.

**Don't compete with others.** This will turn potential rivals into potential friends.

**Adopt a healthy, realistic self-image.** Both vanity and rampant self-criticism can be unattractive to potential friends.

**Resolve to improve yourself.** Cultivating your own honesty, generosity and humility will enhance your self-esteem and make you a more compassionate and appealing friend.

**Avoid relentless complaining.** Nonstop complaining is tiresome and can be draining on support systems. Talk to your family and friends about how you can change those parts of your life that you're unhappy about.

**Adopt a positive outlook.** Try to find the humor in things.

**Listen up.** Make a point to remember what's going on in the lives of others. Then relate any interests or experiences you have in common. Sharing details about yourself and your life can also help establish rapport.

**Be wary of social support that can drain you** Some of the people you routinely interact with may be more demanding or harmful than supportive. Give yourself the flexibility to limit your interaction with those people to protect your own psychological well-being.

For instance, if your social ties consist of people engaged in unhealthy behaviors that you're trying to overcome — such as substance abuse — you may need to sever those connections to help protect yourself and promote your own recovery.

As you seek to expand your social network, be aware of support systems that are unhealthy, oppressive or rigid, or that demand conformity. These can be just as damaging as having no connections at all.

In addition, if people in your social support system are continually stressed or ill, you may suffer along with them. If your friends place heavy demands on your time and resources, or if you're unable to meet their needs, you may find yourself more anxious and depressed.

You also may pay a psychological toll if you feel obligated to the people in your support network — as if you must continually repay them for their efforts — or if you feel you must conform to their beliefs or ideas.

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### Social support pays dividends

Social support provides a sense of belonging, security and a welcoming forum in which to share your concerns and needs. And you may get just as much out of friendships and social networks where you're the source of comfort and companionship, too.

Relationships change as you age, but it's never too late to build friendships or choose to become involved. The investment in social support will pay off in better health and a brighter outlook for years to come.



## Americans with Disabilities Act: A Guide for People with Disabilities Seeking Employment

There are more opportunities now than ever before for people who are receiving SSDI and SSI benefits to learn job skills and find permanent employment. One fundamental principle of the ADA is that individuals with disabilities who want to work and are qualified to work must have an equal opportunity to work.

To be protected by the ADA, you must be a qualified individual with a disability as defined by the ADA. Under the ADA, you have a disability if you have a physical or mental impairment that substantially limits a major life activity such as hearing, seeing, speaking, thinking, walking, breathing, or performing manual

tasks. You also must be able to do the job you want or were hired to do, with or without reasonable accommodation. The ADA protects you from discrimination in all employment practices, including: job application procedures, hiring, firing, training, pay, promotion, benefits, and leave. You also have a right to be free from harassment because of your disability, and an employer may not fire or discipline you for asserting your rights under the ADA. Most importantly, you have a right to request a reasonable accommodation for the hiring process and on the job.

For more information about the ADA, contact the Equal Employment Opportunity Commission (EEOC) and the Department of Justice (DOJ) at: **EEOC** 1-800-669-4000 (voice)  
1-800-669-6820 (TTY)  
<http://www.usdoj.gov/cgi-bin/outside.cgi?http://www.eeoc.gov>

## LIGHTING THE WAY: MENTAL HEALTH IN SOUTH CAROLINA

MIRCI has joined with the Department, the USC School of Medicine, and other interested organizations and individuals to honor the SC State Hospital grounds ("Bull Street") before that property is sold and developed. People who, for over five generations, have cared and been cared for within those walls will be remembered and celebrated.

Launched in late November, **LIGHTING THE WAY**, began with the lighting of trees at the entrance to the Bull Street property. A public symposium May 4-5, 2007, will honor the architects and "workers in the vineyard" who make the history of mental health in South Carolina so intriguing. The State Hospital, one of the first such facilities in the nation, and the William S. Hall Psychiatric Institute, the first residency training site of

USC School of Medicine, will be among the treatment, education, and research programs highlighted.

Featuring a nationally prominent speaker, local mental health leaders, and those whose lives have been touched by mental illness, the symposium will be of interest to historians, physicians, mental health providers, educators, and clients, as well as the general public. Tours of the grounds conducted by knowledgeable guides will weave a powerful, visual path through this state's approach to treatment of those with mental illness.

An evening reception and silent auction will provide an opportunity to renew old acquaintances, make new contacts, and support local efforts to meet the critical need for comprehensive community mental health care and housing for the homeless.

To become a part of this event to

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*MIRCI is the lead agency in "Lighting the Way: Mental Health in South Carolina." This project, will honor the 185-year history of the South Carolina State Hospital ("Bull Street") property before it is sold for development.*

honor the past, celebrate the present and anticipate the future of mental health in South Carolina, or for more information, contact Liz Norris at (803) 776-3442 or [lnorris@mirci.org](mailto:lnorris@mirci.org).

*If you wish to make a contribution to **LIGHTING THE WAY: MENTAL HEALTH IN SOUTH CAROLINA** (checks payable to MIRCI) it is fully tax deductible. A reception for sponsors and program participants will be held on the evening prior to the symposium activities.*



## SC SHARE's 21<sup>st</sup> Annual Meeting & Recovery Training "Each One, Reach One, Teach One"



SC SHARE will hold its annual meeting on Wednesday, May 2, 2007 from 9:00am to 4:00pm at the New Brookland Baptist Church in Columbia.

### Join them to learn more about:

- How one consumer can recover and make a difference.
- How you can be that consumer in South Carolina.
- How you can help SC SHARE create a statewide presence.

The featured speaker this year is Moe Armstrong. Moe works for Vinfen, Corporation of Cambridge, Massachusetts as a provider of mental health services. He established the Peer Educators Project. The Peer Educators Project believes that people with mental illnesses and our families are an educational resource to learn about how to live with mental illness. Moe has had a mental illness for over thirty five years. He struggles with his own mental illness every day. In 1984, Moe went back to college and earned two masters degrees. His dream was to work in the mental health system and create the opportunities that he received from mental health care for other people with mental illness. He has worked over twelve years in mental health. He was one of the first people with schizophrenia to work as mental health professional.

There is a \$15.00 registration fee that includes lunch, handouts and much more! Topics are presented for people dealing with mental health issues. Space is limited to the first 150 people who have participated in either a Recovery for Life or WRAP group/training and send in a complete registration form with payment/purchase order # by April 23 by 4:00pm.

For more information contact SCSHARE  
739-5712 or 1-800-832-8032 or

[Naomi@SCSHARE.com](mailto:Naomi@SCSHARE.com)

(Please note that SCSAHRE will not provide transportation or reimburse for mileage)

## Spot Light on Wayne Moseley, CPSS in Aiken by Cynthia Smith

Peer Support in Aiken offers a dual diagnosis group called Double Trouble. Wayne Moseley who has been working at ABMHC for more than a year coordinates a weekly group to offer encouragement and assistance to clients of Mental Health who are battling addiction with both Alcohol and Drugs. Wayne has proven to be a great asset to the Peer Support team in Aiken and has had great success with his Double Trouble Group. Wayne also attends staffing at North Augusta and works one on one as well as in the community with clients from both areas.

Working in the community offers many challenges that Wayne has met head on and triumphed over. By meeting clients in their homes Wayne has been able to encourage them to lesson isolation and attend other PSS activities such as drop-in-center, computer classes and Double trouble.

Being a self identified client Wayne is always willing to share his battle with his addiction and offer hope and support to those he provides services for. Wayne is currently working on being able to offer his Double Trouble Group at the Hartzog center in North Augusta.

Wayne is always willing to go the extra mile when working with clients as well as being a supportive and dependable co-worker. Wayne shows compassion and caring with each and every client he encounters and has had a direct effect on many individuals.

I have had the pleasure of working with Wayne from day one and have watched him grow and thrive in both the services he offers and his own personal recovery. I feel very privileged to have Wayne on our team and see only great things in the future because of him.

Hats off to Wayne Moseley and all he does to encourage others to move forward in their recovery.



## Spot Light on Berkeley Mental Health Center

By Janie Simpson and Donna Lynch

Donna Lynch, the CAC for Berkeley County, is graciously sharing her ideas for how she plans to make mental health month in May a special event for her community. Donna encourages everyone to borrow her ideas and to implement them in their own community.

She plans to put recovery stories in the Berkeley Independent and the Post and Courier – as well as in church bulletins. She is putting refreshments and banners in her lobby and is also participating in the NAMI Walk. There will be Mental Health ribbons for everyone and coloring pages and games for children. She will also be having weekly topics for clients and their family members. Such topics will be “how to talk to your doctor,” “family inclusion,” “treatment team,” “substance abuse,” and “why recovery oriented treatment is so important.”

During the month of May, we encourage you to be creative and think of ways to make your Mental Health month as special as possible!!

## Tips to spread the word about Peer Support Services

By Cynthia Smith

Aiken Peer Support would like to share an idea on helping to provide information to clients about Peer Support Services. We have arranged to set up informational booths at our Aiken, Barnwell and North Augusta centers. In April, the Peer Support Team along with those clients who have excelled in their recovery while working with Peer Support, will be setting up in the lobbies of each of our centers to reach out to clients arriving for appointments with various members of the treatment team.

The packages will include “What is a Peer Support Specialist” “The role for a self identifying client in treatment,” as well as calendars laying out events and services for the month. Flyers for specialized groups such as LAVA (n Ladies Against Violence and Abuse) and DTR.( Double Trouble) Clients will be assisting by sharing with the perspective client how working with PSS has influenced their recovery and helped them reach their personal and treatment goals.

PSS in Aiken receive referrals from staff on the treatment team, (as is the process) but we wanted an informational event to encourage clients to advocate for PSS services on their own. The client perspective is essential in guiding what direction one’s treatment should go in. By providing information on a service they may not be familiar with we offer new options they can access to enhance recovery and have a say in their treatment.

## Art of Recovery Gallery Opening Round X

You are invited to attend Columbia Museum of Art 1515 Main Street, Columbia, SC, Thursday, May 3, 2007 - 10:30 AM exhibiting work by talented people who live with mental illness and use art as a means of healing and recovery. Art of Recovery is sponsored by the South Carolina Department of Mental Health and is the recipient of the 2006 Elizabeth O’Neill Verner

Governor’s Awards for the Fine Arts. The event is:

- Open to the public
- Free to SCDMH guests
- Limited metered parking available
- Garage Parking available at Washington, Lady, Sumter, and Taylor Street Garages

For additional information contact: Sue Perry DMH Office of Public and Legislative Affairs (803) 898-8582

## CAC/CPSS Bi-Monthly Meetings

The CAC's and CPSS's meet every other month from 1 to 3 pm. All employees who do not live in the Columbia area (Cola. and Lexington) may tune into the meeting via the SCDMH video conferencing system at their main center location.

**CAC:** April 19, June 21, August 16, October 18, December 20

**CPSS:** May 17, July 19, Sept. 20, Nov. 15 (1<sup>st</sup> hour meeting. 2<sup>nd</sup> training)

## CPSS Continuing Education

For Information CPSS continuing education please contact Janie Simpson, 803-898-7490 [jbs77@scdmh.org](mailto:jbs77@scdmh.org)

## Other Events

May 2, 2007 SCSHARE Annual Meeting

May 3, Art of Recovery Round X  
Columbia Museum of Art (see SCDMH web for more info)

May 4-5, 2007 MIRCI Lighting the Way

May 14-15 Children & Adolescent Conference (see SCDMH web for more info)

May 19 "Mind Your Health"  
Community Walk-A-Thon & Gospel Extravaganza – Holly Hill Clinic, Orangeburg MHC

## SC SHARE Workshop Schedule 2007

January 16-17 WRAP

February 20-21 Recovery for Life, I

March 20-21 Recovery for Life, II

April 17-18 WRAP

May 15-16 Recovery for Life, I

June 19-20 Recovery for Life, II

July 17-18 WRAP

August 21-22 Recovery for Life, I

September 18-19 Recovery for Life, II

October 16-17 WRAP

November 13-14 Recovery for Life, I

December 11-12 Recovery for Life, II

For more information contact

**SCSHARE 803-739-5712 or 1-800-832-8032**

## FY08 Peer Support Certification Training Schedule

### Week 1

1. July 30 – August 2
2. Oct. 29 – Nov. 1
3. Feb. 25-28
4. May training **TBA**

### Week 2

- August 6-8  
Nov. 5-7  
March 3-5

### Testing

- August 20  
Nov. 19  
March 19

CAPSS is a quarterly publication of the SCDMH Office of Client Affairs. Please email or send ideas, information, articles, and announcements to Katherine Roberts, [kmr50@scdmh.org](mailto:kmr50@scdmh.org) or Janie Simpson [jbs77@scdmh.org](mailto:jbs77@scdmh.org) at SCDMH Medical Director's Office Suite 314, 2414 Bull Street Columbia, SC 29202, fax