

## Special Interest:

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Military Families pg.5

CAPSS Artwork is  
provided by SCDMH  
Art of Recovery  
Submissions.

### “Icy Mountains”

Artist:

Peggy Powell

To view the on line  
gallery of client  
artwork go to:  
[http://www.state.sc.us/dmh/aor/aor\\_home.htm](http://www.state.sc.us/dmh/aor/aor_home.htm)

SCDMH Mission  
To Support the  
Recovery of people  
with Mental Illness



## GAINS peer on-line community

The SAMHSA National GAINS Center believes in creating a learning community that offers ways to network, support, learn, and grow. The GAINS Peer On-Line Community is a place where peers involved in the various GAINS projects can go to find answers to questions, seek out technical assistance, and share their experiences. The on-line community is by invitation only. If you would like to be added to the GAINS Peer On-line Community, contact the GAINS Center at <http://gainscenter.samhsa.gov/html/forms/contact.asp>.

### **GAINS Resources**

With the help of its supporters, GAINS has produced several documents that focus on increasing meaningful peer involvement in jail diversion and reentry initiatives. Click on the links below to read more on best practices used to increase the inclusion of peers in systems change.

### **Leveling the Playing Field: Practical Strategies for Increasing Veterans' Involvement in Diversion and Reentry Programs**

[http://www.gainscenter.samhsa.gov/pdfs/veterans/levelingthefield\\_veterans.pdf](http://www.gainscenter.samhsa.gov/pdfs/veterans/levelingthefield_veterans.pdf)

### **Overcoming Legal Impediments to Hiring Forensic Peer Specialists**

[http://www.gainscenter.samhsa.gov/pdfs/integrating/Miller\\_Massarro\\_Overcoming.pdf](http://www.gainscenter.samhsa.gov/pdfs/integrating/Miller_Massarro_Overcoming.pdf)

### **Peer Support within Criminal Justice Settings: The Role of Forensic Peer Specialists**

[http://www.gainscenter.samhsa.gov/pdfs/integrating/Davidson\\_Rowe\\_Peersupport.pdf](http://www.gainscenter.samhsa.gov/pdfs/integrating/Davidson_Rowe_Peersupport.pdf)

### **Additional Resources**

### **Medicaid Coverage of Peer Support for People with Mental Illness**

<http://cms.hhs.gov/PromisingPractices/downloads/PeerSupport.pdf>

### **Mental Health Consumer Providers by the Rand Corporation**

[http://consensusproject.org/bja-training-event-july-2009/materials-bja-ta-09/Rand\\_Article.pdf](http://consensusproject.org/bja-training-event-july-2009/materials-bja-ta-09/Rand_Article.pdf)

### **Mentoring Formerly Incarcerated Adults**

[http://www.workingventures.org/ppv/publications/assets/265\\_publication.pdf](http://www.workingventures.org/ppv/publications/assets/265_publication.pdf)

### **Navigating the Child Support Systems**

[http://ppv.org/ppv/publications/assets/274\\_publication.pdf](http://ppv.org/ppv/publications/assets/274_publication.pdf)

National Empowerment Center

<http://www.power2u.org>

National Mental Health Consumers' Self-Help Clearinghouse

<http://www.mhselfhelp.org>

Statewide Family & Consumer Networks Technical Assistance Center

<http://www.policyresearchinc.org/fcn/home>



Every journey begins with that first step.

In 2011, thousands of concerned citizens in nearly 80 communities across the nation will walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness.

Won't you join us? NAMI depends on generous volunteers to raise funds and awareness at each of our Walk sites.

### NAMI-MidCarolina

This year's NAMIWalks is on Saturday, April 30, 2011 at the West Columbia Riverwalk. Step out with us!

NAMI Mid-Carolina offers several free public outreach programs to bust the Stigma of mental illness in the Midlands, including the annual NAMIWalks event -- the highlight of the year!

**Location:** West Columbia Riverwalk & Amphitheater  
Columbia, SC

**Date:** April 30, 2011

**Distance:** 5 K

**Check-in:** 7:30 am

**Start Time:** 9:00 am

**Website:** <http://www.NamiMidCarolina.org>

**For more information about this event, please contact:**

Kate Heald Phone: 803-206-2916

[namimidcarolina@gmail.com](mailto:namimidcarolina@gmail.com)

Matching Gifts & Offline Donations May Be Mailed To:  
PO Box 2526  
Columbia, SC 29202-2526

### NAMI Greenville

We are so excited to announce that the 2011 NAMI Greenville Walk (drum roll) will be at Fluor Field in the historic West End this year! Yes, home of the Greenville Drive. HURRAY...more visibility, a family affair, and a beautiful location! The date of the walk is Saturday, June 18th, 2011

**Location:** FLUOR FIELD, WEST END Greenville, SC

**Date:** June, 18, 2011

**Distance:** 5 K

Check-in: 3:00 pm

**Start Time:** 4:00 pm

**Website:** <http://www.namigreenvillesc.org/>

**For more information about this event, please contact:**

Elaine Hester Phone: 864-517-5336 FAX: 864-331-0483

[photobeez@aol.com](mailto:photobeez@aol.com)

Matching Gifts & Offline Donations May Be Mailed To:  
**2320 East North Street**  
**Suite L**  
**Greenville, SC 29607**

### NAMI Beaufort County

Welcome! Below you will find basic information about the NAMI Beaufort County Walk. If you'd like to participate in the Walk, donate on behalf of a walker, or sponsor this event use the links to the right.

**Location:** Coligny Beach

Hilton Head Island, SC

**Date:** Oct 16, 2010

**Distance:** 5 K

**Check-in:** 8:30 am

**Start Time:** 10:00 am

**For more information about this event, please contact:**

Sarah Eliasoph Phone: (843) 681-2200 FAX: (843) 681-2290

[namiwalks@hargray.com](mailto:namiwalks@hargray.com)

Matching Gifts & Offline Donations May Be Mailed To:  
117 Wm. Hilton Pkway  
Suite K  
Hilton Head Island, SC 29926



[Home](#)

[NAMI walks](#)

[Artists](#)

[T-shirts](#)

[Gallery](#)

## SAVE THE DATES!

### Alternatives

The 2011 Annual National conference, **Alternatives**, organized by and for individuals with psychiatric histories, will be held from Wednesday, Oct. 26, 2011, through Sunday, Oct. 30, 2011, at the Caribe Royale Orlando in Orlando, Fla.

Alternatives 2011 is being organized by the National Mental Health Consumers' Self-Help Clearinghouse, a peer-run national technical assistance center funded by the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. More information will be provided as it becomes available.

#### Scholarship funds are always limited.

If you would like to attend the conference you are urged to check back frequently to see when scholarship applications will be accepted and also to seek alternative payment sources.

#### Funding Link

[http://www.mhselfhelp.org/resources/view.php?resource\\_id=6](http://www.mhselfhelp.org/resources/view.php?resource_id=6)

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### Get ready for Raleigh!

The fifth annual national peer specialist conference is set for August 22-24, 2011 in the heart of Raleigh, N.C. The conference will be held at the Sheraton Raleigh Hotel. The early bird registration rate (before July 15) is \$195--a price drop from last year.

Special lodging rates for our group will be \$139. Plan on joining us for another great conference! More information to be posted soon! Hope to see you in Raleigh where southern charm meets peer support! <http://www.naops.org/>



### WRAP Around the World



The Copeland Center for Wellness and Recovery invites you to the first ever international gathering of WRAP® facilitators, innovative WRAP programs and many other key recovery transformation leaders at the WRAP Around The World Conference Aug1st-3rd 2011 Philadelphia PA.

Sheraton Society Hill Hotel Sponsored by the Copeland Center for Wellness and Recovery

<http://events.r20.constantcontact.com/register/event?oeidk=a07e2zt19h167fc4850&llr=xdytm6cab>



**Assertive Community Treatment Association Annual National Conference--**May 12-14, 2011, Huntington Beach, CA, Hyatt Regency Huntington Beach Hotel. Pre-conference institutes on May 11. For more information, please visit: [www.actassociation.org/](http://www.actassociation.org/)

**Depression and Bipolar Support Alliance (DBSA) National Conference--**May 20-22 in Houston, TX. More information is available at: [www.DBSAlliance.org/Conference2011./](http://www.DBSAlliance.org/Conference2011/)

**36th Annual National USpra Conference--**June 13-16, 2011, Boston, MA, Sheraton Boston Hotel. The theme for the 2011 Annual Conference is "*It Began with a Vision...A new world of possibilities,*" since Boston—the site of the conference—is recognized as a city where the vision of psychiatric rehabilitation came to life. For more information, please visit: [www.uspra.org/](http://www.uspra.org/)

**2nd International Research Conference on Community Inclusion of Individuals with Psychiatric Disabilities--**Sept. 19-21, 2011, Philadelphia, PA, Doubletree Hotel. For more information, contact Andrea Bilger at: [abilger@tu.edu/](mailto:abilger@tu.edu/)

## GAINS Center: Consumer Perspective Exhibit

The SAMHSA National GAINS Center Consumer Perspectives Exhibit, [In Our Own Words: Our Experience with Mental Illness in the Criminal Justice System](#), was designed as a tool to educate people working in the mental health, substance abuse, and justice systems. The Consumer Perspectives Exhibit is a museum quality exhibit whose contributors include consumers and peer specialists involved in the development and implementation of jail diversion programs, participants in jail diversion programs, participants in drug courts, and other individuals with histories of justice involvement.

The contributions of men and women from around the country resulted in a multi-media exhibit of vignettes, photos, pastels, pencil drawings, poetry, collages, audio clips and film clips. Building on the concept of following an individual from initial police contact through arrest, arraignment, court, jail, prison, and the reentry process, the consumer participants added an important component - the inclusion of a focus on personal recovery and the current work of consumers to transform systems to better meet the needs of people with co-occurring disorders. Viewers to the exhibit are provided with behind the scenes personal accounts detailing the emotionally complex struggles men and women with a mental illness and co-occurring disorders face when in contact with law enforcement officials and the justice system. The exhibit has colorful displays that emphasize that recovery and a return to fulfilling lives is possible. For the many people working in the justice system whose work only brings them into contact with people at very low points in their lives or who see people continually cycling through the system, the exhibit provides proof that recovery is possible for some of the people who come through their programs and facilities.

[The Consumer Perspectives Exhibit](#) collects artwork to display at venues around the country. If you have photos, pastels, pencil drawings, poetry, collages, audio clips or film clips that you wish to display or would like to have the Exhibit showcased at a venue, please contact the [National GAINS Center](#).



## Mental Health Messages Actually Increase Stigma

The message that “mental illness is just a disease” isn’t reducing stigma. It’s actually making the stigma worse.

That’s the conclusion of researchers who examined the attitudes people hold about schizophrenia, depression, and substance abuse over a ten year period.

Though more people now believe that illnesses like schizophrenia and depression are caused by chemical imbalances in the brain, they are not more willing to be live near or work next to people with a mental illness, sociologists published this week in the American Journal of Psychiatry.

The researchers compared surveys of about 1700 people from 1996 and 2006 about mental health attitudes.

Survey-takers read a vignette about someone with either schizophrenia, depression, or alcohol dependence. They were asked how likely it was that the person was experiencing a “mental illness” as opposed to “the normal ups and downs of life”.

They were also asked to pick the possible causes of the person’s behavior: “a genetic or inherited problem”, “a chemical imbalance in the brain”, “his or her own bad character”, and/or “the way he or she was raised.”

In 2006, 80 percent of people chose answers that reflected a biological basis of depression, up from 67 percent in 1996; 86 percent thought schizophrenia was inheritable, up from 76 percent.

But spending time with the character in the vignette was a different story. Survey-takers were asked how willing they’d be to 1) work closely with them on a job; 2) live next door; 3) spend an evening socializing; 4) marry into the family; and 5) be their friend. They also answered whether they thought the person might be violent.

More people believe that schizophrenics would act violently and fewer would be willing to be in close proximity, the authors found. The percent of people unwilling to live next to someone with schizophrenia rose 11 percentage points (from 34 to 45 percent) and rose between 4 to 6 percentage points in the other categories. However, fewer people were unwilling to spend time with people with depression.

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## Mental Health Information for Military Families

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury has released its [monthly webinar series schedule for 2011](#), and officials there hope the topics will interest everyone from service members and their families to medical professionals.

The [webinar series](#) presents resources and best practices regarding TBI and psychological health care and offers participants an interactive environment to ask questions or comment. This past year, the series featured topics such as family support techniques, combating stigma, suicide prevention and reintegration programs.

In 2011, topics will range from the impact of war on children to post-traumatic stress disorder in the wake of a natural disaster. Webinars are scheduled from 1 to 4 p.m. EST.

Here's the complete schedule:

Jan. 27: Peer-to-Peer Support Model Program

Feb. 24: Compassion Fatigue

March 24: Mild Traumatic Brain Injury and Co-occurring Psychological Health Disorders:

Focus on Mild Traumatic Brain Injury with Co-occurring Psychological Health Disorders Toolkit

April 28: Indirect Neurotrauma: The Impact of War on Children

May 26: Operational Stress and In Theater Care

June 23: Anatomical/Physiological Changes Secondary to Post Traumatic Stress Disorder

July 28: Reintegrative Medicine: Focusing on Family and Clinical Perspective, and Adaptation Following Incident

Aug. 25: Post Traumatic Stress Disorder and Natural Disasters

Sept. 22: Neuropathophysiology of Mild Traumatic Brain Injury

Oct. 27: Generational Post Traumatic Stress Disorder and Post Traumatic Growth

Nov. 17: Holidays Apart from Family

December: No event due to the holidays

For more on the webinar series, visit the [DcOE blog](#). To be added to the DCoE Monthly Webinar Series listserv or to sign up for upcoming webinars, e-mail [DcOE.MonthlyWebinar@tma.osd.mil](mailto:DcOE.MonthlyWebinar@tma.osd.mil).

To comment on this blog, use the comment feature below. To read other Family Matters posts, visit the [Family Matters website](#). Comments posted here may be re-posted to the Family Matters Website.

## Stigma continued

Many people hold inaccurate stereotypes about schizophrenics and people with other mental illnesses, like they are more violent, according to sociologist Bernice Pescosolido at Indiana University, one of the study's authors. But that's usually only true if they are also abusing drugs and alcohol, said Pescosolido.

"They incorrectly assume a set of characteristics to those people that are not accurate, because we have images from movies and the media," said Pescosolido.

Because the genetic explanation of mental illness implies the illness can't be changed, people might not want to marry into a family with mental disorders, she said. About half of respondents would be unwilling to have someone with depression marry into the family and 69 percent would be unwilling to have a schizophrenic marry into the family.

One reason the public attitude toward mental health matters because it affects whether people with illnesses feel comfortable disclosing them. Even though 47 percent of people don't want to work with someone with depression and 62 percent wouldn't want to work closely with someone with schizophrenia, the irony is that "they probably do work next to someone with a mental illness," said Pescosolido.

She thinks the public health messages haven't been helping reduce stigma either. Instead of emphasizing how different people with mental disorders are, especially when the scientific field has many open questions, she said messages should acknowledge that everyone struggles with ups and downs.

"I think if we flip it on its head and say that everyone has some issues we're grappling with, it puts us together in a common pool even though we know there are differences in everybody," she said. "Everybody has something."

Posted by Marissa Cevallos on September, 16 2010 10:43 AM

<http://blogs.orlandosentinel.com/health/2010/09/16/mental-health-messages-actually-increase-stigma/>

# Bring Change to Mind

## By Katherine Roberts

I was in a waiting room the other day, thumbing through a magazine. On the last page was a mental health ad. The ad featured the actress Glenn Close, her sister Jessie Close, and her nephew Calen Pick stand in Grand Central Station wearing white T-shirts. In blue letters, Glenn's shirt read "sister," her sister, Jessie, read "bipolar," and her nephew, Calen read "schizophrenia."

Glenn Close has started a nonprofit organization called [BringChange2Mind](http://BringChange2Mind.org), which she hopes will raise awareness about mental illness, strip mood disorders like bipolar disorder and schizophrenia from their unfair stigma, and lend support and information to person diagnosed with mental illness and their families.

Her goal is to ..."get people talking openly and without shame about mental illness,' ...Say it loud, say it again and again until it has lost its power over us, ... Make the unspeakable speakable."

Change happens one person at a time. [Take the pledge today!](#)

### **The BringChange2Mind Principles for People Living with Mental Illness**

- I am living with a mental illness that is treatable and manageable.
- I am a valuable and valued person and I deserve to be treated with respect.
- I am responsible for the decisions and choices I make in my life.
- Educating myself about the symptoms of my illness, and any side effects I may have from treatment, will help me find and use the resources I need to work toward stability.
- Communicating about my experiences with others will help them support me in difficult times and keep me "on track."
- If I am feeling suicidal, it is critical that I reach out for help, for in the face of real pain and suffering, it is others who can help me with a commitment to live.
- I can reduce stigma in myself and in others by being open about living with mental illness, naming it out loud and raising people's awareness.

### **The BringChange2Mind Principles for Everyone**

- It is likely that someone I know is living with a mental illness and that fear of stigma may be preventing them from accepting their illness and seeking help.
- I can make a difference by learning about mental health issues and the devastating effects of stigma.
- If someone I know exhibits sudden changes in behavior, I will pay attention and reach out to them.
- If someone I know is experiencing suicidal thoughts, I will take it seriously and make every effort to ensure they get help.
- I will not perpetuate or tolerate stigma of any kind and will commit myself to changing the way society views people living with mental illness.

[Click here to sign our pledge to follow these principles](#)



## 2011 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](mailto:BAL30@SCDMH.org)

CPSS Continuing Education are on **Fridays from 9:30am to noon in room 404 SCDMH Administration Building**. 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.

1/15/2010	1/21/2011
3/18/2011	4/15/2011
6/17/2011	7/22/2011
9/16/2011	10/21/2011
12/16/2011	

## 2011 CPSS Training Schedule

Week One	Week Two	Exam
<del>2/7-10/2011</del>	<del>2/14-17</del>	3/10
5/16-19/2011	5/23-26	6/9
8/15-18/2011	8/29-9-1	9/8
11/7-10/2011	11/14-17	11/30

## 2011 CAC Bi-Monthly Meetings

The CAC's meet every other month from 11am to 1 pm in room 315 SCDMH Administration Building 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.

<del>February 14<sup>th</sup></del>	April 11 <sup>th</sup>
June 13 <sup>th</sup>	August 8 <sup>th</sup>
October 10 <sup>th</sup>	December 5 <sup>th</sup>

### Dates Subject to Change

To see the entire Client Affairs Training Calendar Go to:

[http://www.state.sc.us/dmh/client\\_affairs/training\\_calendar.htm](http://www.state.sc.us/dmh/client_affairs/training_calendar.htm)

## SC SHARE

**March 10<sup>th</sup>** - Stress and Coping 101

Learn more about:

What causes stress?

Signs that we're under stress, strategies for reducing stress

Muscle relaxation, breathing & imagery exercises

DBT Distress Tolerance skills

Healthy coping skills

Avoiding unhealthy coping

## MHA-SC

MHASC is dedicated to improving the lives of people with mental illness in South Carolina, promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and service. **Annual Meeting May 13, 2011.** <http://www.mha-sc.org/>

## NAMI-SC

NAMI SC, is the state chapter for the National Alliance on Mental Illness. Our mission is to improve the quality of life for individuals who live with mental illnesses and for their families by promoting the availability of effective services and resources, through education, support and advocacy.

### WALKS

**NAMI Mid-Carolina** walk is on Saturday, April 30, 2011 at the West Columbia Riverwalk.

**NAMI Greenville** walk is Saturday, June 18th, 2011.

**NAMI Beaufort** walk is October 16, 2010

<http://www.namisc.org/>

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) at SCDMH Division of Community Mental Health Services, Suite 312, 2414 Bull Street Columbia, SC 29202, fax 803-898-8347