

CAPSS NEWS

January 2010 Vol.4 Issue 2

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

Special Interest:

National Mental Health Self-Help Clearinghouse Hub for People who are Deaf & Hard of Hearing Pg. 2

The CMHS National GAINS Center Pg. 3

10 ways to get motivated for change in 2010 Pg. 5

Highlights:

OCA & Center News

Columbia Area Pg. 2

Tri-County Pg. 4

Santee Pg. 5

Aiken Pg. 6

Background Artwork for CAPSS is provided by SCDMH Art of Recovery.

**“After the Storm”
By Brian Marks**

To view the on line gallery of client artwork go to:

http://www.state.sc.us/dmh/aor/aor_home.htm

The National Mental Health Consumers' Self-Help Clearinghouse

Directory of Consumer-Driven Services



The purpose of the Directory is to provide consumers, researchers, administrators, service providers, and others with a comprehensive central resource for information on national and local consumer-driven programs. Such programs have a proven track record in helping people recover from mental illnesses.

The CDS Directory highlights the vital role consumer-driven programs play in the continuum of care and allows programs to share their successful innovations with others.

Through the CDS Directory:

- o **Mental health consumers** can find local services and supports that best meet their needs.
- o **Managers and staff** of consumer-driven services can examine the practices of other programs, borrow solutions to common challenges, and network with people running similar programs.
- o **Organizations operating** consumer-driven services have a forum to promote their programs' accomplishments.
- o **Systems administrators and peer specialists** exploring the creation of new programs can compare the merits of existing programs and identify useful resources.
- o **Researchers studying** consumer-driven services can locate and contact programs they wish to study (e.g., multiple programs matching a particular service model) and will be able to review existing research.

All consumer-driven programs are invited to apply for inclusion in the Consumer-Driven Services Directory via the Web site www.cdsdirectory.org/contact. To receive application materials by mail, write to info@cdsdirectory.org or NMHCSH Clearinghouse, 1211 Chestnut St., Suite 1100, Philadelphia, PA 19107.

The National Mental Health Consumers' Self-Help Clearinghouse is funded by the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

Become A Stigma Buster

Join Palmetto Media Watch

We are looking for all interested citizens statewide who will serve as official Palmetto Media Watchers, writing letters and sending e-mails to encourage or correct media sources in regard to the portrayal of mental health issues.

If you are interested in serving as a Palmetto Media Watcher: Call (803) 898-8582 or e-mail Sue Perry at SUP52@scdmh.org.

What!!! You want to talk to my Family!?! by Cheryl Krumholtz, CAC

It's dark outside in Lexington County in September. The red Honda sits in the median in the middle of the road on Hwy. 378, cars are buzzing by, lights flashing, door open, driver slumped out of the car. Blue lights are flashing behind the car ... thank God.

An Officer approaches the car from behind to find the driver incoherent. Luckily identification is found and the ambulance transports her to the Emergency Room. Her mother is called and, once again, comes to her rescue. But what if her mother had not been called?

This is the scene of a person with a mental illness ... this person is me, Cheryl Krumholtz. I'm 43 years old and a fulltime employee. I work at Columbia Area Mental Health Center as a Client Affairs Coordinator. I love God, my family and friends ... too numerous to mention by the way, and the outdoors. I played competitive women's softball for 13 years; and still love going to the ballpark. I enjoy spending time with my 4 and 5 year old niece and nephew. I also love Harley Davidson motorcycles and a man, we'll call BVH. I have a great life in my own home – with a mental illness called Bipolar Disorder. I've been diagnosed for 18 years. SO WHAT, I say! To quote another client "I think my mental illness gave me strength of character, I might not have had otherwise." A new and different perspective on life. My 90 year old Grandfather said, "Cheryl, I bet you never thought your mental illness would become an opportunity" – that's what my job affords me – the opportunity to improve the mental health system for myself and others.

I attribute my recovery and well being to professionals, medications, therapy, nutrition, exercise and a village of support – a community, if you will. But most of all, to my mother, Patty Reece. I have allowed and requested that my mom be an integral part of my life before, during and after episodes of my disease. I have had 8 inpatient hospitalizations; 6 of which have been in the past 6 years. My mom has "committed" me many times when my life was in danger due to my illness. I become irrational, use poor judgment and lose touch with reality. I am unable to do my job. I isolate and become withdrawn. My thoughts dictate rash decision-making which leads to erratic behavior. My life spirals out of control and things get really scary. I lose blocks of time and place. I'm no longer safe.

My illness is a monster and my mom is my savior, but she needs a savior too. Hers is NAMI – the National Alliance on Mental Illness. Let them help you too. Call 803-733-9592. Life doesn't have to be so hard. People care and no one is alone! I advocate for family and friends to assist us in our journeys with mental illnesses – I have a great quality of life – you can too.

Cheryl

The National Mental Health Self-Help Clearinghouse Hub for People Who are Deaf & Hard of Hearing

This site provides information about mental and emotional wellness for people who are Deaf and Hard of Hearing. People from all cultures have mental and emotional disorders, and people who are Deaf and Hard of Hearing are not immune to these issues. Some disorders, such as depression, bipolar disorder and schizophrenia, are about as common in the Deaf/HoH community as they are among hearing people. Other mental and emotional problems more frequently trouble people who are Deaf/HoH. The Clearinghouse is run by people who have been diagnosed with mental disorders. The aim is to help improve services and supports for our peers, and to remove social barriers, such as fear of people who have mental illness, so we can all live full and meaningful lives.

Please feel free to view Web clips in American Sign Language (ASL) on issues related to mental health. We hope to expand this library both with professionally-produced clips and with ASL clips submitted by visitors to the site especially those who have been diagnosed with mental and emotional disorders. By sharing your stories, you can communicate to others that they are not alone and that having a mental or emotional disorder is nothing to be ashamed of.

We have compiled a list of state mental health authorities with departments that serve people who are Deaf and Hard of Hearing to help you find services in your area. We have also included information about other sources of treatment. We will update this section whenever we learn about a new agency or organization that aims to provide culturally-appropriate services. Please send us any information you think belongs in this section.

The National Mental Health Consumers' Self-Help Clearinghouse operates this Web site and the Self-Help Signpost specifically for people who are Deaf/HoH, but the Clearinghouse also has tools, publications, and services for all people who live with mental and emotional disorders. The links in the left column on this page will take you to these resources. Also, you can call, write, email, or fax us questions about anything related to mental health especially self-help topics such as how to start a support group and we will send you a packet of information. You can download and print some of our materials directly from the Clearinghouse site. Everything we offer is free of charge and we are happy to help.

<http://mhselfhelp.org/deafhoh/index.php>



National Mental Health
Consumers' Self-Help Clearinghouse
www.mhselfhelp.org



United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration

The CMHS National GAINS Center has operated since 1995 as a national locus for the collection and dissemination of information about effective mental health and substance abuse services for people with co-occurring disorders in contact with the justice system. The TAPA Center for Jail Diversion and the Center for Evidence-Based Programs in the Justice System, funded by the Center for Mental Health Services (CMHS) in 2001 and 2004 respectively, comprise the National GAINS Center.

The GAINS Center's primary focus is on expanding access to community based services for adults diagnosed with co-occurring mental illness and substance use disorders at all points of contact with the justice system. The Center emphasizes the provision of consultation and technical assistance to help communities achieve integrated systems of mental health and substance abuse services for individuals in contact with the justice system. To achieve this, the Center builds on its acronym:

G - gathering information

A - assessing what works

I - interpreting/integrating the facts

N - networking

S - stimulating change

The GAINS Center is committed to the goal of transforming the nation's fragmented mental health system and developing a recovery-oriented, consumer-driven system of care as described in the report of the President's New Freedom Commission. The GAINS Center is uniquely poised to help states forge collaborations among the mental health, substance abuse, and criminal justice systems. To accomplish this, the GAINS Center has developed a comprehensive plan of information dissemination, knowledge application and technical assistance strategies to further the implementation of evidence-based programs in the justice system. The GAINS Center supports and engages in creative initiatives and collaboration with public and private organizations to effectively address the evolving needs of state and local planning and coordination.

DBSA 2010 Conference Scholarships Available

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Mental Health Services (CMHS), through a contract with Westover Consultants, Inc. (Westover), and AFYA, Inc. (AFYA), is providing financial support to consumers of mental health services who wish to participate in the Annual Conference and Chapter Leadership Forum sponsored by the Depression and Bipolar Support Alliance. To apply, [please download the application form](#) **Deadline for Applications is February 12, 2010**

**Depression and Bipolar Support
Alliance
2010 National Conference and
Chapter Leadership Forum
Celebrating 25 Years of Peer
Support · April 29 – May 2, 2010
Eaglewood Resort & Spa · Itasca,
IL**

NCD Report on Housing Opportunities for People with Disabilities

The National Council on Disability (NCD) has released a report entitled *The State of Housing in America in the 21st Century: A Disability Perspective*. The report provides recommendations to improve housing opportunities for people with disabilities. The research contained in this report presents a comprehensive overview of the state of housing in the twenty-first century, and answers important questions about the current housing needs and options for people with disabilities living in the United States.

For more information click here: http://www.disability.gov/housing/news_%26_events
<<http://links.govdelivery.com/track?type=click&enid=bWfPbGluZ2IkPTY5Mzg1>

Conflict Transformation Process

By Laura T. Cooper, CPSS

The word conflict means to clash or a sharp disagreement, but some would say it is different ways of looking at the same issue. Sometimes conflict makes us feel uncomfortable, not in control and inconvenienced. Most people try to avoid it at all cost. Unresolved conflict is a barrier and can be damaging to someone's health and life. Passive-aggressive behavior is pretty common in a win/lose situation, but mediation is about win/win. The word mediation means the process of working to bring about an agreement. People have different needs and we need to identify what the real needs are instead of what we attach ourselves to.

There are more opportunities these days for conflict with technology including Facebook, Twitter, the internet and cell phones. Conflict is natural and it is never going to disappear. All we can do is create quality relationships to live quality lives. It seems as if society has created this ceiling, and we all keep banging our heads on it. The social problems of unresolved conflict are losing relationships, clique groups' form and we think of battles as games. There is poorly managed conflict in the media, politics, comedy and books. It seems it has become a habit to handle conflict poorly and we lose time, energy and friends not dealing with it. Emotionally it causes fear and anxiety which turns in to depression over time. The physical effects could be headaches, hurting joints and fatigue. Mentally you keep reliving it over and over in your mind and you may make up stories. These types of thoughts can keep you from being productive in your everyday life.

We hand people rocks to throw at us when we do not set rules for communications. Especially in a group, you may want to occasionally stop and ask "Is everybody okay?" and "Where is your honesty level?", the truth can only help, not hurt. Express what you are thinking and feeling without judging other people. You need to be aware of the symptoms when conflict will strike including body language and tone of voice. You may be afraid of what the outcome might be because you feel that something is not right. To be a friend of conflict, you must notice when it starts, call it what it is, learning management skills, and you will be conflict free.

The consequences of conflict being not resolved include anger and resentment. Your basic human needs are peace, rest, food and respect for everyone. The question you need to ask yourself in mist of conflict is "How can I get all of these needs met?"

Most people do not like strong emotions, but we need

to be honest about our feelings. Emotions are information that your body's wisdom is trying to tell you, whether a basic need is being met or not. "Why" questions in conflict are a big NO NO because we/they get defensive and shut down. These questions can be asked later after resolution is made to be sure it doesn't happen again. The need to drive and motivate your own life helps creative solutions that come about.

Some of the negative emotions that come with the conflict transformation process include avoidance, exhaustion, miscommunication, nervousness, obsessing, meanness, stress, rigidity, uncertainty and shock. Several of the positive aspects are compassion, peace, truth, freedom, clarity, creativity, curiosity, courage, joy and healthy risk taking. We all need to practice being confident with conflict and using these great management skills. It is very important to our emotional, physical and mental health to resolve conflict and remain well.

Recovery Resources: The National Consumer Supporter Technical Assistance Center NCSTAC

NCSTAC was established in 1998 by Mental Health America and is funded by a grant from the Center for Mental Health Services. Our purpose is to strengthen consumer organizations by providing technical assistance in the form of research, informational materials, training and financial aid. NCSTAC promotes mental health systems transformation by working with diverse racial and ethnic communities to conduct comprehensive community assessments, develop community coalitions, advocate for improved mental health services and conduct public education activities.

To request technical assistance for your organization please contact us at the numbers and email address listed below. All NCSTAC publications can be downloaded for free or ordered as hard copy editions at <http://www.ncstac.org/>

NCSTAC

Reaching consumers/Connecting Community

Light Your World By John Martin, CPSS

Each year since 1983, the first week in October has been observed as Mental Illness Awareness Week. In Sumter, since 1996, NAMI Sumter has held its annual candlelight vigil during this week to ignite further hope of reclaimed, full lives that once struggled with mental illness. Our candles are lit to shine through the darkness of stigma and light the way to recovery.

Last year's event was held on Saturday, October 10, 2009 at 6:30 p.m. in the Recovery Garden at the Santee-Wateree Community Mental Health Center. The event was organized and planned by the NAMI Sumter Candlelight Vigil Committee, representing various groups and organizations, including Santee-Wateree Community Mental Health Center Board and Staff, Mental Health America, Sumter Family Health Center, Friends of Maizie's Place, Survivors of Suicide, Helping Hands Counseling Center, Tuomey Healthcare System, and NAMI Sumter.

The event began with a welcome by Kaye Harmon, Executive Director of NAMI Sumter, and was followed with an invocation given by the Reverend Robert Huggins, Pastor of St. John United Methodist Church in Sumter. A proclamation, issued by the Sumter County Council, was read by Mr. Larry Blanding, M.Ed., Assistant Director of Santee-Wateree Mental Health Center and Sumter County Council member. The event featured keynote speaker, Annie Geddings, R.N., Executive Director of Sumter Family Health Center, who emphasized improving collaboration between healthcare providers, improved treatment through treating the whole person, and eliminating stigma surrounding mental illness. She also gave a personal testimony about the recovery of one of her family members who was diagnosed with a mental illness.

After a solo by a local guitarist and singer, members of the Candlelight Vigil Committee lit their candles and passed their flames to those gathered. After everyone's candle was lit, "This Little Light of Mine" was sung by all the participants. The event ended with a benediction by the Reverend Huggins. A reception was held following the Candlelight Vigil that included many good foods that were provided by volunteers.

It has been a privilege to serve on the NAMI Sumter Candlelight Vigil Committee for the last few years, and NAMI Sumter is very grateful for the support we receive from the community and volunteers who help plan this event. Tuomey Healthcare System has been

printing our programs for the event for many years, and we would like to thank everyone who gives their time, talent, and resources to contribute to this event. We are especially grateful to Santee-Wateree staff members and others who help provide refreshments for the reception that follows the Candlelight Vigil. Serving on the Committee and in the community is a great way to let your light shine, and NAMI Sumter is proud to sponsor the Annual Candlelight Vigil, which is the only candlelight vigil in the state of S.C. that supports the recovery of people with mental illness.



10 ways to get motivated for change in 2010 (CNN)

Published: January 4, 2010

A new decade is about to start, and you may be tempted to set a copious list of resolutions for yourself in order to broadly "make life better." You may be thinking that you'll jump in on January 1 to reform everything from diet to relationships to personality. That, experts say, is the wrong approach. It's great to want to make changes, but in order to actually accomplish your goals; they say, it's important to be realistic, specific, and accountable. Here are 10 things you can do to help yourself stay in a mindset to make positive changes in the coming year:

1. Set smaller goals with smaller steps

Gradual small steps motivate people toward larger change, said Susan Nolen-Hoeksema, professor of psychology at Yale University and author of the new book "The Power of Women." If you want to lose weight, for example, change small aspects of your eating pattern.

Let's say you want to work on being more optimistic this year. Nolen-Hoeksema recommends imagining what you would be like if you were optimistic.

Imagine yourself going through a day at work if you were optimistic and confident, then write that down in great detail.

Now, you have specific aspects of that ideal of optimism to work toward. Pick one thing that the optimistic you is doing that you're not, and start working in that direction, she said.

Aiken Barnwell Peers Help Train Para Professionals at Aiken Technical College

By Cynthia Smith, CPSS

On December, 17, 2009, Cynthia Smith, CPSS and Tamara Smith, Program Manager, Community Rehabilitative Services (Aiken Barnwell Mental Health Center) participated in a DACUM (Developing a Curriculum) at Aiken Technical College. DACUM is a very detailed occupational analysis process that generates a job chart of duties and tasks of an entry-level Human Service Para-Professional. Helping update the curriculum for the Human Services program is done so that it best meets local industry needs. This chart is then used to directly align and plan curriculum to best prepare future Para-professionals for the human services field.

As a panelist I provided input about my job duties and skills that are required as part of my job as a Certified Peer Support Specialist. This included: Facilitating Groups (triggers, early warning signs, compliance); Helping to develop plans of care; Providing direct client care; Promoting cultural competence; Providing Crisis management; Providing family and client education; Networking with community resources; and administrative duties such as documentation and data collection. I helped to define skills and characteristics that staff need in this field including empathy, compassion, flexibility, organization, time management, & being recovery oriented. I shared information about the Wellness Recovery Action Plan & Psychiatric Advanced Directive. Furthermore, it provided me with an opportunity to self-identify and decrease stigma associated with mental illness. This was also a great opportunity for people working in this field to provide valuable feedback to Aiken Technical College to help train future Para-professionals. It also provided me with an opportunity to enhance my professional network. I was able to obtain names and contact information for future presentations and community resources.



Motivation Continued...

2. Frame your goals positively

Despite the proven health risks of certain habits, such as smoking, thinking about a habit in the negative will not help you nix it. Studies have shown that it's hard to get motivated about avoiding cancer, but easier to think about smelling better and saving money as reasons to quit smoking, Nolen-Hoeksema said.

So, if you want to quit doing something, think about the positive aspects of not doing it. And make sure you reward yourself for sticking to the plan along the way.

3. Look at the pros and cons

If you're on the fence about whether you should make a change this year, make a list of the benefits and costs, said Dr. Nadine Kaslow, professor of psychiatry at Emory University.

Pay attention to what's driving you, she said.

Sometimes it's pain that motivates people to change, or a new phase of life, or new information, or a possible promotion.

"It helps to get clear about what you want to change and why you want to change it," she said.

4. Get a resolutions buddy

knowing that someone else is working toward similar goals, or is supporting you in your endeavors, helps to keep motivation up.

Having a new year's resolution buddy who's keeping track of your progress helps keep you accountable for what you've done. At the end of every year, Kaslow and her friend review all of their goals from the prior year, examining what the obstacles were to change and then developing new goals for the next year. Planning for goals with someone can guide you in the path towards change, even if you don't accomplish everything in a single year, she said.

5. Be specific

It's easy to get discouraged by a broad goal like "I'm going to improve my marriage," Nolen-Hoeksema said. Figure out exactly what it is that's not working for you, and then formulate a strategy for solving individual problems. In the marriage example, it's important to get realistic about what it is about your marriage that needs improvement. Then, spend some time keeping a diary and tracking what's going right and what's not, and come up with one thing you can do per week that would help the situation.

The process of assessing the small actions you can take in the immediate future, and savoring the positive effects, can take a lot of pressure off and help you achieve larger goals, she said.

Continued on pg. 7

Webinar Series

National Consumer Supporter Technical Assistance Center (NCSTAC) is pleased to announce the second session of our Webinar Series on Organizational Development and Business Management for Peer-Run Organizations. The title of the new module is Governance: The Role of the Board. It will be presented on **February 5th at 2:30 PM EST.**

The presenter for this session is Phil Holmes: Philip C. "Phil" Holmes is Vice President for Public Policy and Development for Goodwill Industries of the Chesapeake. Phil's duties include overseeing three of Goodwill Industries of the Chesapeake's workforce development program, including a program that helps adults with psychiatric disabilities to gain employment, grant writing and advocating for legislation and programs that help persons who are unemployed, underemployed and working but poor. Phil is currently a Board member of the Job Opportunities Task Force, a nonprofit he helped to establish. His previous Board experience includes chairing the Board of Saint Elizabeth School, a special education school and chairing the Board of the Transitional Living Council, a community-based living program for persons with psychiatric disabilities. Phil also served two terms on the On Own of Maryland Board of Directors. Phil holds a master's degree in public administration and a master's degree in social. Phil will present live via teleconference and web interface. These 90 minute modules will provide ample time for questions and discussion. Participation will be available through registration. Please email registrations with the number of people who will be attending to phendry@mentalhealthamerica.org

There is no cost for participation and copies of the course information will be available on our website.

Motivation Continued...

6. Know thyself

The start of the year is as good a time as any to take inventory of yourself. What are your passions? What do you want to be doing better? Take the time think about who you are and how you want life to be, said Craig Levine, a clinical psychologist in San Francisco, California.

Real change happens because you yourself want it, not because others want it for you, experts say. "If it's something that doesn't connect to you and truly relate to you, just because someone says you should do something, if it doesn't resonate with you, it's not going to be as helpful as something that truly fits you," Levine said.

7. Examine deeper issues

Sometimes there are problems that need to be addressed before people can move forward with the change they want. In some cases there are psychological impediments to making changes, Levine said. For example, some people fear failure so much that they unknowingly sabotage themselves. Self-esteem may also play a role—some people don't feel they're worthy of being taken care of, he said. If you think that there are deeper issues preventing you from moving forward in your life in some way, consult a mental health professional.

8. Don't be overanxious

Having a long list of lofty resolutions can create anxiety, so Nolen-Hoeksema recommends choosing anywhere between three and five overarching things to change.

For Kaslow, the word "resolution" connotes a "pass-fail" ultimatum, so she prefers using the word "goal." Writing down your goals and how you plan to achieve them is a good way to beat anxiety, Levine said.

9. Be flexible

Although you should be specific about what you want to do, sometimes it helps to broaden your vision of what you're trying to accomplish. For instance, if you've been laid off from your job in the financial sector, it may not be immediately possible to find a similar position.

But if you are on the job market, the broader goal might be to support yourself or your family, Nolen-Hoeksema said. Having a wider vision of what constitutes success can free you up to explore other options that do help with the central purpose. "Step back and say, 'Is there any way I can achieve that bigger goal without getting fixated on the goal I had before?'" she said.

10. Keep your eye on the ball

Changing behaviors is especially difficult when other people around you encourage habits you're trying to kick, or if you are under stress. For instance, if you're a recovering alcoholic and having a bad day, it might be hard to resist if someone says, "It looks like you need a drink," Kaslow said. Know that there's going to be some anxiety, but be patient with yourself, Kaslow said. Take it one incident at a time, one day at a time. "You have to deal with some negative consequences when you change, both internal and interpersonal, and environmental," she said. "You have to sort of get help dealing with those, and weather those storms."

32nd Cross Cultural Conference

The 32nd Annual Cross Cultural Conference will be held in Myrtle Beach, SC at the Landmark Resort Hotel Thursday, February 11, 2010 through Sunday, February 14, 2010.

Click on the link below to Register.

<http://www.regonline.com/checkin.asp?eventid=800853>

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

2010 Peer Support Certification Training Schedule

Week 1	Week 2	Testing
2/22-25/2010	3/1-4/2010	03/16/2010
5/17-20/2010	5/24-27/2010	06/08/2010
8/23-26/2010	8/30-9-2/2010	09/14/2010
*11/1-5/2010	*11/8-10/2010	11/23/2010
(*M-W)	(* M-F)	

2010 CAC Bi-Monthly Meetings

The CAC's meet every other month from 11am to 1 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: February 8th, April 12th, June 7th, August 9th, October 11th, December 13th

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

SC SHARE

January

Saturday, January 16 - "*Creating Peer Support Services" with William White

Tuesday, January 26 - "Recovery For Life 1" with Greg Townley

February

Tuesday, February 23 - "Recovery For Life 2" with Greg Townley

March

Tuesday, March 9 - "What is the Secret to finding Happiness?" with Greg Townley

Tuesday, March 23 - "Making Wellness a Priority" with Sissy Weaver/guest

Double Trouble in Recovery Training with Carol Crabtree

"Jump Start Your Recovery with the Recovery Planner"

Upcoming SCDMH Events

Informed Consent with Mood Stabilizing Agents for Women of Childbearing Age

[21st Century Gangs](#) - Jan. 21, 2010

[African American Men's Health Forum 2010](#) - Feb. 6, 2010

NAMI

Family-to-Family Education Program 12-week course for family of adults with severe mental illnesses. Free and open to the public - February [Family-to-Family flyer](#)

P&A

Celebrating Abilities

An Evening of Jazz and Art

Mark Your Calendars P&A's Gala April 30th, 2010

Good Food, Good Wine, Good Art, Good Music, Great Cause

<http://www.pandasc.org/Gala.htm>

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