

CAPSS NEWS

February 2012 Volume 6 issue 1

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

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Art of Recovery Online:

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

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

Aiken Barnwell Mental
Health Center Art
Expressions Group
Exhibit
http://www.state.sc.us/dmh/aor/aiken_2011/aiken_summer11.html

SCDMH Mission
To Support the
Recovery of people
with Mental Illness



Changing Lives with Animal Assisted Therapy

By Cynthia Smith &
Joe Stertz

On September 14, 2011 two Aiken Barnwell MHC staff, Debra Sidberry and Cynthia Smith coordinated an outing in the community to a resource that gave clients the opportunity to interact and learn about equine therapy through the local STAR program. Established in 1996, STAR is an equine (horse) facilitated therapeutic facility located in Aiken, SC. The outing was a creative way to help the participants to connect with local resources to encourage independence and enhance physical and mental wellness.

An affiliate of the Professional Association of Therapeutic Horsemanship International, PATH, is dedicated to helping people with disabilities ages 3-60 improve their quality of life through safe interaction with horses. Equine therapy uses horses as a means to provide symbolic experience in order to promote emotional growth. Games and activities on horseback enhance hand - eye coordination, fine and gross motor skills. For those unable to participate in other activities, simply riding a horse greatly increases self-esteem and confidence. The skills students learn in STAR classes are carried over into everyday life challenges.

Six clients from the Wellness Program at the Aiken Barnwell MHC attended the facility. They groomed and walked the horses through a training course and engaged in hands on activities. The staff were able to see an immediate change in the participants. These six people who are usually shy and timid suddenly were more confident and assertive.

Kerri Creamer, the Program Coordinator,

shared her experience, educated all of us on the horses and was patient and engaging with each client. The participants were informed that they could apply for the STAR program as well as possibly volunteer.



Equine therapy has shown to have many positive benefits when correctly taught by certified therapists.



Some of them include; increased confidence, improved communication abilities, increased trust, decreased isolation, increased self-control, a greater sense of self-acceptance and improved social skills. Equine therapy works to address the unique needs of each participant.

Continued on pg. 2

Aiken/Barnwell STAR continued

When the individuals who attended were asked to describe their experience here's what they had to say... Lisa said she was scared at first then she felt elated, Stephanie was very pleased that she accomplished what she did", Dolly said she was so relaxed when we were done and she felt so calm, Daniel was proud he challenged his self, Frank felt it was the "most extraordinary experience" and all of the participants felt the program was inspiring.

The use of animals to assist in therapy goes back centuries but animal therapy as a formal practice is a relatively new phenomenon. If you would like more information on equine therapy please go visit PATH International at <http://www.pathintl.org/>.

Quick Tips: Get to Steppin'

Walking is a great way for people living with chronic health and behavioral health problems to get and stay fit — it is free, it can be fun, and they can do it at any time. Just two 10-minute walks a day add up to a suggested 20 minutes of low impact aerobics per day. Even if the weather is bad, a person can walk inside. In fact, Greater Cincinnati Behavioral Health Services hosts an indoor walking club. Here are a few other ways consumers can slip in more steps:

1. Get off the bus before your stop and walk the rest of the way.
2. Park your car at the back of the lot.
3. Walk to the coffee shop or store instead of taking the bus or driving.
4. Take a meeting outside or catch up with a friend while walking around the block.
5. Rake leaves in your yard or offer to rake a disabled or elderly neighbor's yard.
6. Walk around the mall – window-shopping is optional.
7. Give the elevator a rest and take the stairs instead.
8. Walk around your apartment complex each time you get the mail.
9. Mop or vacuum to your favorite upbeat tunes.
10. Walk a dog. Even if you don't have one, you can volunteer at the local animal shelter.

The SAMHSA-HRSA Center for Integrated Health Solutions (CIHS) promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. CIHS is funded jointly by the Substance

Abuse and Mental Health Services Administration (SAMHSA) and the Health Resources Services Administration (HRSA). Visit CIHS for more information on wellness or to access technical assistance. <http://www.integration.samhsa.gov/>

SAMHSA's Working Definition of Recovery from Mental Disorders and Substance Use Disorders

The Substance Abuse and Mental Health Services (SAMHSA) recognizes there are many different pathways to recovery and each individual determines his or her own way. SAMHSA engaged in a dialogue with consumers, persons in recovery, family members, advocates, policy-makers, administrators, providers, and others to develop the following definition and guiding principles for recovery. The urgency of health reform compels SAMHSA to define recovery and to promote the availability, quality, and financing of vital services and supports that facilitate recovery for individuals. In addition, the integration mandate in title II of the Americans with Disabilities Act and the Supreme Court's decision in *Olmstead v. L.C.*, 527 U.S. 581 (1999) provide legal requirements that are consistent with SAMHSA's mission to promote a high-quality and satisfying life in the community for all Americans.

Recovery from Mental Disorders and Substance Use Disorders: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that support a life in recovery:

- Health: overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
- Home: a stable and safe place to live;
- Purpose: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- Community: relationships and social networks that provide support, friendship, love, and hope.

To view the Guiding Principles go to: <http://blog.samhsa.gov/2011/12/22/samhsa%E2%80%99s-definition-and-guiding-principles-of-recovery-%E2%80%93-answering-the-call-for-feedback/>

Beckman Recovery Conference

Katherine Roberts

On October 17, 2011 more than 150 clients' staff and guests attended the 9th Annual Beckman Recovery Conference. The conference is planned each year by the centers Client Advisory Committee. This years theme was "**Recovery In Full Bloom**". The board develops the agenda and makes recommendations for speakers and ideas of which agencies to invite to provide information about their programs and services to our clients. Center staff take the information from the advisory committee and start putting together all of the pieces to make the conference happen. The board, which meets quarterly, reports planning for the next conference begins as soon as one current one ends.

The conference is sponsored by the Beckman Center for Mental Health Services and their co- sponsors: National Direct Home Pharmacy, Janssen Pharmaceuticals, and Mental Health America of Abbeville, Greenwood, Laurens, and McCormick Counties at the Mount Zion AME Church in Promised Land, S.C.

Center director, Melanie Gambrell, delivered the opening remarks, followed by recovery testimonials from clients, one from each county Beckman serves. The Recovery speakers included from Eva Kinard, from Edgefield, Patricia Ware, Larry Boyd, and Amanda Montgomery from Greenwood, Tomora Moss, from McCormick, and Sandra Maxwell from Newberry. Each speaker received a 50.00 Wal-Mart gift card purchased by the Palmetto Long Term Care Pharmacy.

The featured presenter was Richard Petty Richard G. Petty, MD, MSC, MRCP (UK), MRC Psych. Dr. Petty is a Professor of Medicine Georgia State University Associate and the Medical Director of the Promedica Research Center Atlanta, GA. The program was sponsored by Janssen Pharmaceuticals. His presentation, "**Relapse Awareness and Reduction Strategies**". The focus was of the seminar was on defining relapse, identifying triggers and early warning signs, developing a relapse reduction plan and the importance of family and treatment team support in recovery.

Each year one of the most anticipated events of the conference is the banner/display contest based on the conference theme. The displays are set up around the perimeter of the room. The clients from the various programs design displays based on the conference theme. The displays are set up around the perimeter of the room. Each program that submitted a display receives a framed certificate and, due to popular demand, awards were given to the top three banner displays. The judges all from central Office in Columbia were Michele Murff, the Coordinator of Homeless and Housing Programs, Katherine Roberts, the Client Affairs Director and Tracy LaPointe, Public Information Specialist.

Three door prizes, for clients, were donated by Mental Health America of Abbeville, Greenwood Laurens and McCormick. Two were gift cards for \$50.00 and \$100.00 dollars and the grand prize was a 32 inch flat screen T.V.

The Beckman Client Advisory Board would like to thank the seventeen staff members who went out and began to pick up clients so they could attend. Some of the pick up areas began as early as 6:30 in the morning. We feel blessed to have staff so dedicated to help clients attend the conference and then get home again that night. We would like to offer a huge Thank You! to; Steve Marshall - Abbeville, Myrdis Sheppard and Carol Chidley - Edgefield, Cherry Parker, Jeffrey Spencer, Paige McCary, Sarah Caldwell, and Deidre Dickerson - Greenwood, Beth Adams, Phyllis Cox, Teresa Wideman and Jimmy Webb, McCormick Betty Speech - Laurens, and from Batesburg/Newberry - Lori Pruitt, Heather O'Dell, Daphine Padgett, and Kristan Hinson.

Beckman Mental Health clients and staff would also like to thank the center and clinic advisors, their local Mental Health America affiliates, National Direct, Janssen Pharmaceuticals for their continued support and Mt. Zion AME Church for the use of their wonderful conference facility.

**Client Advisory Board members (l to r)
Pam Minyard, Ricky Whimbush, Francis Harris, Melvin Carter, and Sandra Maxwell**



FYI Smoking

Smoking has long been linked with depression, though it's a chicken-or-egg scenario: People who are depression-prone may be more likely to take up the habit.

However, nicotine is known to affect neurotransmitter activity in the brain, resulting in higher levels of dopamine and serotonin (which is also the mechanism of action for antidepressant drugs).

This may explain the addictive nature of the drug, and the mood swings that come with withdrawal, as well as why depression is associated with smoking cessation. Avoiding cigarettes—and staying smoke free—could help balance your brain chemicals.

Resources, Publications & Events

New SAMHSA Publications

[Drug-Related Emergency Department Visits Attributed to Intentional Poisoning](#) DAWN11-1103

Format: Series Report
ELECTRONIC ONLY

[Family Education Videos](#)

SMA11-4637 Format: CD-ROM
In Stock

[Emergency Department \(ED\) Visits Involving the Muscle Relaxant Carisoprodol](#) DAWN11-1027

Format: Series Report
ELECTRONIC ONLY

[Addressing the Needs of Women and Girls: Core Competencies for Mental Health and Substance Abuse Service Professionals](#) SMA11-4657

Format: Report
In Stock

[State Issues and Innovations in Creating Integrated Early Learning and Development Systems](#) SMA11-4661

Format: Report
ELECTRONIC ONLY

[Trauma and Justice: Treatment and Recovery Through the Delivery of Behavioral Health Services](#)

SMA11-4625DVD
Format: Webcast
ELECTRONIC ONLY

[Minority Fellowship Program](#)

SMA11-4638
Format: Brochure
In Stock

<http://www.samhsa.gov/ConsumerSurvivor/shared.asp>

Shared decision Making

Cool Tools

- Conversation Starters (PDF)
- Questions to Ask about Complementary and Alternative Medicines (PDF)
- Questions to Ask about Medication (PDF)
- Shared Decision Making Skills for Providers and Helpers (PDF)
- Side Effect Profile Chart (PDF)
- Tips for Talking to Providers (PDF)



ICDR members are invited to participate in the **Race, Ethnicity, and Disabilities: State of the Science Conference** sponsored by a NIDRR-funded grantee (see below). NIDRR chairs and serves as the administrative home for the ICDR.

The registration fee for ICDR members is waived. Please support this important event promoting coordination and collaboration, in addition to, a better understanding with respect to the state of the science.

Race, Ethnicity, and Disabilities: State of the Science Conference March 1-2, 2012, Crystal Gateway Marriott.

This conference is intended for multidisciplinary rehabilitation professionals including physicians, physical therapists, occupational therapists, speech pathologists, rehabilitation nurses, psychologists, rehabilitation case managers, rehabilitation counselors, disability specialists, other professionals serving the field of rehabilitation medicine, and researchers studying minorities with disabilities.

The Conference Goals are to:

- Advance the state of the science of disability research involving racial and ethnic minorities by identifying, analyzing, and synthesizing current evidence-based strategies being utilized.
- Build capacity of researchers dedicated to engaging in minority disability methodologies, and recruitment methods relevant to underserved populations.
- Foster networking and communication between researchers, students, clinicians, funding organizations, journal editors, and consumers interesting in improving disability research and services for racial and ethnic minorities.

Registration fee is waived for OSERS (NIDRR, RSA, and OSEP) staff and ICDR members. Conference brochure is attached. Online registration is now available at [-www.vcu-projectempowerment.org](http://www.vcu-projectempowerment.org).



Paving the Way for Graduation: Using a Peer-Involved Model by Neil Harbus, LCSW, CPRP

Pathways to Housing was founded almost 20 years ago based on the belief that housing was a human right, and that the most vulnerable population—those who were homeless with mental health issues—should have immediate access to permanent, independent housing. As originators of the "Housing First" model, Pathways has always been committed to providing services driven by consumer choice and supporting an individual's ability to grow and recover within the community. Over the last few years as more people have "graduated" to less intensive levels of care, a need to improve the graduation process within the agency became apparent. Our aim was to facilitate a fairly seamless transition, placing individuals at the center and involving peers, staff, and others to support them throughout the graduation process.

Designing the Process

We realized many existing facets of Pathways could help support this new graduation process: permanent housing people could retain even after graduation, continuity of care as they moved from more intensive Assertive Community Treatment (ACT) teams to less intensive case management teams, and the ability to retain social connections they had established at Pathways.

Moving forward, we engaged in discussions with former graduates, candidates for graduation, staff working with candidates for graduation, and staff who would work with people after graduation.

Some common recommendations emerged from these discussions:

- Make graduation a positive experience with a formal graduation ceremony and celebration.
- Make graduation a gradual process with an individualized time frame varying from 3 to 9 months.
- Provide a strong peer presence throughout the transition process.
- Involve peers (who had successfully completed a transition) as mentors to support individuals before, during, and after graduation.
- Provide specific skills training based on an individual's needs prior to graduation.
- Ensure effective communication between all parties involved with the individual.

The "Moving On" Program

Recommendations for facilitating the graduation process led to the "Moving On" program. The program team consists of peers and clinicians who assist individuals in all aspects of graduation.

Peer presence is a cornerstone of Moving On, making the program and graduation process so unique. The Moving On program focuses on positive aspects of graduation, but also encourages people to work through fears and anxieties. Graduation is a big step for many, since case management teams only meet with people every 2 weeks and individuals are expected to take on more responsibility. Peers assume two roles, becoming intermediaries and advocates for individuals in the graduation process. They ensure individuals have a "voice" in all that's going on, and that the graduating person remains central to the process. They also make sure the graduation process proceeds at a comfortable pace for the individual. Peers are the bridge between the ACT team an individual is leaving and the new case management team assuming the individual's care.

Graduation Concerns

Peers involved in the Moving On program address individuals' concerns about graduation in a very compassionate yet forthright manner. Common concerns include feeling abandoned and rejected by the treatment team, fearing they will not be able to function independently in the community, and feeling they will not be successful in securing outside providers (psychiatrists and counselors). Also important are the concerns of family members, who may fear the individual will "fall apart" without supportive ACT services after graduation. All interested parties are involved in the Moving On planning process—their fears are taken seriously and addressed. Peers collaborate with individuals to handle these issues and design strategies to overcome fears and concerns.

The "Moving On" Process

The entire Moving On team becomes involved as soon as the graduation process begins. They collaborate with the individual to manage issues and develop skills he or she believes should be addressed prior to graduation. Their assistance includes accompanying people to new provider appointments, shopping for food and household items, maintaining an apartment, and using more community resources. While some of the work occurs at the Pathways offices, much of it happens in the community. Individuals are provided with as much support as they are comfortable receiving and can either meet with members of the team in person or get support by phone. As they work toward

graduation, people are encouraged to access the services and supports available at Pathways' peer-run Resource Center, which offers groups, classes, and one-on-one counseling sessions. This is especially emphasized if they have an interest in employment, education, finances, or parenting.

The weekly Moving On group is the centerpiece of the entire process and includes peers from the Moving On program, past graduates, individuals in the process of graduating, and a peer representative from the Pathways Resource Center. The group meeting has evolved into a celebration of wellness to applaud accomplishments, discuss solutions to challenges, and share resources.

Outcomes and Graduation

As for early outcomes, 20 individuals graduated in our first class 1 year ago, and no one has had to return to an ACT team. A number of graduates are now working or pursuing their education, and all report an improved quality of life. After graduation, one individual described the transition: "Leaving the ACT team wasn't as difficult as I thought, especially with the help of the peers, and I can still go back and visit."

Pathways is about to have its second official graduation, with another 20-person class. Graduation has become an event not to be missed. There is music, food, poetry, family, and friends, and everyone at Pathways attends. Each graduate is given a certificate symbolizing the accomplishment. It is truly a special day for all.

Neil Harbus is program director of the Pathways to Housing Peer Wellness Program. The October 6, 2011 RTP Webinar, "Step 4 in the Recovery-Oriented Care Continuum," addressed the important recovery-oriented concept of an individual's "graduation" from formal services.

The 2011 "Recovery-Oriented Care Continuum" Webinar series featured four steps:

Step 1: Outreach & Engagement

Step 2: Person-Centered Care Planning

Step 3: Promoting Recovery Through Psychological and Social Means

Step 4: Graduation

Federation of Families

FFSC is seeking Parent Advocates. The Federation of Families of SC seeks parents of children receiving services from a community mental health center to participate on state level committees. Input is needed from parents whose children are receiving services. We will provide training and orientation and you will be attending with a Federation staff member. Please contact Diane Flashnick at 866-779-0402 if interested in learning more.

Looking for Volunteer or Community Service Opportunities? The Federation of Families of SC will be sponsoring a fundraising event in the Spring. We are looking for individuals with advertising, PR and event planning experience to participate on the event committee. We will also need volunteers the evening of the event. For more information contact Jenah Cason at 866-779-0402.

Searching for Parents of Children With Mental Health Needs to Provide Family Support Services to Other Parents-The Federation of Families of SC will be providing one on one family support services to parents of children with serious emotional and behavior problems. The family support services are to be provided one on one by another parent (this could be a foster parent or other individual who has been the primary caregiver) who is raising or has raised a child with serious emotional problems.

The purpose of this family support is to provide assistance and help teach another parent to navigate the service delivery system based on your learned experience. Individuals selected to become service providers will have had to complete required training.

The only experience required to participate in the training is that of being a parent raising a child with mental health needs. Participating in the training does not ensure a paid position but is required to apply. Professionals/clinicians-unless you have provided daily one on one care to child in a parental role please do not respond. If you are interested in learning more about the training, please call Diane Flashnick at 866-779-0402. <http://fedfamsc.org/>

2012 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.

Dates:

February 13, April 9th, June 11th August 13th, October 8th, December 10th

2012 CPSS Certification Training

Week 1	Week 2	Exam
03/5-9	03/12-15	03/30
09/24-28	10/1-4	10/10

2012 CPSS Continuing Education

Whole Health Peer Support with
Larry Fricks and Ike Powell
Seating is Limited pre-registration is required

Contact Katherine Roberts, 803-898-8304 kmr50@scdmh.org

View Client Affairs Training calendar at
http://www.state.sc.us/dmh/client_affairs/training_calendar.htm

SC SHARE

Feb. 17th

This is Where the Healing Begins:
Understanding mental illness and recovery

March 10th

Feeling Over-Whelmed: Stress and coping 101

March 18th

Mental illness and Medications!

April 14th

Understanding and expressing positive and negative emotions...

May 19th

Anger Management 101

<http://www.scshare.com/>

MHA-SC

March 2012

Mental Health America of South Carolina, in partnership with the American Foundation for Suicide Prevention, Midlands Technical College and NAMI Mid-Carolina will host the 3rd Annual Helping the Hurting Conference: Faith Communities' Response to Suicide.

<http://www.mha-sc.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 at SCDMH Division of Community Mental Health Services, Suite 312, 2414 Bull Street Columbia, SC 29202, fax 803-898-8347