

CAPSS NEWS

May 2012 Vol. 6 Issue 2

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

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**SCDMH Mission
To Support the
Recovery of people
with Mental Illness**



On May 1&2, 2012 SCDMH hosted a two day Peer Support Whole Health & Resiliency (PSWHR) training. The National Association of State Mental Health Program Directors (NASMHPD) and the Transformation Transfer Initiative (TTI) provided funding for the training. Thirty-eight peer specialists from various agencies attended. Sixteen represented SCDMH; Aiken-Barnwell, Charleston, Columbia Area, Deaf Services, Orangeburg, PeeDee, Santee-Wateree, Spartanburg, Tri-County and Waccamaw Mental Health Centers. There also had participation from the SC SHARE Mentoring program, Anderson and Pickens Behavioral Health, Phoenix Center Greenville, Keystone Substance Abuse Services in Rock Hill, Spartanburg Substance Abuse Services, Lexington-Richland Alcohol Drug Abuse Center, Christ Ministries - Victorious Overcomers in West Columbia, Life Recovery Solutions at the J.Rubin Long Detention Center in Horry County, and the Ralph H. Johnson V.A. Medical Center in Charleston. The trainer's, Larry Fricks and Ike Powell, founded the Appalachian Consulting Group in Cleveland Georgia.

Ike Powell is the Director of Training for the Appalachian Consulting Group. He has over 45 years experience helping people get in touch with the mystery, depth and greatness of their lives. For the last 20 years, he has worked developing and facilitating recovery curriculum in the mental health field. He designed and facilitates the Georgia. He is a USPRA Certified Psychosocial Rehabilitation Practitioner (CPRP), certified by Mary Ellen

Out of the Shadows Walk

The largest mental health education and fundraising effort in America, NAMI Walks brings together thousands of individuals and supporters to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness.

This year marks the 10th Anniversary of NAMI Walks. In 2011, over 84 NAMI Walks events have raised over \$9 million to support local programs and initiatives. NAMI Walks hosts teams from all over the community and features a program of local celebrities and community leaders along with food, information booths and prominent recognition of media, business and all sponsors.

NAMI -Mid Carolina

This year's NAMI Walks is on Saturday, May 19, 2012 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 NAMI Walks event -- the highlight of the year!

Location: West Columbia Riverwalk & Amphitheater Columbia, SC
Date: May 19, 2012
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:
 Mandy Medlock mandy.namimidcarolina@gmail.com
 Phone: 803-206-2916

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 2012 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

Date: June 2, 2012
Distance: 5 K
Check-in: 8:00 am
Start Time: 9:00 am

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

For more information about this event, please contact:

Elaine Hester
photobeez@aol.com
Phone: 864-517-5336
FAX: 864-331-0483

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

NAMI Hilton Head

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: September 22, 2012

Distance: 5 K

Check-in: 8:30 am

For more information about this event, please contact:

Sarah Eliasoph
namiwalks@hargray.com
Phone: (843) 681-2200
FAX: (843) 681-2290



Recovery and Employment

HOW IS EMPLOYMENT HELPFUL TO RECOVERY?

“Work is extremely important both in maintaining mental health and in promoting the recovery of those who have experienced mental health problems.” (Rinaldi & Perkins, 2000) Research shows that employment:

- **Reduces the potential of relapse:** Employment can help to increase self-esteem, lessen psychiatric symptoms, and reduce the potential for relapse in those of us with severe psychiatric disabilities.
- **Improves self-esteem and optimism about the future:** Successful employment can encourage the development of realistic, and often positive, beliefs about the future. This is important for those of us who have experienced negative changes in self-esteem and behavior.
- **Promotes social status and inclusion:** Improvements in income, status, and social contacts that come with employment assist in “tackling” the social exclusion often felt by many of us with psychiatric disabilities. The sense of achievement in an employment setting creates feelings of competence and community belonging.
- **Fosters independence:** Self-employment provides a high degree of independence and control over one’s economic future, and satisfies a personal work objective. Studies show the positive effects of entrepreneurship on improving quality of life.
- **Overall quality of life:** People in competitive employment experience greater improvements in symptoms, leisure, finances, and self-esteem, when compared with people who only participate in institutionalized work settings (e.g., sheltered workshops) or in no work environments at all.

Research shows that unemployment:

- **Causes financial stress:** People who had to borrow money during the previous year have twice as high a risk of depression. Who can feel good when overwhelmed by financial stress? Financial pressures also increase inactivity and social isolation. Not having money makes it harder to go out and do things with others.
- **Decreases self-esteem:** Loss of employment causes a decline in self-esteem and psychological health even when continuing to receive full pay.

HOW IS UNEMPLOYMENT HARMFUL TO RECOVERY?

Workers who regain employment have a significant improvement in self-esteem and psychological health regardless of how much they earn. Having some money to live is not enough. Having a job has value on its own for our self-esteem and dignity!

- **Increases isolation and risk behaviors:** Unemployment often comes with decrease of social supports and increased risk in use of alcohol and tobacco as ways of dealing with stress. It’s hard to take care of ourselves when we are alone and don’t feel optimistic about the future. Pessimistic



Take Charge of Your Health

Did you know?

- Combined 2008 and 2009 data indicate that adults aged 18 or older with any mental illness (AMI) or major depressive episode (MDE) in the past year were more likely than adults without these mental illnesses to have high blood pressure, asthma, diabetes, heart disease, and stroke
- Adults with serious mental illness (SMI) in the past year were more likely than adults without SMI to have high blood pressure, asthma, and stroke
- Those with AMI, SMI, or MDE were more likely than adults without these mental illnesses to use an emergency room and to be hospitalized

<http://www.samhsa.gov/data/2k12/NSDUH103/SR103AdultsAMI2012.pdf>



SAMHSA ADS Center: A Focus on Peer Support and Peer Service

From small-group meetings in which peers share their experiences and offer mutual support to large peer-run organizations that are designing and implementing innovative alternatives to hospitalization, peers are working to change the face of recovery. Peers are not only helping one another, but are also changing their communities as a whole. As they do so, recognition of their tremendous work and value is growing.

In this e-resource update, the SAMHSA ADS Center seeks to highlight resources that illustrate the value that peer support and peer-provided services bring to the lives of individuals in recovery. Visit our Web site at <http://promoteacceptance.samhsa.gov> to check out the following examples of the many resources we offer to support and strengthen the peer recovery movement:

- Learn about the grants competition for the 2012 Campaign for Social Inclusion Awards for Statewide Peer-Run/Recovery Community Organization Projects, opening May 4. More information about this grant competition and how to apply will be available beginning May 4 at <http://promoteacceptance.samhsa.gov/CSI/awards/default.aspx>.

Learn about innovative, peer-operated alternatives to psychiatric hospitalization and how to design and fund peer-respite services in your community by listening to our archived teleconference *Peer Respite Services: Transforming Crisis to Wellness*, available at <http://www.promoteacceptance.samhsa.gov/teleconferences/archive/training/teleconference08042011.aspx>.

Hear inspiring presentations about the peer-recovery movement, where it's been, and where it's going, by listening to *Peer Support and Peer Providers: Redefining Mental Health Recovery*. Visit the ADS Center's archived teleconferences section

<http://promoteacceptance.samhsa.gov/teleconferences/archive/default.aspx> to access this and other ADS Center archived trainings.

- Check out the November 2011 edition of the ADS Center *Information Update* "Promising Practices for Social Inclusion: Peer-Provided Respite Care—Innovative Practices that Promote Wellness and Recovery" for information about national and community model programs, an inspiring personal recovery story, and a wide range of valuable tools and resources. This newsletter and all archived newsletters are available at <http://promoteacceptance.samhsa.gov/update/default.aspx>.
- Read about Jen Pape's recovery journey in which she discusses how "academic, professional, and mental health consumer communities to which I have disclosed my mental illness have provided me with a different sense of connection and network of support." To continue reading Jen's story and others' hopeful and inspiring stories, visit the ADS Center's My Story section at http://promoteacceptance.samhsa.gov/publications/my_story.
- Access valuable resources including *SAMHSA Consumer-Operated Evidence-Based Practice Kit and Nuts and Bolts: A Technical Assistance Guide for Mental Health Consumer/Survivor Self-Help Groups*. Visit our Information by Audience: Consumers section at <http://promoteacceptance.samhsa.gov/audience/consumers/brochures.aspx> for these and many other guides and toolkits, fact sheets, research articles, and resource organizations.

We encourage you to join with other peers to strengthen your own recovery and build supportive communities. Visit our Web site at <http://promoteacceptance.samhsa.gov>

Peer Support Whole Health and Resiliency Training

Katherine Roberts

Larry is a founder of the Georgia Mental Health Consumer Network that now has some 4,000 members and a founder of Georgia's Peer Specialist Training and Certification. He served on the Planning Board for the Surgeon General's Report on Mental Health, and currently serves on the Advisory Board for the Carter Center Mental Health Journalism Fellowships.

The Peer Support Whole Health and Resiliency (PSWHR) training was developed by Appalachian Consulting Group and the Georgia Mental Health Consumer Network as part of a National Association of State Mental Health Program Directors (NASMHPD) Technology Transfer Initiative (TTI) grant. Some of the tools are adapted from the Health and Recovery Peer Project (HARP) based on the Chronic Disease Self-Management Program developed at Stanford University and the Relaxation Response from the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital.



The purpose of the two-day training is to provide peer specialists with the skills needed to help another peer set, get and keep a whole health goal. PSWH is emerging as an exciting new role for peer specialists that clarify how they promote self-directed resiliency and whole health that is transforming mental health systems. Peer Support Whole Health is a person-centered planning process that:

1. looks comprehensively at a person's health life-style;
2. is a strength-based and focuses on a person's strengths, interests and natural supports; looks comprehensively at a person's health life-style;
3. is a strength-based and focuses on a person's strengths, interests and natural supports;
4. stresses creating new health life-style habits and disciplines; and
5. provides peer support delivered by peer specialists to promote self-directed whole health.

The PSWH training is built on three beliefs.

1. People cannot be forced or coerced to change their unhealthy life-style habits; therefore participation in the PSWH training needs to be on a voluntary basis and participants acknowledge that they have health issues that they are thinking about dealing with.
2. People are more likely to create a healthier life-style when you focus on their interests, strengths, supports and what they see as possible; therefore the PSWH training helps people focus on what they want to create in their lives, not on what they need to change.
3. People find it easier to create new habits than to change or stop old habits; therefore the PSWH training focuses on creating new habits or disciplines on a weekly basis, monitoring how well they are doing and accepting support from their peers.

The PSWH training is also built on a Person Centered Planning (PCP) process that focuses on six health life-style domains and five keys to success.

The six domains are:

1. Healthy Eating
2. Physical Activity
3. Restful Sleep
4. Stress Management/Relaxation Response
5. Service to Others
6. Support Network

The Five Keys to Success are:

1. A Person-Centered Goal that uses the SMART process to be written into a treatment plan
2. A Weekly Action Plan that uses a confidence scale
3. A Daily/Weekly Personal Log
4. Peer Accountability and Support
5. Weekly Peer Support Whole Health Group



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 13th~~

~~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
07/9-12	07/16-19	07/31
09/24-28	10/1-4	10/10

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

SC SHARE

9-May-11 Double Trouble Presentation
Three Rivers Behavioral Health in Columbia
www.threeriversbehavioral.org
Main Campus 2900 Sunset Blvd
Lunch 11:30, Presentation 12:00
RSVP Required, Contact Janet Holmes at
744-3254 or janet.holmes@uhsinc.com

MHA-SC

Mental Health America of South Carolina 58th Annual Meeting & William's Place Grand Opening Friday May 18, 2012 10:00 am - 2:00 pm MHASC 58th Annual Meeting Bridges Clubhouse 2105 Commerce Dr. Cayce, SC 29033 & William's Place Grand Opening Ceremony 2201 Commerce Dr. Cayce, SC 29033 Mental Health America of SC will host its 58th Annual Meeting at 10:00 am on Friday, May 18, 2012 at Bridges Clubhouse, 2105 Commerce Dr, Cayce, SC 29033.

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, May 19, 2012 at the West Columbia Riverwalk.

NAMI Greenville walk is Saturday, June 2, 2012

NAMI Beaufort walk is September 22, 2012
<http://www.namisc.org/>

NAMI Annual Meeting - Sept. 28-29, 2012
Embassy Suites, Greystone Columbia, SC

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