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

“White Ginger”
by Jason Friese

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

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

Charleston/Dorchester Client Advisory Board Named Volunteers of the Month at SCDMH

The Charleston Dorchester Mental Health Center Client Advisory Board was named Volunteer of the Month for the South Carolina Department of Mental Health. Debora Blalock, the center's Director, who submitted the nomination had this to say about the client advisory board at the center.

“I have the privilege of working for the South Carolina Department of Mental Health at the Charleston Dorchester Mental Health Center in Charleston, South Carolina. Our center has a very active client advisory board comprised of folks who receive services from the center for serious mental illnesses such as schizophrenia and bipolar disorder. This valuable board advises our center leadership on many matters, always providing the most important perspective, the client's perspective.

Recently the board decided that it wanted to celebrate May, Mental Health Awareness month, by giving back to the community. The board knows all too well that the community at large views them as folks who take and not as folks who give.



They decided to hold a car wash to raise funds for the Medical University of South Carolina's Children's Hospital's oncology unit. So, on May 22, ten clients washed

over thirty-five cars and raised \$250.00 to donate to kids with cancer. I wish you could have seen the faces of these men and women as they served those less fortunate rather than being the less fortunate! It was truly recovery in action. For three hours, these folks were not folks with mental illness, they were simply good neighbors making a difference.”



Peer Mentoring at Aiken Barnwell By Katherine Roberts

The Peer Support Mentoring Class at Aiken/Barnwell MHC celebrated the completion of its fourth Mentoring Class. This is a year long program conducted by a Certified Peer Support Specialist (CPSS) was developed to assist clients who are interested in becoming a CPSS or volunteer with ABMHC.

The classes cover categories such as; Combating Negative Messages, Cultural Diversity, The Power of Positive Thinking, President's New Freedom Act, Documentation, Effective Listening Skills as well as tools to be utilized in personal recovery. To enroll clients must meet the following criteria:

- be active in treatment
- be a current client of DMH
- be willing to self identify
- be alcohol and drug free
- be referred by case manager

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Beckman's Recovery Conference By Brenda Johnson, CAC/CPSS

On May 18, 2009 the Beckman Mental Health Center held its 7th annual Recovery Conference **"From Exclusion to Belonging"** sponsored by the Beckman Center for Mental Health Services and their co-sponsors: Mental Health America of Abbeville, Greenwood, Laurens, and McCormick Counties and, National Direct Home Pharmacy at the Mount Zion AME Church in Promised Land, S.C.

The center director, Melanie Gambrell, delivered the opening remarks followed by an inspirational speech by Duane Everett of National Direct. Jeff Ham who coordinates the state wide system of Community Mental Health Centers for the Department of Mental Health spoke on the recovery initiatives of SCDMH.

The highlight of the morning came when 5 clients; Brian Jackson from Abbeville, Maurice Tullis from Greenwood, Margaret Jackson from Laurens, Sarah Jones from McCormick and Phyllis Suber from Newberry told their stories of recovery. They all spoke of the transition of moving from isolation in their mental illnesses to developing a sense of belonging. It was the first time that most had spoken publicly about their journeys. Phyllis Suber summed it up when she said "...mental illness can't stop me, it's not anything to be embarrassed about, and you work to take care of it and try to help others. It's time for us to join the world!"... Following the stories of recovery, were words of hope from Dick Haldeman with Mental Health America and Ruth Sharpe with NAMI-SC.

One of the highlights of the conference is the recovery banner contest. Each year clients from the various Beckman programs design a banner based on the conference theme. Banners are displayed along the walls in the Conference center. Each banner that was submitted received a framed "Outstanding Banner" award and the winning banner receives a trophy. This year's winner was Greenwood's Horizon House, chosen by our visitors from SCDMH Administration Office in Columbia; Jeff Ham, Michele Murff, who coordinates the Departments Housing and Homeless programs, and Katherine Roberts who directs the Office of Client Affairs.



Following a wonderful lunch prepared by members of the Mount Zion AME Church and the presentation of the

trophy was a praise dance performed by Latisha Williams a member of the Mt. Zion congregation. At last years conference the dance, gives reverence to God, was so popular that Ms. Williams was asked and graciously consented to performing it again.

The afternoon wrapped up with a talent show. Brad Bedenbaugh, Adell Bradley and Tommy Kirkland from Newberry performed the Beatles classic *Twist and Shout*, from Greenwood we were entertained by Kelsey Gilchrist on his sax performing *I Believe I Can Fly, My Heart Will Go On* and the theme from *Star Wars*, Jimmy Freely performed a self composed RAP Toyesha Styles, Derrick Gilchrist and Mary Anna Sherard all recited poetry. Clarence Davis from Abbeville and Genavieve Bryant from McCormick sang solo pieces.

This conference is planned each year by the centers Client Advisory Committee. The committee, which meets quarterly, reports planning for the next conference begins as soon as one ends ...it seems to be continuous. They develop the agenda and make recommendations for speakers and ideas of which agencies to invite to provide information about their program 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.

Beckman Mental Health clients and staff would like to thank our local Mental Health America affiliates and National Direct for their continued support and Mt. Zion AME Church for the use of their wonderful conference facility.

Aiken Continued

The classes meet every week for an hour. In the last three years 11 clients have completed the mentoring class.

The 2009 class had 5 clients enrolled, Larry L., Jesus D., Kevin L., Donna C., and Kennedy D. One of the students, Jesus, has also completed the states certification training program for peer support and another Donna C., gave permission to reprint her graduation speech.

"My name is Donna C. and I am a person with mental illness. Before taking this class, I found it difficult to manage my illness but now that I have completed this program managing my illness has become less difficult. I have gained so much knowledge about mental illness, that it has an impact on me and the way I live my life today.



Continued on page 6.

Mental Health America, D.C. Department of Mental Health To Dedicate National Memorial at Saint Elizabeth's Hospital

ALEXANDRIA, Va. (May 27, 2009)—As part of its Centennial Celebration and Conference, Mental Health America—in partnership with the District of Columbia Department of Mental Health—will hold a dedication ceremony on June 10 at 10 a.m. for a memorial planned on the grounds of Saint Elizabeth's Hospital for hundreds of thousands of patients who were buried, many with unmarked graves, at state psychiatric hospitals nationwide.

The service will also dedicate a quote from Mental Health America founder Clifford W. Beers that will be part of the national memorial. The quote, "I must fight in the open," was the adamant response Beers gave to the suggestion that he launch his mental health movement anonymously. Individuals with mental illness had long been considered the lowest caste of individuals in society. Instead of hiding from the discrimination and the stigma, Beers openly confronted it.

The Gardens at Saint Elizabeth's—A National Memorial of Recovered Dignity designed by the University of Georgia's School of Environmental Design, under the supervision of Professor Scott S. Weinberg, Associate Dean and recent graduate Elizabeth Brunelli—will be woven into an existing 10-acre cemetery that inters some 4,500 psychiatric patients who died at the federal facility. Nearly half of those with military grave markers are veterans dating back to the Civil War; the rest are civilians from the District of Columbia with no grave markers. Under the plan for the memorial, metal markers from all 50 states will list the numbers buried and at which institutions surrounded by gardens and a pool of water.

Mental Health America was founded a century ago this year by Clifford W. Beers, who experienced firsthand the treatment of individuals with mental health conditions in state hospitals and whose vision and groundbreaking work transformed the face of mental health care.

"It is hard to imagine a more fitting tribute to Mental Health America's centennial and to the legacy of Clifford Beers than dedicating a Beers quote for this new memorial," said David L. Shern, Ph.D. President and CEO of Mental Health America. "Like the Tomb of the Unknowns, they stand as a tribute to the hundreds of thousands lost to custodial institutions and the hope for all during our next hundred years. We must embrace our past, appreciate our accomplishments and envision a new future."

"This memorial will offer the respect due thousands of individuals who were shunned in life and until now were often disrespected in death, while helping to remove

stigma and false beliefs," said John Allen, President of the National Association of Consumer/Survivor Mental Health Administrators, the organization that started the national memorial project.

Opened in 1855, Saint Elizabeth's was the first federally funded asylum and was originally called the National Asylum for the Veterans of the Army and Navy and Residents of the District of Columbia. Overlooking the Anacostia and Potomac Rivers, Saint Elizabeth's was designed to be a model moral treatment asylum with peaceful gardens promoted by English Quakers in the 1800s. The Quakers rejected harsh treatments such as chains and straightjackets, believing patients were inherently good regardless of their behavior and healing came from emotional and spiritual recovery which was "moral."

Plans are underway for Mental Health America to sign a long-term lease of the cemetery and memorial site supported by an advisory council made up of representatives of six other national mental health organizations, including the Depression and Bipolar Support Alliance, the National Association of Consumer/Survivor Mental Health Administrators, the U.S. Psychiatric Rehabilitation Association, the National Coalition of Mental Health Consumer/Survivor Organizations, the National Alliance on Mental Illness Consumer Council and the National Association of State Mental Health Program Directors.

Tax exempt donations for the national memorial can be sent to Mental Health America; 2000 North Beauregard St.; 6th Floor; Alexandria, VA 22311.

For more information about the memorial, contact Larry Fricks at 404-375-1813.

Celebrating 100 years of mental health education and advocacy, Mental Health America is the country's leading nonprofit dedicated to helping all people live mentally healthier lives. With our more than 300 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation—every day and in times of crisis. In 2009, we are marking a century of achievement with a year-long Centennial Observance: "Celebrating the Legacy, Forging the Future."



Clients Discover New Meaning and Purpose for Their Lives

By John Martin, CPSS

Wonderful things are happening for the clients at Santee-Wateree Mental Health in Sumter. Recently a group of clients completed SC SHARE's Recovery for Life I Program at the Santee- Wateree Community Mental Health Center. The clients especially enjoyed learning about taking on new roles in recovery and learning the value of building a strong support system in the community. The clients also learned to build trusting relationships with each other and practiced role playing and peer counseling to sharpen their coping skills. Some of the clients began to develop supportive relationships outside the group setting, and new friendships were formed.

The clients also developed skills for setting goals, practicing healthy boundaries, and working to solve problems, as well as managing stress and emotions. Some of the clients began to engage again in meaningful activities, like writing poetry and journaling that were enjoyed prior to being diagnosed with a mental illness. One client started a bank account with money he had put aside from his disability income and also purchased a new wardrobe for himself.

Another group that is for clients with a dual-diagnosis met weekly for peer support to learn skills for overcoming addiction and preventing relapse. The clients engaged in group discussion about current issues with alcohol and drug addiction and also focused on the Stress Vulnerability Model. The clients developed coping skills to help them deal with triggers and urge to use substances, and they also explored 12 step recovery principles. Some of the clients successfully completed having over one year of continuous sobriety.

Other new peer support groups also formed at Carolina Place, a satellite office of Santee-Wateree CMHC, and the clients there are also engaged in the S.C. SHARE Recovery for Life Program as well as the Wellness Recovery Action Plan by Mary Ellen Copeland. The clients at Carolina Place were also visited by Sissy Weaver from S.C. SHARE, who introduced them to the Recovery Planner, a self-help guide that covers the many facets of life for all who are on the journey of recovery.

The clients who have chosen to participate in Peer Support Services at Santee-Wateree Mental Health have formed trusting relationships with their healthcare providers and with their peers. They have

enhanced their lives and chances for success in society. They have matured through learning the value of leaning on each other for support and learning to overcome stigma and negative self-talk. They have discovered that they are loved and valued by others, and that there is a Higher Power who cares for them and has a plan for their lives.

Peer Mentoring Program at Berkeley Mental Health

By Donna Lynch, CAC/ CPSS

Berkeley Mental Health Center is finishing up its first mentoring class. The program is based on one developed at the Aiken/Barnwell MHC. This year long course is conducted by a Donna Lynch the Client Affairs Coordinator (CAC) and Certified Peer Support Specialist (CPSS) to assist clients help clients develop skills to further them in their own recoveries and use the information to help others as well.

The curriculum begins with students completing Recovery for Life I and II, they move on to master the modules in the peer support training manual and finish up with Wellness Recovery Action Planning (WRAP). The classes meet every week for an hour and a half. The program is intense and requires significant commitment on the part of the clients attending. Attrition is expected but Berkeley is please that half of the 14 clients who began the class are going to graduate. A graduation has not been finalized but is being planned for late July or early August.

Three of the students attended the STAR Mentor training program. Mentoring is a one-to-one relationship that develops over a period of time between a mentor and a person with a mental illness who is seeking recovery. SC SHARE trains clients to become mentors and shows them how to become paid mentors who will return to their communities to help others. All three of the clients in Berkeley who began the program at SC SHARE have completed it and are working as paid mentors in their community.

Several of the clients in the mentoring program at Berkeley have been in the mental health system for years both here in South Carolina and elsewhere. Like others who have enrolled in or completed peer support programs both here at DMH and at SC SHARE talk about finally feeling that they have some skills and resources to manage not only the symptoms of their illnesses but also their lives.

SELF ADVOCACY

Resources and Links...

Self-advocacy refers to an individual's ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs, and rights. It involves making informed decisions and taking responsibility for those decisions. (VanReusen et al., 1994)

Mental health self-advocacy means that you should Educate Yourself

- Learn about your mental illness,
- Available treatments
- The consequences of those treatments.

http://www.state.sc.us/dmh/client_affairs/recovery_resources.htm

Learn about Advance Directives and Power of Attorney for Health

http://www.state.sc.us/dmh/client_affairs/advance_directive.htm

Educate Yourself about Your Rights How to Find an Advocate and File a Grievance

http://www.state.sc.us/dmh/client_advocacy.htm

Center on Mental Health Services Research and Policy



National Research and Training Center (NRTC) Systems Advocacy: What It Is and How to Do It

In this audio-visual web cast, learn what makes a mental health service qualify for designation as an "evidence-based practice" (EBP), and why that matters to family members and other advocates. National experts describe how research evidence is "graded" to reflect its quality, characterize the level of evidence for NAMI family-led education, and discuss EBPs in mental health care such as supported employment. The leader of a statewide NAMI organization offers a family perspective on EBP, and discusses how to advocate for research to advance the status of promising practices in your community.

Audiovisual Presentation

[View the audio and slide presentation](#)

Professional Education

[View information on obtaining professional education credits](#)

Download Resources

[Slides](#)

[Transcript](#)

[Resources, Bibliography, and Web site links](#)

[/Online Education](#) / Systems Advocacy Webcast



National Mental Health
Consumers' Self-Help Clearinghouse

www.mhselfhelp.org

The Freedom Self-Advocacy Curriculum

Self-advocacy is essential to the empowerment of mental health consumers. By helping consumers learn to advocate for themselves, you help them to take control over their own recovery and to assert their rights. Many organizations strive to teach self-advocacy to consumers, but until recently there has been no national self-advocacy curriculum designed specifically to address the needs of mental health consumers.

The National Mental Health Consumers' Self-Help Clearinghouse has developed the Freedom Self-Advocacy Curriculum as a tool to help you teach self-advocacy skills to mental health consumers. Working in conjunction with the National Mental Health Association (NMHA), the National Association of Protection and Advocacy Systems (NAPAS), and other organizations, we have developed a set of three workshops that you can learn to teach to consumers.

All of the workshop materials are available free for download below. The Clearinghouse is available to provide technical assistance regarding any of the workshop materials. Clearinghouse staff are also available to provide training in teaching the workshops with Freedom Training Institutes.

Download Workshop Materials: (Please note that all materials are in PDF format, if you do not have Adobe Acrobat Reader it can be downloaded [here](#).)

The Freedom Curriculum is based on a "train the trainer" model. Your organization's staff and volunteers can learn how to teach the three Freedom Self-Advocacy Workshops to consumers in your community.

Download: [Introduction to the three workshops.pdf](#)

Download: [FirstWorkshop-Attitudes.pdf](#)

Download: [SecondWorkshop-Knowledge.pdf](#)

Download: [ThirdWorkshop-Skills.pdf](#)

Download: [ModuleA.pdf](#)

Download: [ModuleB.pdf](#)

Download: [ModuleC.pdf](#)

Download:

[Advocacy and Government Contacts Booklet.pdf](#)

Developing Healthy Habits

By **Bobbie Lesesne**

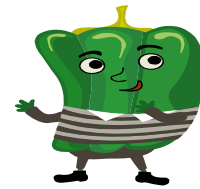
Before making any big changes in your diet, get the facts from a reliable source like your doctor. It only took a trip to the doctor for me to change my food habits. After practically being a vegetarian for a long time, I thought I was doing really well only to find out I had, again, high cholesterol and high blood pressure and a low potassium level, who new? If you are concerned about yourself, make an appointment to see a your primary care physician soon. Only he/she can tell you exactly what you need to eat and what your health issues are.

In the meantime, ripped from the pyramid food guidelines, try to eat a variety of whole grains, fruits, and vegetables daily. They will make you fill full without all the calories, are low in cholesterol, high in fiber and the plant chemicals are believed to reduce your risk of heart disease and cancer. Try to aim for a diet low in saturated fat and cholesterol and moderate, at least, total fat. I have had to give up cheese, my favorite food, for low fat or soy cheese, which, I think, is actually plastic. Some other high fats include, but are not limited to, whole milk, palm and coconut oils, eggs and hamburger, unless it is very lean, and pepperoni, so much for pizza.

Good sources of protein are pecans, almonds, walnuts, and I assume if you are not a squirrel, salmon, tuna, other fish, and baked skinless chicken. Go easy on the sugar and salt. This means cut down on the processed foods including frozen entrees that are so easy to microwave, and meals in a can like chili or baked beans, frozen meals in a pocket that are high in salt, fats and other mystery ingredients.

My doctor said to try to have a veggie or fruit snack each day, and that doesn't mean ketchup on French fries, unfortunately.

In addition to the input from your doctor, you can go to the US Department of Agriculture and the Department of Health and Human Services for Dietary Guidelines Food Pyramid or www.nal.usda.gov/fnic/dga.



Aiken continued from page 2.

At first I was reluctant about taking this class but thanks to my therapist, who encouraged me, I gave it a try. I did not think that it would make in real difference in my life but I was wrong. When I started I had a negative attitude and low self-esteem and I probably would not have been able to stand here before you today and speak.

I learned a lot from this class; identifying my triggers developing skills to avoid and /or control them, being able to distinguish between a symptom and behavior. Define what recovery means to me and understand the 5 stages of recovery from the peer support training manual. I also learned tools of recovery, how to cope with stress, set boundaries, ways to build my self-esteem and how to cope with grief. I had recently lost my brother and was able to go through the grieving process without relapsing in my recovery.

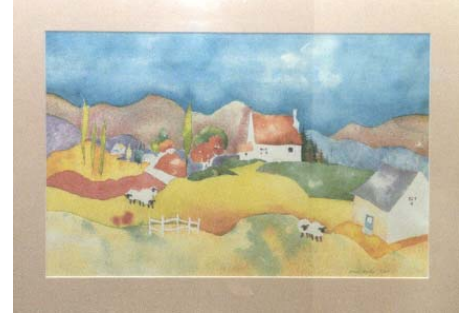
This course also helped me change my perception of myself. I no longer look down on myself, I see myself as being positive and confident, moving ahead with my life. I want to thank my instructor Cynthia Smith who was able to me in an effective manner in-part by self-identifying and providing an abundance of information to help us in our recovery process.

I believe the experience I have had in participating in this class has helped to shape me into the individual I am today. I feel that I have reached another stage of recovery and can take on challenges in a healthy manner.

My goal is to remain in recovery, to share with others what I have learned in this class and share my experience of living with a mental illness. Taking this class was truly a blessing to me, it taught me how to live my life in a healthy manner and that I can live a productive life."

Greenville MHC

The Art of Recovery program has become so popular that some mental health centers sponsor their own in-house gallery. The **"Open Hearts Art Gallery"** is now officially open at the Greenville Mental Health Center at 124 Mallard Street, Greenville S.C. 29601. The gallery is open weekdays from 4-5 p.m. and additional hours for special events. Featured works include original pieces as well as reproductions which can be purchased with all proceeds going to the artists themselves. For more information call 241-1040, ext. 128 or 208.



To view the on-line gallery go to: <http://www.state.sc.us/dmh/aor/gmh.html>

From the CMHS CONSUMER AFFAIRS E-NEWS APRIL 28, 2009 / DISABILITY LAW HANDBOOK AVAILABLE

The Southwest Disability and Business Technical Assistance Center (DBTAC) - funded by the National Institute on Disability and Rehabilitation Research recently announced that the Disability Law Handbook is now available on our website at: <http://www.swdbtac.org/html/publications/dlh/index.html>. The book will also be translated into Spanish and will be available soon.

This Disability Law Handbook is a 50-page guide to the basics of the Americans with Disabilities Act and other disability related laws. Written in an FAQ format, The Disability Law Handbook answers questions about the Americans with Disabilities Act, the ADA Amendments Act, the Rehabilitation Act, Social Security, the Air Carrier Access Act, the

Individuals with Disabilities Education Act, the Civil Rights of Institutionalized Persons Act, and the Fair Housing Act Amendments. Questions re this Handbook should be directed to the Southwest DBTAC, web site www.swdbtac.org. The handbook is available in PDF for printing purposes.

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SAVE THE DATE

23rd Annual Alternatives Conference

October 28 - November 1, 2009
Hilton in Omaha, Nebraska
Please contact:
National Mental Health Consumers' Self-Help
Clearinghouse
1211 Chestnut Street, Suite 1100
Philadelphia, PA 19107
800-553-4539, 215-751-1810
Fax: 215-636-6312
Email: info@mhselfhelp.org, www.mhselfhelp.org

CPSS Continuing Education

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

FY08 Peer Support Certification Training Schedule

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

CAC Bi-Monthly Meetings

The CAC's meet every other month from 1 to 3 pm. All employees who do not live in the Columbia area (Cola. and Lexington) may tune into the meeting via the SCDMH video conferencing system at their main center location.

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

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

Other Events SC SHARE

DTR - Double Trouble Presentations:

1. Calvary First Baptist Church, Greenville, SC
June 16, 2009 6:00pm – 7:00pm
2. Bridges Club House, Columbia, SC
June 17, 2009 11:00am – 12:00pm
3. Williamsburg Mental Health Clinic
June 19, 2009 1:30pm – 4:00pm
4. Spartanburg Mental Health Center
July 1, 2009 1:30pm – 4:00pm
5. Pee Dee Mental Health Center
July 8, 2009 1:30pm – 4:00pm

Wellness Class/Presentations

1. July 8, 2009 - Edgefield Mental Health Center
2. July 22, 2009 - Edgefield Mental Health Center

Recovery Planner Presentations

July 14, 2009 Gregory's Community Care Home

NAMI

Sunday, Oct. 11, 2 pm Out of the Darkness Walk for
Suicide Awareness and Prevention

Nov. 13-14, NAMI State Conference, Charleston

News, Alerts & Postings

The National Self-Help Clearing House Hub for Persons who
are Deaf/Hard of Hearing

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

Job Opportunity with Georgia Dept.
of Human Resources, Division of
Mental Health

Job
Postings [view](#)

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