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## Disaster Preparedness by Katherine Roberts

Hurricane Season is here! Now is the time to begin thinking about disaster planning if you haven't already done so.

Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services were cut off? Where will you, your family, your friends or personal care attendants meet if emergency or disaster strikes?

Disaster planning can be overwhelming for anyone. Stress caused by having to think about what one might do in an emergency much less actually having to cope with a disaster is a common experience. For people diagnosed with mental illnesses this additional stress can be very traumatic.

They need to plan for how they would cope if they had to go to an evacuation shelter. They also need to plan for how they cope if a disaster disrupts their routine but they remain at home.

Persons with special needs need to take extra care in preparing for an emergency. Making sure to have adequate medication, medical supplies and equipment and know what special resources may be required to make it safely through a disaster.

A Guide to Disaster Planning has been developed to help clients and staff alike prepare for natural disasters and unexpected emergencies. The guide contains to information to

help prepare for an emergency:

- ★ PERSONAL EMERGENCY INFORMATION - 2 copies
- ★ EVACUATION KITS
- ★ EVACUATION GUIDE
- ★ SHELTER INFORMATION
- ★ EMERGENCY INFORMATION WHEN SHLETERING AT HOME
- ★ INFORMATION SPECIFIC TO PERSONS WITH MENTAL ILLNESSES
- ★ INFORMATION FOR PERSONS WITH OTHER DISABILITES
- ★ AND/OR SPECIAL NEEDS
- ★ CARING FOR YOUR PETS
- ★ COUNTY OFFICES OF EMERGENCY MANAGEMENT
- ★ WEB RESOURCES

We are in the best position to plan for our own safety. We know what our functional abilities are and the possible needs we may have during and after an emergency or disaster situation.

We can cope more successfully with disaster by preparing in advance. Knowing what to do is our best protection and our responsibility.

For more information go to the [SCDMH Homepage](#) – [Client Resources](#), and then choose the [Guide for Disaster Planning for Clients and Staff](#).



## Spotlight: John N. Martin, CPSS Santee/Water MHC

On June 20, 2007 I had the opportunity to speak to a group of about fifty men who are clients in the NGRI Program at the Crafts-Farrow State Hospital campus. These men are inpatient clients and live at the Columbia Care Center. The event was a men's conference which was held at the Recovery Mall located at Building 16 on the Crafts-Farrow State Hospital campus. The event featured four speakers who are also clients in recovery from mental illness, followed by a question and answer format which was led by two of the NGRI Program's leading psychiatrists. The doctors were present to answer any questions the clients had about medications, side effects, and mental illnesses in general. They also answered questions about the process of transition through the court system that clients must make in order to be discharged from the hospital.

I was able to share my own personal experience with the men of going through the court process to make the transition from being inpatient to living in a residential care facility and progressing through the system to moving to a HomeShare, and eventually to my own apartment. I shared with the men how I actively participated in my treatment over the years and set goals for myself that I accomplished by working hard and keeping a positive attitude. I also shared how dissatisfaction motivated me to make changes in my life and how developing

support helped me to focus on staying well. I also shared my personal experience of how psychiatric medications have helped reduce my symptoms and that developing recovery skills has helped me learn to manage and live with my illness. I emphasized the benefits of spirituality in recovery and how 12 step programs have helped me stay focused on abstaining from substance use. The other speakers also touched on these points. I also spoke about my work as a certified peer support specialist and how wonderful it is to be able to help others with mental illness.

My aim was to give these men hope that they, too, will get out of the hospital and go on to lead productive lives in their communities, empowering others who live with mental illnesses and helping others to recover from addictions and mental illness.



## Spotlight: Janelle Ramsey, CPSS AOP

Congratulations to the Peer Support Program at AOP. In the 2007 CARF report an honorable mention was given to Janelle Ramsey, CPSS and her work as a Peer Support Specialist for the center.

Janelle has had an abstract accepted at the 2007 National Association of Case Management conference entitled "*How Peer Support Counseling can be effectively integrated into the Plan of Care.*" The focus of the workshop is to provide an overview of the unique functions of South Carolina Peer Support Services and how it complements the recovery process. The objectives for the presentation are for participants to:

- have the opportunity to review the Training Model for Peer Support in South Carolina
- learn how to engage clients in recovery goals and practice recovery skills
- learn how to incorporate recovery activity into the Plan of Care

Janelle has an MS in Library Science from University of North Carolina, Chapel Hill. In the past she has taught elementary school, and worked in the public library system. Janelle's recovery and her story serve as the motivation for her commitment to the recovery process.



## How to Navigate Google...By Janie Simpson

We all have times when we are trying to get more information on a subject. Google is your friend. Simply go to your browser (the place you put in web addresses), and type in [google.com](http://google.com). Walla! You have just opened a portal to a sea of information!!

You will see the "search" space. Try typing in something to do with recovery. You will find millions of entries. That may be too many, so try narrowing your search. What about recovery? How about recovery from mental illness? Maybe you are looking for coping skills or treatment options. Maybe you want to throw

"peer support" into the mix. Google is a wonderful tool. Just type in all the thoughts you may have...*recovery skills treatment options peer support mental health*. It does not matter what order you type in the words. You do not need periods, commas, or the word "and." You may wonder if you should use quotation marks. That depends. If you are looking for a specific person or specific term like "Abraham Lincoln," or "antipsychotic drugs" then I would suggest using them. Otherwise, leave them out. What if you are not sure how to spell a word? Spell the word as best as you can. Google will prompt you with suggestions as to what it thought you were trying to spell. Also,

it does not matter if you capitalize your words. (That only matters when you are typing in a password.) So, just try it. You cannot break your computer by clicking on different buttons on your tool bar or by trying different searches. The only way to truly learn is by experimenting. Just remember, if your search returns no listings, then you have gotten too specific. Try taking off some of your search criteria. Play with it. You will be amazed at what new information awaits you.

## LINKS.....

**CHARG Resource Center;** The Center provides mental health treatment, advocacy, self-help and support, and recreational opportunities; offers information about mental illness to the public. <http://www.charg.org/>

### **Consumer Organization and Networking Technical Assistance Center;**

Consumer Organization and Networking Technical Assistance Center is sponsored by the West Virginia Mental Health Consumers Association. Serves as a resource for consumer/survivors/ex-patients and consumer-run organizations across the United States, promoting self-help, recovery, and empowerment. <http://www.contac.org>

**Getting There: Helping People With Mental Illnesses Access Transportation;** The full integration of people with

disabilities into our Nation's communities is a primary goal of the President's New Freedom Initiative. Most communities nationwide are still struggling to develop the necessary services and supports. One of the greatest challenges is providing the transportation necessary for people with disabilities to participate in society. <http://mentalhealth.samhsa.gov/publications/allpubs/sma04-3948/default.asp>

**NEEDID Support Network, Inc.;** Is a peer support network run by and for people with dissociative identity disorder and other trauma related dissociative disorders. The site includes mailing list, message forum, links, and reading room. <http://www.needid.bizland.com/>

**The Medicine Program;** The Medicine Program was established by volunteers seeking to help those individuals who could not afford the

cost of their prescriptions <http://www.themedicineprogram.com/>

**The Project Hope Foundation;** The Project Hope Foundation is dedicated to reducing depression and suicide (especially youth suicide). It has books, videos and instructions on self-education and how to run Life Skills Open Forums. <http://www.project-hope.co.nz>





# ALTERNATIVES 2007

Spanning the Recovery Movement:  
Consumer Control & Choice

St. Louis, Missouri | October 10-14, 2007

The 21st annual Alternatives conference, the only national mental health conference organized by and for people diagnosed with mental illnesses - also known as mental health consumers/survivors - will be held October 10-14, 2007, at the Hilton St. Louis at the Ballpark.

"The Substance Abuse and Mental Health Services Administration (SAMHSA) is proud to support the Alternatives conference, which promotes hope and recovery among people with mental illnesses," said SAMHSA administrator Terry Cline, Ph.D., who, along with another prominent federal official - A. Kathryn Power, M.Ed., director of SAMHSA's Center for Mental Health Services - will be a featured speaker. A third plenary speaker will be Pat Deegan, Ph.D., a consumer/survivor activist and internationally known recovery expert. Four additional plenary sessions will cover trauma, sexual/gender minority issues, suicide, and the arts.

The Alternatives 2007 theme - "Spanning the Recovery Movement: Consumer Control and Choice" - was suggested by the Gateway Arch. "The Arch symbolizes the leap of faith that Americans made as they pushed westward," said Joseph Rogers, executive director of the National Mental Health Consumers' Self-Help Clearinghouse, which is organizing the conference. "As people with psychiatric histories, we share the hope that, by making our own choices and controlling our own destinies, we too can improve our lives."

Each Alternatives conference offers in-depth technical assistance on peer-delivered services and self-help/recovery methods. Topics include starting peer-run programs, developing personal resources, and the latest social services research. Beyond the exchange of knowledge and networking, Alternatives offers a rich social, artistic, and

healing environment. Said one attendee, "The conference transformed me so I can transform the system."

The Alternatives 2007 registration brochure is posted at <http://www.alternatives2007.org> and has been distributed by mail.

TravelSmart, the nation's oldest travel newsletter, named St. Louis one of its "10 Safest, Culturally Most Fascinating Cities in the U.S." The Hilton St. Louis at the Ballpark is at One South Broadway at Market Street, near the new Busch Stadium, the Gateway Arch, Edward Jones Dome (home of the St. Louis Rams), America's Center, and the Riverfront.

The Clearinghouse is a consumer-run national technical assistance center funded by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, which is helping sponsor the conference.

Contact: Nathan Hulfish, Project and Events Coordinator, Clearinghouse, 800-553-4539, ext. 317; [alternatives2007@mhasp.org](mailto:alternatives2007@mhasp.org)



# CDC: The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health

MHS Consumer Affairs E-News July 2, 2007 Vol. 07-106

"The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health" comes at a critical time when scientific interest in cognitive health is beginning to meet the burgeoning demand of the public in maintaining cognitive function. It sets in motion a course of action for establishing partnerships, making cognitive health a prominent public health issue, and preparing society for concerted efforts to maintaining the cognitive health of older Americans.

A National Public Health Road Map to Maintaining Cognitive Health lays out a shared vision for a "work in progress," one that builds on the foundation of the work done to date, establishes a framework within which to view the findings of that work, links related and complementary activities, and shapes the work of the future. It represents both a call to action and a guide for implementing a coordinated approach to moving cognitive health into the national public health arena.

The Road Map was written to bring together multiple partners, agencies and organizations. We anticipate many partners and agencies, including CDC, will develop their own collaborative plans to move the actions listed within the Road Map forward over the next 3-5 years.

For information on Healthy Brain Initiative go to A National Public Health Road Map to Maintaining Cognitive Health Full Road Map (PDF-2.6Mb) <http://www.cdc.gov/aging/pdf/TheHealthyBrainInitiative.pdf>



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***From the mother fighting to reclaim her son, to the social worker looking for clients lost to the streets, to the policeman who knows when someone needs medical help, not prison time – these are the souls who make a difference. By making one life better. One family richer. One burden lighter.***

The fight against mental illness is waged in countless ways by countless heroes. Heroes in the Fight is a recognition partnership program established and sponsored by Eli Lilly and Company to celebrate dignity, courage, hope, and recovery in the ongoing treatment of persons with severe and persistent mental illness (SPMI) by recognizing "heroes" who provide care and support for these individuals and their families. The program recognizes and celebrates the heroic work of many people who fight for better mental health and better lives on a daily basis in their community. Persons who best exemplify ongoing care and dedication in this field are nominated by their peers within the local mental health community.

Too often the work of individuals in the mental health field is unseen or even stigmatized by the general public. Although mental illnesses cannot be cured, victories occur whenever individuals with mental illness fight for better outcomes and better lives, and work with caregivers to achieve their goals. It takes ongoing dedication from many professionals to help individuals with mental illness achieve successful results. Those being recognized as "heroes in the fight" exemplify the best in our community, as well as the kind of care and support that is provided by so many professionals in our community every day. This program is being implemented in South Carolina through a partnership with mental Health America, SC and with the involvement of their partner organizations Six local individuals and one team will be recognized.

Each nominee is recognized with a congratulatory letter and small recognition item. In honor of each winner, Lilly will make a \$500 donation to a local non-profit organization supporting mental health. Local "heroes" will be recognized in the following categories:

- ★ Individual Psychiatrist
- ★ Individual Allied Health Care Professionals (multiple awards)
- ★ Individual Community Supporters (non healthcare professionals - multiple awards)
- ★ Individual Media Professionals (journalists, reporter, etc.)
- ★ Treatment team (broad category from small group to entire facility)

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## I Hope You Dance... Contributed by Gus Gray, CPSS Beckman MHC

This letter was written by an 83-year-old woman to her friend.

Dear Bertha,

I'm reading more and dusting less. I'm sitting in the yard and admiring the view without fussing about the weeds in the garden. I'm spending more time with my family and friends and less time working.

Whenever possible, life should be a pattern of experiences to savor, not to endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries. I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store and tellers at the bank.

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now.

I'm not sure what others would've done had they known they wouldn't be here for the tomorrow that we all take for granted. I think they would have called family members and a few close friends. They might have called a few former friends to apologize and mend fences for past squabbles. I like to think they would have gone out for a Chinese dinner or for whatever their favorite food was.

I'm guessing; I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited.

Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell my husband and parents often enough how much I truly love them. I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, tell myself that it is special.

Every day, every minute, every breath truly is a gift from God.

If you received this, it is because someone cares for you. If you're too busy to take the few minutes that it takes right now to forward this, would it be the first time you didn't do the little thing that would make a difference in your relationships? I can tell you it certainly won't be the last.

Take a few minutes to send this to a few people you care about, just to let them know that you're thinking of them

People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there."

Life may not be the party we hoped for, but while we are here we might as well dance.



### Hero's in the Fight (con't.)

#### To submit a nomination:

- Clearly print or type the information requested on the form
- Attach an essay of 500 words or less that describes the ongoing heroic efforts of the nominee within the community to help persons with severe and persistent mental illness, as well as their families and caregivers, fight for the best possible mental health and quality of life
- The essay should include the nominee's name at the top of each page
- If you are nominating someone other than yourself, please include your name below the nominee's on each page
- Please use a typewriter or computer to describe the heroic work of the nominee
- Supporting articles, videotapes, and photographs are accepted, but will not be returned
- Nominations received after the deadline of September 2007 will not be accepted.

To obtain a nomination form go to [http://heroesinthefight.org/pdf/hitf\\_nomination\\_form\\_2007.pdf](http://heroesinthefight.org/pdf/hitf_nomination_form_2007.pdf) or call Heroes in the Fight, c/o Terri Abbitt, VMS Medical/ 8450 Westfield Blvd., Suite 110, Indianapolis, IN 46240  
Phone: 317.805.6645 x 263, Fax: 317.805.6655 or [terri.abbitt@vmsmedical.com](mailto:terri.abbitt@vmsmedical.com)

**Hero's Dinner will be Held, Thursday September 20, 2007 Radisson Hotel, Columbia**

## DMH Center and Facility Websites

Ever wonder about other mental health centers? Of the departments 17 community mental health centers, 7 have their own websites:

Anderson/Oconee/ Pickens (AOP) <http://www.aopmentalhealth.org/>

Berkeley <http://www.bcmhc.org/>

Charleston/Dorchester <http://www.cdcmhc.org/>

Coastal Empire (Allendale, Beaufort, Colleton, Hampton and Jasper counties)

<http://www.state.sc.us/dmh/cmhc.htm#coast>

Greenville, Piedmont (South Greenville County) <http://www.state.sc.us/dmh/cmhc.htm#grn>

Waccamaw (Georgetown, Horry, Williamsburg Counties) <http://www.state.sc.us/dmh/cmhc.htm#wac>

In addition 6 of the 9 inpatient programs also have their own sites. Check them out!

Bryan Psychiatric Hospital <http://www.state.sc.us/dmh/bryan/>

Patrick B. Harris Psychiatric Hospital <http://www.patrickbharrispsychiatrichospital.com/>

Campbell Veterans Nursing Home <http://www.state.sc.us/dmh/campbell/>

Morris Village Alcohol and Drug Addiction [http://www.state.sc.us/dmh/morris\\_village/](http://www.state.sc.us/dmh/morris_village/)

Tucker Nursing Center [http://www.state.sc.us/dmh/cmtucker\\_dowdy/](http://www.state.sc.us/dmh/cmtucker_dowdy/)

Veterans Victory House <http://www.state.sc.us/dmh/victoryhouse/>

It easy to access all the sites by going to the DMH homepage and clicking on centers and hospital or directly at [http://www.state.sc.us/dmh/center\\_inpatient.htm](http://www.state.sc.us/dmh/center_inpatient.htm)

## The Wellness Academy: *Hope, Healing, and Recovery* Charleston Dorchester Mental Health Center

Charleston Dorchester MHC has started a wellness academy a program designed for clients in & billed under psychosocial rehabilitation programs. The focus is recovery with a wellness perspective including.

**Physical health:** wellness of the body

**Emotional health:** experiencing and managing the full range of emotions

**Cognitive health:** Learning, memory, attention, and clear thinking

**Spiritual health:** finding meaning, hope, comfort, and inner peace in life

**Vocational health:** Discovering, polishing, and offering one's gifts to the world

**Social health:** Being effective with others with an emphasis on joyful and productive connections with others and a "win/win" approach toward natural conflict

Classes are limited to 12 clients and offered 5 days a week. Eligible clients (adults eligible for PRS services) are referred to the program by their case manager. Together they review the classes and select the ones that are relevant to their treatment. **Class selection includes such things as:**

- Walking Your Way Toward Wellness
- Life Skills
- Distress Tolerance Skills
- Mindfulness Matters

End of Session graduation ceremonies invite participants to come celebrate the closing of each quarter and the opening of the next session with a graduation ceremony. Clients will be awarded with certificates of participation. Group and individual achievements will be recognized.

For more information about the Recovery Academy in Charleston contact Sarah Bales at the West Ashley Clinic 843-414-1010.

## Peer Support Continuing Education Schedule

### July

9	1:15-2:15 PM	Speaking out for yourself
13 (Fri)	10:15-11:15 AM	Speaking out for yourself
23 (Mon)	1:15-2:15 PM	The Art of Keeping Friends
27 (Fri)	10:15-11:15 AM	The Art of Keeping Friends

### August

27 (Mon)	1:15-2:15 PM	Boundaries
31 (Fri)	10:15-11:15 AM	Boundaries

### September

5 (Wed)	10:15-11:15 AM	Perseverance
7 (Fri)	10:15-11:15 AM	Overcoming Stigma
10 (Mon)	1:15-2:15 PM	Working through Grief
14 (Fri)	10:15-11:15 AM	Working through Grief

### October

3 (Wed)	10:15-11:15 AM	Tips on organizing your life
5 (Fri)	10:15-11:15 AM	Tips on organizing your life
8 (Mon)	1:15-2:15 PM	Social Skills
12 (Fri)	10:15-11:15 AM	Social Skills
15 (Mon)	1:15-2:15 PM	Growing Recovery
19 (Fri)	10:15-11:15 AM	Growing Recovery
22 (Mon)	1:15-2:15 PM	Empathy
26 (Fri)	10:15-11:15 AM	Empathy

Please note that this schedule is tentative. We will keep you abreast of any changes. Also, know that all trainings will be offered through video conferencing for those out of the Columbia area. For those of you in town, please come to room 404. If you have any questions, you may reach Janie Simpson at 803-898-7490.

## Other Events

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  
August 15th - Developing Resiliency  
The Key To Bouncing Back & Moving Forward!

\$5.00 fee covers the cost of a boxed lunch\*.

September 12th - Five Keys To Successful Relationships

\$5.00 fee covers the cost of a boxed lunch\*.

October 24th - Smart Recovery  
Alcohol and Drugs are not the Answer  
\$5.00 fee covers the cost of a boxed lunch\*.

**For more information contact:  
SCSHARE 803-739-5712 or 1-800-832-8032 or go to SCSHARE.COM**

**[\\*Mark Your Calendar\\*](#)**

### **Hero's in the Fight Dinner**

Will be held, Thursday, September 20  
at the Radisson Hotel, Columbia

## FY08 Peer Support Certification Training Schedule

### Week 1

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

### Week 2

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

### Testing

- August 20
- Nov. 19
- March 19

## 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 (Columbia 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)

CAPPS 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