

Vol. 2 Issue 2
May 2008

Client Affairs News

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

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The *Art of Recovery* by Katherine Roberts

On May 1, 2001, The S.C. Department of Mental Health held a public display of artwork by members of SC SHARE, South Carolina's only statewide client run advocacy organization, as part of the *May is Mental Health Month* celebration.

From those humble beginnings a new creative and expressive path emerged: *The Art of Recovery*. Eight years and ten exhibits later the Art of Recovery has become one of the most successful and inspiring recovery initiatives that include the efforts of clients, staff and volunteers. Recognizing the talents of people who live with mental illnesses and the role that creative outlets like art can play in the recovery process, *The Art of Recovery* is open to all clients receiving services through the department. Today, artists can enter competitions called "rounds". Winners of each round, judged by local artists, are initiated into the "Order of the Brush"; with some of the program's outstanding artwork is displayed in galleries and shows.

Artwork also travels to galleries and shows throughout the state, with five gallery openings in 2008. The program was featured in Columbia Metropolitan Magazine and won the 2006 Elizabeth O'Neill Verner Governors Award for the Arts, which recognized outstanding achievement and contributions to the Arts in South Carolina.

If an artist wants to sell his or her work the program helps with that too! Just this year alone, 40 pieces of work have been sold with the entire purchase price going directly to the artist. The next exhibit, number 11, opens May 1, 2008, at the Columbia Museum of Art.



SCDMH Gallery Round VII

For more information on *The Art of Recovery*, to view the on-line galleries, Columbia Metropolitan Magazine article, the Elizabeth O'Neill Verner Governors Award, or to make a donation go to: <http://www.state.sc.us/dmh/aor/aorhome.htm> or contact Sue Perry at the S.C Department of Mental Health at (803) 898-8582, Chair, of the SCDMH Art of Recovery Committee.



SCDMH Gallery Round VII

Artwork, which was, originally displayed exclusively at the central administration building in downtown Columbia, can now, be viewed by on a "virtual" web-based gallery. <http://www.state.sc.us/dmh/artrec.htm>



SCDMH Gallery Round IX

News from Aiken Barnwell MHC By Cynthia Smith, CAC/CPSS

In April, Cynthia Smith, CAC/CPSS and Wayne Moseley, CPSS spoke to family members from NAMI on stigma and recovery in the community. Wayne spoke about the HERO Center and the benefits it has been producing for clients. NAMI has inquired about touring the new Center and Wayne will be working toward getting approval from ABMHC. Cynthia spoke on Stigma and what role family members can play in helping to reduce stigma and promote recovery. She also spoke on recovery and the steps treatment is taking toward recovery and not just maintenance.

As the Client Affairs Coordinator for the center, I am excited to be working with the members of NAMI-SC to promote anti-stigma in the community. Wayne and I would like to thank our family members, Wayne's new wife and both of our mothers, for attending to lend support to each of them. It was the first time my mom had heard me speak about stigma.

Clients at Aiken Barnwell will be attending their yearly cultural weekend event...During the year clients are introduced to many cultural events but by far their favorite is the American Indian Pow-Wow. Five to ten clients will be VIP guests to the yearly event and we asked to join in the opening ceremony dance and blessing. Providing cultural events has added a very positive effect on how clients interact socially. In order to receive acceptance for their differences they have to learn to accept others for their differences, these events have paid a major role in that aspect of enhancing social skills and encouraging community involvements.

The HERO Center at ABMHC has now been open for nearly 6 months and we are extremely happy with the progress the shared decision making center has shown. Staff is seeing clients utilizing the information in treatment as well as there has been a marked increase in referrals. Wayne has been doing an excellent job with the center and is working with U.S.C. Interns in gathering data to share in the future. ABMHC is also looking at opening similar shared decision making centers at our Barnwell and North Augusta Site.

I am winding down another year of the mentoring class some time in June. This is the third year I have coordinated the Peer mentoring class and the results have been notable. Graduates from this class have moved onto becoming CPSS (4) and 7 have chosen to work in the RAMP (Recovery Assistance Mentoring Program) volunteer Program. Clients use what they have learned and assist their peers in moving forward in their recovery.

Discrimination & Stigma from the Center for Mental Health Services Consumer/Survivor Mental Health Information

The Resource Center to Address Discrimination and Stigma (ADS Center) will assist individuals and public and private organizations in the design, implementation, and operation of programs and campaigns to reduce discrimination and stigma associated with mental illnesses.

Stigma is not just the use of the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier and discourages individuals and their families from getting the help they need due to the fear of being discriminated against.

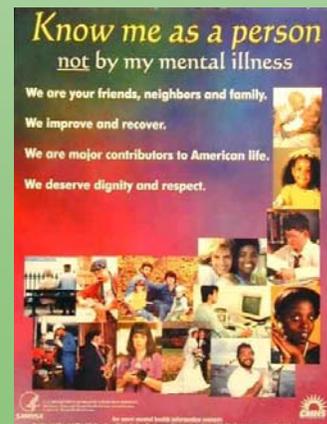
An estimated 22 to 23 percent of the U.S. population experiences a mental disorder in any given year, but almost half of these individuals do not seek treatment (U.S. Department of Health and Human Services, 2002; U.S. Surgeon General, 2001).

The educational information on this web site encourages the use of positive images to refer to people with mental illness and underscores the reality that mental illness can be successfully treated.

Anti-Stigma Poster:

***Know me as a person
not by my mental illness
We are your friends, neighbors, and family.
We improve and recover.
We are major contributors to American life.
We deserve dignity and respect.***

**For Poster Ordering Information go to:
<http://mentalhealth.samhsa.gov/stigma/default.asp>**



Center on Mental Health Services Research and Policy (MHSRP) University of Illinois at Chicago, MHSRP Research Program

The National Research and Training Center on Psychiatric Disability (NRTC) promotes access to effective consumer-driven and community-based services for adults with serious mental illness. The Center is located at the University of Illinois at Chicago in the Department of Psychiatry. To enhance use of evidence-based practice in mental health and rehabilitation, a program of rigorous research examines the outcomes of recovery self-management models, consumer-to-consumer education, self-directed healthcare financing mechanisms, Medicaid-funded peer services, consumer-operated programs, and return-to-work services.

The Center provides data-driven information, technical assistance, and training that foster evidence translation, systems transformation, and workforce development. Training and education include projects on consumer leadership development, client self-advocacy, peer provider certification, financial asset development, preparing for research careers, and inpatient seclusion and restraint reduction. An innovative academic curricular transformation effort incorporates principles of recovery and evidence-based practice into

university instruction in the medical, social, and behavioral sciences. Also offered are online workshops, web casts, web-based continuing education courses, and a state.

For more information go to:

<http://www.cmhsrp.uic.edu/nrtc/default.asp>

To take the centers new on-line survey about cultural competence in mental health peer run programs go to:

<https://vovici.com/wsb.dll/s/14a72g2d1b9?renderlang=eng>

Joining Forces Peer Support at SCDMH & DAODAS

The SC Dept. of Mental Health, DAODAS, Dept. of Alcohol and other Drug Abuse Services and SC SHARE are joining forces to develop joint training for peer support.

We hope to be offering peer support training for DAODAS by August 2008.

A new Alcohol and Drug Recovery 101 will be included. Current CPSS who have not had an opportunity to take the Recovery 101 training will be welcome to attend for training hour credit.

The current CPSS training manual is being revised to be inclusive of alcohol and drug recovery language and issues.

New CPSS training manuals will be made available on-line when revisions are completed.

Stay tuned for further updates....

What's New at Berkeley Community Mental Health Center?

By Donna Lynch, CAC/CPSS

It seems to me that every year May comes faster and faster. As the Client Affairs Coordinator/Certified Peer Support Specialist one of my jobs is to coordinate the events that our center does to celebrate Mental Health Awareness Month.

One of the best things about my job is that our center truly does believe in celebrating Recovery not just during May but every day, but we go all out during May.

Our celebration in May includes:

- A client sharing her recovery story to two different newspapers
- Refreshments for clients throughout the month in the lobbies
- Sponsoring a phone bank with channel 5 news to help promote mental health awareness
 - T-Shirts

This year we have a really idea to promote mental health awareness, a T-Shirt. We are offering them for sale to our staff and clients at the center. Once they come in we will all wear them on the same day. The art work was done by Dr. Hodges one of our psychiatrists. He came up with the idea and did the drawing. We searched around for a good price and we were able to sell the t-shirts for \$8.00 a piece. These are happening at Berkeley. If any other centers are doing things special for May PLEASE let me know. I am always looking for other ways to get the word out in the community.

Election News...

by Katherine Roberts

Do you know where do the candidates stand on issues related to people with disabilities?

Did you know?

- The US Census Bureau estimates that there are more than 50 million Americans, almost 20%, living with some type of disability
- Of those more than 63% have a severe disability.
- In South Carolina close to 18% of the population lives with some type of disability
- People with disabilities have the right to vote

ADAPT, the American Association of People with Disabilities (AAPD), the National Council on Independent Living (NCIL), and Self Advocates Becoming Empowered (SABE) four national cross-disability advocacy organizations wrote to the presidential candidates to explore their policy agenda on Americans with disabilities.

All four of the national, cross-disability membership organizations are nonpartisan and share the goal of self-determination and full participation in all aspects of society for the community. They created a questionnaire that addressed the issues most important people living with disabilities. They asked the candidates to respond to the questions with the intention of sharing their (the candidates') answers.

If you would like to see where each of the three presidential candidates stand on disability related issues you can view the survey results at: <http://www.aapd.com/News/election/peac2008.php>



Remember people with mental illnesses have a right to participate in the election process. If you would like to register to vote you may do so at your local mental

health center or go to the SC Election Commission website at: www.scvotes.org.

You may also contact The **South Carolina Disability Voting Coalition** for more information. SCDVC is a non-partisan coalition dedicated to increasing the number of people with disabilities who vote through voter education and improved access to the voting process.

THE SOUTH CAROLINA DISABILITY VOTING COALITION OFFER information on:

- ☞ VOTER EDUCATION
- ☞ ADVOCACY & SUPPORT
- ☞ HELP WITH VOTER REGISTRATION



SC SHARE Hires Mentors

SC SHARE is pleased to announce that it has graduated its first class of mentors who will begin working in various communities throughout the state.

The SC SHARE Mentor program helps provide consistent support, guidance and help to adults with mental illnesses as they work to establish and implement a personal self-determined recovery plan. The goal of the program is for mentors to help people gain the skills and community resources necessary to sustain their recovery over time.

The following people have become employed as SC SHARE Mentors by completing three extensive training sessions earning them a total of 36 training hours and CEU credits by the SC Department of Mental Health: Carmen Harris, Lee Langston, Patsy Moon, Gus Gray, Brenda Cooper and Jannie Morant.

To learn more about the SC SHARE Mentoring Program and how it can help you or someone you know please visit our website at www.scshare.com or call 1-800-832-8032.

Mindfulness...

By Bobbie Lesesne

Often it is difficult to control our thoughts. If you have ever been a ruminator like me, we can find ourselves, like a broken record, going over and over an event in our mind something that occurred today, yesterday, last week, or even 20 years ago. This constant rumination causes us to have a great deal of anxiety and stress. One way I found to help this is mindfulness. I first learned how to be mindful in "Dialectical Behavior Therapy" (DBT). Being mindful is all about living in the moment. As a matter of fact, being mindful is living life as a series of moments, because really this moment and the next moment, if it comes, is all we have in life. So without going into a long skill building technique, think of being mindful as a way to turn your mind when a worry or past problem comes to mind, and you would rather not dwell on it. For example, a past troubling thought comes to mind; find an object, maybe a flower growing in your garden, concentrate on it. Look at the color variations. Is it tall, full, short? Does it have a lot of leaves?

What are their shapes etc? Every time your mind starts to wander, let those thoughts slip out and come back to your flower. Achieving the cessation of disturbing thoughts is certainly a tall order, but with practice it can be done. Try practicing being mindful when you take a walk. Just learn to observe the surroundings. Live for

now not the past or the future. When we do, we tap into universal energy, something greater than ourselves. We are not giving energy to something disturbing. Of course, we can't ignore something pressing like paying our bills but constant worry doesn't pay them any faster. A change of focus helps to reduce superfluous thoughts, and lets us contact the peace and happiness that resides within us. Stay mindful and carry this sensation through into daily life.

Peace out!!
Bobbie

Dedicated to the memory of Alice Jacqueline Pridmore 1940-2008



ALTERNATIVES 2008

Creating Community Through Active Citizenship
Adams Mark Hotel / Buffalo, New York
October 29 - November 2, 2008

This year's theme is... "Creating Community Through Active Citizenship"

Creating or building Community is a process of finding a place of belonging, sharing our stories, making consensual decision, built upon respect for all individuals and inclusive of difference. Active Citizenship is changing one's community through involved participation to improve life for all. Now more than ever, we are called to become active partners in our communities, and the world by exercising our rights and responsibilities as citizens.

Scholarships Now Available

A limited number of scholarships are available for Alternatives 2008. The application must be completed and sent by US mail no later than May 28, 2008.

To access on line scholarship forms go to: <http://www.power2u.org/alternatives-2008/>

The Lives They Left Behind: *Suitcases from a State Hospital Attic* A Book and a Traveling & On-Line Exhibition

In 1995 when Willard Psychiatric Center, near New York's Finger Lakes, was set to close, two workers found a long-forgotten door tucked under the rafters. To their surprise, the room contained the suitcases and personal effects of many of the 50,000 patients that passed through the center's doors in its 126-year history.



**Willard Psychiatric Center
1869-1996**

Four hundred and twenty-seven suitcases, trunks, crates and bundles were recovered. In them were the remnants of lives left behind when their owners entered the locked gates.

After a decade of cataloguing and research, the suitcases and their contents became the inspiration for a book by Darby Penney and Dr. Peter Stastny. **The Lives They Left Behind *Suitcases From a State Hospital Attic*** (205 pages, \$25.00 Bellevue Literary Press).

The Lives They Left Behind is also a traveling and on-line presented by NAMI-NYC Metro, the New York City Department of Health and Mental Hygiene and Office of Consumer Affairs, and The New York Public Library's Science, Industry and Business Library, with the support of the New York Community Trust.

To view the on-line exhibit go to:

<http://www.suitcaseexhibit.org/indexhasflash.html>



National Research and Training Center (NRTC)/Online Education

Online Education Courses

Beginning Spring 2007, the Center began to offer Online Education Courses for a range of stakeholders in human service systems including consumers/peers, family members, providers, researchers, policymakers, students, administrators, and government officials. The topic of the first course will be Cultural Competency in Mental Health.

Web casts and Web-Based Workshops

The Center's web casts and web-based workshops emphasize current trends in behavioral health including evidence-based practices, consumer-operated services, and human service systems and policy issues.

<http://www.cmhsrp.uic.edu/nrtc/webcourses.asp>



Charleston- Dorchester MHC Client Advisory Board News

Charleston-Dorchester MHC has an active advisory board despite not having a CAC at the moment. The CAB is working a client interest survey for Wellness Academy. Some suggestions included creative writing/journaling class, a video series on recovery, medication education and they also suggested changing the name of anger management to something that has a more positive undertone.

Clients inquired about what services are available for children and Debbie Blalock, Center Director, gave overview. Board suggested that children could benefit from staff/volunteers that would supervise and read to children while waiting in the lobby. The also suggested a separate TV with child appropriate videos/DVDs.

The Center continues its efforts of integration and regionalization. to make services more family friendly, effective and efficient for clients.

Tele-Psychiatry at DMH: *Achieving Tomorrow, Today*; Propelling DMH into tomorrow's behavioral health practice arena through the statewide implementation of innovative tele-psychiatry consultation, utilizing visionary sophisticated video and quality consultation practices.

For some time, hospitals in SC have expressed concern regarding the limited access of expert behavioral health consultation to physicians practicing in hospital Emergency Departments (EDs). In many communities, mental health services are available only through the local DMH center and physicians and are generally only available during normal duty hours.

SCDMH in partnership with DHHS and the SC Hospital Association received a grant from the Duke Endowment to make psychiatric consultation access available in all South Carolina emergency rooms at all times.

The grant proposed that modern high speed interactive video conference equipment be placed statewide in all local hospitals having EDs and that this technology be directly linked to DMH where psychiatrists will be available for face-to-face behavioral health consultation. This HIPAA compliant telepsychiatry network will allow a DMH psychiatrist to clearly observe the patient where he/she is in the ED, converse with the patient and physician in real time, and interact with other medical team professionals as needed. The ready availability of behavioral health consultation, especially on evenings, weekends and holidays, will enable community hospitals to significantly increase ED capacity by freeing medical and security staff to serve other patients and by avoiding the expense of additional staff to meet the increased management demands.

A statewide electronic health record system will be developed and implemented in conjunction with this project. It is essential that all medical professionals have access to a patient information data base to maintain treatment continuity across agency lines. Reliable access to a unified electronic health record system may dramatically improve the quality and appropriateness of critical care treatment in community hospital emergency departments.

This is the first time a state has attempted to connect all emergency departments with psychiatrists and clients.

For more information on the project contact Ed Spencer at 803-898-8579.

SAVE THE DATE

17th Annual Children, Adolescents, & Families Conference

May 28-29, 2008 Columbia Convention Center
1101 Lincoln Street Columbia SC 29201

NAMI SC 2008 Annual Conference

October 25th 2008 at Embassy Suites in Columbia SC
<http://www.namisc.org/index.html#>

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CPSS Continuing Education

For Information on the CPSS Training Schedule please call
Bobbie Lesesne at 803-898-7490 or email her at
BAL30@SCDMH.org

FY08 Peer Support Certification Training Schedule

Week 1	Week 2	Testing
1. Feb.25-28	March 3-5	March 19 th
2. May 19-22	May 27-29	June 11
3. Aug. 11-14	Aug.18-20	Sept. 3
4. Oct. 27-30	Nov. 3-5	Nov. 19

CAC Bi-Monthly Meetings

The CAC'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: Feb. 19, April 21, June 16, Aug. 4, Oct. 20, Dec. 15

To see the entire Client Affairs Training Calendar Go to:
http://www.state.sc.us/dmh/client_affairs/training_calendar.htm

Other Events

SC SHARE

Recovery for Life I

May 20th - 21st
August 19th - 20th
November 18th - 19th

Recovery for Life II

June 17th - 18th
September 16th - 17th
December 16 - 17th

WRAP

July 15th
October 14th

May 20, 2008 - Training and Information for

Survivors of Suicide Facilitators -A free comprehensive, hands-on training program on May 20th to help survivors learn the "how-to's" of creating and facilitating a support group. If you have questions, contact Donna Soileau at (803) 779-5363, Toll Free (866)929-6145 This workshop will be held at Mental Health America of South Carolina in their Columbia, SC facility.

June 7, 2008 - Ready For Life Rally

The Ready For Life Rally will help you understand that no matter who you are and where you come from life can be meaningful and purposeful. Featuring Lloyd Hale of Charleston, SC, who offers a powerful recovery story and truly believes in giving back hope to young people.

June 25, 2008 - Stress Management and Relaxation

July 30, 2008 - Suicide Prevention

August 27, 2008 - God As I Understand God: Spirituality and Recovery

More information coming soon
<http://scshare.com/>

MHA-SC

55th Annual Meeting May 2008 9:00-3:30
Call 803-779-5363 for more information
<http://www.mha-sc.org/>

Federation of Families

May 6, 10:30am. Children's Mental Health Awareness Day Event will be held on the Front Steps of the S.C.

Statehouse on Tuesday, Please join us to learn why 1 in 5 children in our state need mental health services.

<http://www.fedfamsc.org/1.html>

NAMI-SC

October 25, 2008 NAMI-SC 2008 Annual Conference
Embassy Suites in Columbia
<http://www.namisc.org/index.html>

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 at SCDMH Medical Director's Office Suite 314, 2414 Bull Street Columbia, SC 29202, fax 803-898-8347