

# Outlook

3RD QUARTER FY12



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**On the cover:**

**To celebrate National Prevention Week, Cheaha Regional Mental Health Center coordinated a balloon release with several schools in Talladega County. Students from the different schools are pictured here releasing balloons with their signed Prevention Pledges attached.**

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*Outlook* is the quarterly newsletter of the Alabama Department of Mental Health. It provides information about department initiatives, community mental health services, individual success stories and relevant national topics. Published four times annually, *Outlook* can be delivered to your inbox or viewed online @ [www.mh.alabama.gov/COPI/MediaCenter.aspx](http://www.mh.alabama.gov/COPI/MediaCenter.aspx).

Questions, suggestions and comments about *Outlook* should be sent to the Office of Public Information & Community Relations. Contact PICR at 334-242-3417.

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# Jim Reddoch Rejoins Department as New Commissioner

Welcomes new associate commissioners and general counsel

Jim Reddoch was appointed commissioner of the Alabama Department of Mental Health on July 1, 2012. Reddoch came to the department with more than 40 years experience in government, healthcare and law. Most recently, he served as executive director of Indian Rivers Mental Health Center in Tuscaloosa. Prior to that, he was director of ADMH's Taylor Hardin Secure Medical Facility in Tuscaloosa from 2000 to 2009 and director of Bryce Hospital in Tuscaloosa from 1992 to 2000. Reddoch also served as the department's deputy commissioner from 1988 to 1992.

Before joining ADMH, Reddoch spent nearly two years as legal advisor and chief of staff to Governor Guy Hunt. Preceding that, he worked for 15 years in private law practice and as a magistrate judge for the U.S. District Court for the Northern District of Alabama. Reddoch served his country in the U.S. Army, and was honored with several medals and awards for his service in the Vietnam War. He completed his obligation with the rank of captain. Following his wartime service, Reddoch graduated cum laude from Cumberland School of Law. He also holds a BS in finance from The University of Alabama.

Upon his appointment, Governor Bentley said, "I believe Jim's wealth of experience will serve the state well, most importantly the patients of the Alabama Department of Mental Health." 🌟



Commissioner Reddoch recently named two long-time department employees as associate commissioners of the two service divisions. Dr. Beverly Bell-Shambley and Courtney Tarver were named acting associate commissioners on July 3, then were appointed on a permanent basis on August 3.

Bell-Shambley now serves as the associate commissioner for the Division of Mental Health & Substance Abuse Services. She has more than 26 years of experience with the department and an excellent record of superior job performance. Commissioner Reddoch called her a solid and competent choice as she most recently served as the director of facility operations for the division.

Tarver is now the associate commissioner for the Division of Developmental Disabilities. Upon his appointment, Commissioner Reddoch called him a capable leader and cited his extensive knowledge of the developmental disabilities system of care as the department's long time general counsel over the Bureau of Legal Services.

In naming Tarver the associate commissioner for the DD Division, Commissioner Reddoch also appointed Tommy Klinner to general counsel for the department. Klinner had most recently been serving in the acting general counsel position, and had previously served as assistant general counsel for the department for several years, developing a broad knowledge base of ADMH's legal issues.

# Department Offers Web-Based Learning System

Includes a website for ADMH employees as well as a website for public access

ADMH has recently contracted with Essential Learning, LLC, to provide a comprehensive Learning Management System (LMS). It includes a customized training website for ADMH employees that will present and track staff training requirements in an accessible and easy-to-use format. It also includes CE Quick, a website for public access, where community providers, advocates, clients, and mental health professionals can access both ADMH and Essential Learning courses.

- The LMS has many features, including:
- A library of professional courses on a variety of mental health and human service topics, as well as computer training modules.
  - CEs: Almost all of the 400+ courses have continuing education credits available. You can print your own CE certificates for license/certificate renewal.
  - Web-based learning: Courses can be taken anytime and anywhere with an internet connection (you can take courses at home, if desired).
  - Self-paced learning: You can take a course in one sitting or in small chunks.
  - Immediate access to your transcript for completed courses.
  - Email notifications (ADMH website only): Reminders are sent when required trainings are due, when you register for live class events or if you are “wait

listed” for a class and get a spot.

- Staff announcements (ADMH website only): Important information is posted on the right side of the home page, so check back often.

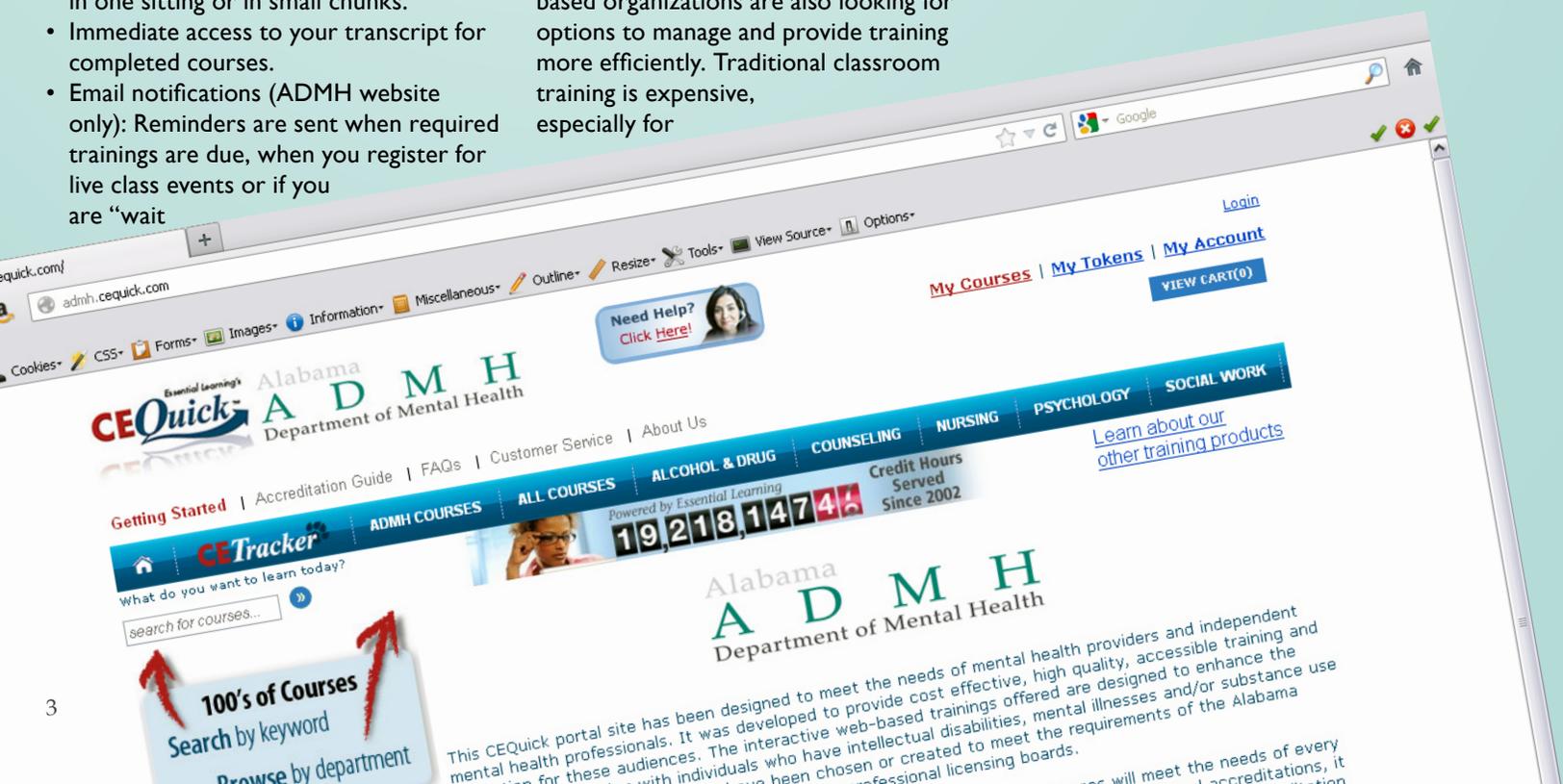
Benefits for supervisors include the following functions (ADMH website only):

- Easily assign employee trainings by job title, department, organizational hierarchy level, user groups or hire date.
  - Use the course assembler tool to upload content, such as employee orientation materials, and create online courses.
  - Generate reports that help manage compliance with mandatory training requirements of different funding and regulatory bodies.
  - Self-enrollment and automated e-mail confirmations of registration for live trainings, automated certificate generation, testing and surveys.
- Employees can be put on a wait list for classes and notified by email when the class becomes available. Live events sync with an Outlook calendar.

Staff training is a necessity for ADMH and with fewer resources available, community-based organizations are also looking for options to manage and provide training more efficiently. Traditional classroom training is expensive, especially for

an organization with multiple locations and multiple shifts. E-learning will not replace all classroom training, but there are many courses for which it is efficient and sometimes more effective. Research findings suggest that online and live trainings often yield comparable results in terms of learning outcomes; however E-learning is considerably more cost-effective than live training sessions.

ADMH employees have been introduced to the LMS customized training website, and we have encouraged them to become comfortable using it by enrolling and completing some classes. ADMH employees have unlimited access to the extensive library, and they may access it at home, or with supervisor permission, at work. We also invite audiences outside of ADMH to visit the CE Quick site and take advantage of the quality courses offered at affordable prices. For more information about either the LMS customized training website for ADMH employees, or the CE Quick site for public access, go to [admh.cequick.com](http://admh.cequick.com) or contact Connie Blair in ADMH’s Office of Staff Development at 334-242-3177. 🐦



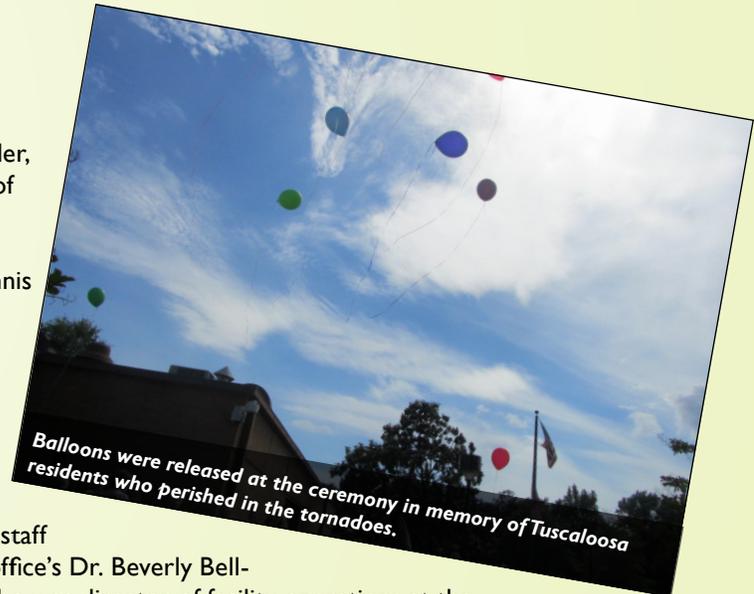
# Taylor Hardin Holds April 27 Remembrance Ceremony

Time of reflection & healing for those affected by the 2011 tornadoes

On the first anniversary of the deadly April 27, 2011, tornadoes, Governor Robert Bentley and Tuscaloosa Mayor Walt Maddox declared a day of remembrance in Tuscaloosa and throughout the state. Staff at Taylor Hardin Secure Medical Facility participated in a Remembrance Ceremony as a time of reflection and healing. Roxanna Bender, facility director; Dr. Kaycia Vansickle, clinical director; Pat Lyons, director of performance improvement; Ashley Hampton, PhD, in Psychology Services; Amber Simpler, PhD, in Psychology Services; Bonnie Allen in Business Services; and Dennis Little in Recreation Services

coordinated the ceremony that was attended by facility staff, contact staff

and central office's Dr. Beverly Bell-Shambley, who was director of facility operations at the time. Bender opened the ceremony and Melvin Jones, an employee with a contract maintenance company, said a prayer for community leaders, families of lost loved ones and those families still recovering. A balloon release followed, planned as a symbolic gesture to reflect staff, the Tuscaloosa community and the state rising to meet the challenges left in the tornadoes' wake, and in remembrance of the 53 individuals in Tuscaloosa who perished in the tornadoes. 🌟



# Groups Come Together to Host Annual Alabama Disability Conference

Annual conference highlights cross-disability efforts

The 2012 Alabama Disability Conference will be held September 17-18, 2012, in Orange Beach. This successful annual conference, sponsored by Alabama Conference of Executives of The Arc and The Arc of Alabama, Inc., is a cross-disability conference for individuals with all disabilities, their families, advocates, providers and policy leaders. For more information about this year's conference, themed "Building Something NEW Together," contact Tom Holmes with The Arc of Alabama at 334-262-7688, 1-866-243-9557 or [tholmes@thearcofAlabama.com](mailto:tholmes@thearcofAlabama.com). 🌟

# AltaPointe Part of Evidence-Based Clinical Pilot Program

Results demonstrate measurable help for people with schizophrenia

**A**ltaPointe Health Systems recently announced the completion of a new, evidence-based clinical pilot program that demonstrated improved functioning for people with schizophrenia. As one of 10 community behavioral health organizations to participate from across the country, AltaPointe proved that the use of standardized, evidenced-based tools as a consistent part of routine care helped more effectively measure its patients' progress.

*Advancing Standards of Care for People with Schizophrenia* was spearheaded by the National Council for Community Behavioral Healthcare (National Council). Forty-one individuals completed the program at AltaPointe. Almost 13 percent of individuals treated at AltaPointe are diagnosed with

schizophrenia and schizoaffective disorder.

The program revolved around two evidence-based tools: a group curriculum to help adults better understand and self-manage their mental health condition, and a functional assessment tool, which tracks an individual's ability to independently carry out everyday tasks, including those involved with nutrition and money management. The tools encourage participants to take control of their mental illness, discuss it with others and monitor their progress.

According to Christopher Patterson, who was part of the study, the program encouraged him to think about and solve problems in new ways. He said, "I learned valuable life skills, how to stay healthy, manage my anger and how to prevent a

relapse. When I feel like I'm frustrated or can't do something, now I tell myself, 'Maybe if I try this a different way and don't give up, I'll get the hang of it.'"

Sandra Parker, MD, medical director at AltaPointe, believes the program's success has the potential to leave a positive effect on the Mobile community. "This program is showing how people with schizophrenia can become more independent and productive in their daily functioning," she explained. "That makes them better prepared to manage their mental and physical health and helps reduce the amount of time they might otherwise spend in emergency care."

A copy of the outcomes report for the program can be found at [www.thenationalcouncil.org](http://www.thenationalcouncil.org). 🌟

# Summer Fun at Glenwood

Prom & 80s-themed Disco Dance provide lasting memories for all



**R**ecent events for clients at the Glenwood Autism and Behavioral Health Center provided fun for all ages. On a Friday night in May, decorations, music and dancing set the tone for the Glenwood Prom. Young people with their parents, caregivers and friends frolicked to dance tunes under the glow of purple and gold decorations generously donated by a local high school. The next night, an 80s-themed Disco Dance was hosted by a local church for the Glenwood family of Adult Services. Live music, refreshments, fog on the dance floor and a thumping beat from the era that defined disco were all in full force, ensuring a memorable night for all attendees. 🌟

# Art Exhibition Held in May to Coincide with National Mental Health Month

Entries from children and adolescents also included in this year's show

Each year, ADMH joins with statewide and national organizations to promote National Mental Health Month, which was created to raise awareness of mental health and mental wellness. Throughout the month of May, various provider and advocacy organizations hosted events statewide, and the department presented its 7th annual Capitol Showcase Consumer Art Exhibition.

The exhibition was moved to May this year to coincide with National Mental Health Month. More than 110 entries were accepted into this popular exhibition that showcases the work of consumers around the state with mental illnesses, intellectual disabilities, substance use disorders and co-occurring disorders. New to the exhibition this year were ten entries from children and adolescents in ADMH residential programs throughout the state.

The month-long exhibition serves as an excellent opportunity for the department to promote consumer dignity and increase understanding about individuals it serves. It not only highlights artists' work, but also their personal stories about obstacles they have overcome in their lives, why art is an important part of their recovery and their own personal love of creating art.

A reception for artists, as well as their families and friends was held at the close of the exhibition in the Old Supreme Court Library of the Capitol, where the show was located. Certificates of participation were handed out as the attendees visited, enjoyed refreshments and viewed the exhibition. 🌟



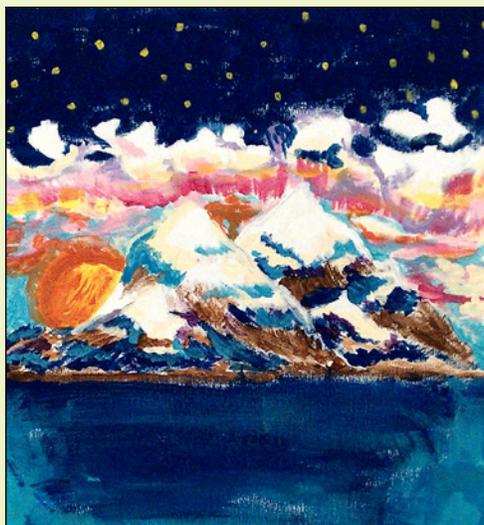
*My Reality: Lost in Translation*  
**Dylan F.**

When I was diagnosed with schizophrenia, I was lost and scared, but determined to be happy. Years went by with no progress, but slowly I started making progress when I started to take it easy. I like the kind of art I do because I can put my thoughts and feelings onto a medium, which reminds me of where I'm at and how far I've come. I am proud I am gaining more and more ground in the way of mental health. I feel happy and content, more so than I have in years.



*Special Olympics*  
**Larry C.**

In school I was picked on a lot because I was in special education classes. I've had many seizures, and they say part of my brain is damaged. I can't live on my own because I need help, but I do live in a group home and go to a day habilitation program. I have overcome some of my challenges by being part of Special Olympics and church, entering art in shows and giving my art away. These are things that make me feel good. Art makes me happy and calms me down.



*Fantasy Mountain*  
**Melissa E.**

I am nineteen and have been diagnosed with paranoid schizophrenia. I grew up with a lot of chaos in my home. I started a rehab day program about six months ago, and my life has changed a lot. I made friends and learned about my rights. I requested to be placed in a group home with another consumer as a roommate. This is the happiest I have ever been. I have freedom. I decide when I can go to bed or when I want to watch TV. I love to draw because it makes me feel good about myself.

# Stories from the Capitol Showcase Consumer Art Exhibition

Artists share their stories in their own words

In each issue of *Outlook*, a consumer story is featured. Since the 7th annual Capitol Showcase Consumer Art Exhibition was held recently, it seems appropriate to feature a collection of some of the artists' stories who participated in this year's exhibition. ✨

## *Near the Cross* **Angela S.**

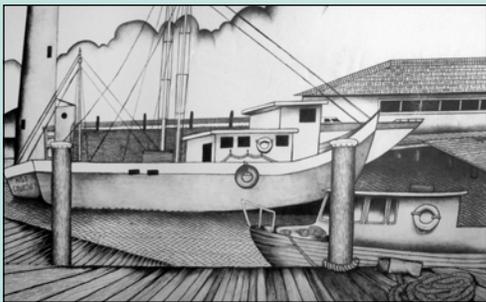
I was born with a rare heart defect that caused moderate intellectual disabilities.

I am a very loving, caring and outgoing person who enjoys life to the fullest.

I have always been very active in my community as well as in Special Olympics.

Most importantly, I love being around people, and people also love being around me. I have enjoyed being at Eagle's Wings for more than two years and participating in the art classes they offer. I create a

lot of expressional art, and I hold each piece dear. Everything I do has a meaning, purpose and a title on my canvas. I love giving my art to loved ones. One thing that makes me very excited is sharing things in life that make me happy with others. My art is one of those things that I hope makes you smile.



## *Water Works* **Gary D.**

I am a former addict in recovery. I have been diagnosed with schizoaffective and bipolar disorder. I have recently become the proud grandfather of a beautiful baby girl. I have also recently decided to start up a small business online selling my art prints. I'm excited. It is a pleasure to present my art in this show.

## *Joyful* **Jamie L.**

I have autism, severe intellectual disabilities and seizures, but I am extremely active. Over the years, I have developed many self-help skills. The one I am the most proud of is learning to feed myself. My family has provided me with a variety of experiences that have brought color and love into my life. Happiness and keeping busy are important aspects of my life, which are demonstrated in my art work. I like to mix and stir things up. I believe you can see this in most of my art work. Life is better when it is filled with special people, joy and fun activities.



## *Girl in Pink* **Michael S.**

I have ADHD, OCD, seizures, psoriasis, and am not able to sleep well. I get over these obstacles by taking medication, and I like to draw a lot. I have recently gotten into painting, drawing, coloring and my very favorite – sketching. When I first started doing art, it was a real change for me and really quite hard at first, but then I seemed to pick up on it quickly. I like doing artwork because it is really fun, it relaxes me, keeps me entertained, and I also find it very interesting. It also helps me clear my head.

## *Creating New* **Derrick W.**

I cope with depression everyday. Doing artwork and writing poetry gives me a sense of purpose and gives me relief to express what I am feeling on the inside.

Each day I wake up it gives me a new beginning, as well as a new day of creating new things.



## *Sand Tomb* **Jean-Marie L.**

My paintings are about life, inevitability and the most basic needs. I have a master's in painting and a bachelor's in art and interior design. In 2009, a chaotic downward spiral of depression led to me spending two months living in a homeless shelter. Realizing what a blessing it is to grow up in a protected bubble, and realizing that there is a real world outside of the bubble and academic walls lit a fire of inspiration. This painting is about all forgiveness and laying struggles, chaos, tribulations to rest. It is a representation of a ceremony for new beginnings and the cycle of life. The black figures are people living with shadows cast, the soldiers in the sand are the fallen hopes that are forgotten and have become translucent and hard to see, and the tombs are the memories that live on.

# Alabama Celebrates Children's Mental Health Awareness Week

Organizations promote greater understanding of children's mental health issues

Governor Bentley recently proclaimed May 6-12, 2012, as Children's Mental Health Awareness Week in Alabama, coinciding with both National Children's Mental Health Awareness Week and National Mental Health Month,



observed annually in May. The National Federation of Families for Children's Mental Health sponsors the national observance each year in an effort to increase public awareness of the triumphs and challenges in children's mental health.

In recognition of this observance, ADMH, Alabama Family Ties and Alabama Youth M.O.V.E. (find more information about AYM on the next page) partnered to raise public awareness and promote a greater understanding of mental health issues that affect thousands of Alabama children each year. The department worked with community mental health providers to encourage them to host events or activities to commemorate the week. Activities such as health fairs at local schools, poster contests, purchasing and promoting the wearing of green ribbons, and the distribution of promotional items to parents at monthly support meetings were executed throughout the state. Alabama Family Ties secured artwork from a youth consumer during their annual conference, which was

featured on a Children's Mental Health Awareness Week poster they distributed throughout the state.

In addition, the East Central Children's Health Collaborative Project, funded through a six-year grant awarded to ADMH by the Substance Abuse & Mental Health Services Administration, hosted a series of Awareness Day events in Pike, Bullock and Macon Counties. The goal of ECCHCO is to develop a collaborative community-based system of care responsive to the mental health needs of children and youth with serious emotional disturbances and their families in the counties. The three Awareness Day events provided activities for the whole family including fun runs, bake-offs, games, poster contests, guest speakers and much more.

The latest national data shows that bipolar disorder, major depression, attention deficit disorder,



attention deficit hyperactivity disorder, and various severe anxiety disorders affect one in five children each year. In Alabama, approximately 25,000 children receive public mental health treatment every year. Research shows that serious emotional disturbances are more common and often yield more successful treatment outcomes than other illnesses such as cancer and juvenile diabetes. 🌟

# A Closer Look at Alabama Youth M.O.V.E.

New youth-led advocacy organization already making its mark

**A**labama Youth M.O.V.E. is a youth-led organization devoted to improving services and systems that support positive youth growth and development through uniting the voices of individuals who have been served by various systems including mental health, juvenile justice and education. The group was formed in 2011, but has already made its presence known throughout the state. Members of AYM have been hard at work telling their stories and advocating for better services for youth. The AYM Board, which includes Ronnitta Ealey, Nick Breaux, Jacob King and Joe Farley, has spoken at statewide events such as city council meetings, rallies and conferences, including a presentation to a packed house at the Alabama Council of Community Mental Health Board's conference in May.

Members of AYM, with assistance from the department, also created a radio PSA that was distributed statewide informing Alabamians about Children's Mental Health Awareness Week and encouraging them to wear green throughout the week. They also filmed a video "PSA" with the same message posted on the ADMH and Alabama Family Ties websites. For more information about AYM, including how youth can join, visit their Facebook page at <https://www.facebook.com/AlabamaYouthMOVE> or email them at [leaders4aym@yahoo.com](mailto:leaders4aym@yahoo.com). ✨



Children's Mental Health Awareness Week PSA

Share

More info



Board members of Alabama Youth Move have fun while taping a PSA for Children's Mental Health Awareness Week.

# 23rd Annual Recovery Month Observance Coming Soon

New Celebrate Recovery Challenge to recognize best Recovery Month event

The finishing touches are being made now to Alabama's celebration of National Recovery Month. This annual observance, which is held during the month of September, is marking its 23rd anniversary. National Recovery Month seeks to promote the societal benefits of prevention, treatment, and recovery from mental illnesses and substance use disorders. The observance also celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Governor Bentley is set to proclaim Recovery Month in Alabama soon, and ADMH's Division of Mental Illness & Substance Abuse Services, in partnership with several advocacy groups and community partners, has been busy

coordinating rallies, runs, open houses and many other events that will take place throughout the month. To get the latest information on Recovery Month events going on throughout the state, regularly visit the events calendar on the department's website or contact the Division of Mental Illness & Substance Abuse Services at 334-242-3961.

ADMH is pleased to also announce a new component to this year's Recovery Month activities – the Celebrate Recovery Challenge. This challenge will recognize the best Recovery Month event held in the state. Providers and organizations will have the opportunity to submit brief descriptions of their event, along with pictures, to be included in the voting to win the Celebrate Recovery Challenge. Submissions will be accepted once Recovery Month is over,

October 1-5, to allow every organization to enter. Voting will held October 9-14, with the winner of the Celebrate Recovery Challenge to be announced October 16. Viewing of submissions and voting will be held on the department's website.

The Celebrate Recovery Challenge will be advertised through a press release, the ADMH website, and the department's Facebook and Twitter pages. The public will be encouraged to vote, along with all ADMH stakeholders. More information will be forthcoming; however, questions about the Celebrate Recovery Challenge can be directed to the department's Office of Public Information & Community Relations at 334-242-3417.

As of 2010, 45.9 million Americans aged 18 or older had mental illnesses in the past year, and about 11.4 million of those adults had serious mental illnesses. Additionally, 22.1 million Americans aged 12 or older were classified with substance use disorders in the past year. About half of individuals with severe mental illnesses are also affected by substance abuse, a condition that is known as having a co-occurring disorder. However, of the 45.9 million Americans who experienced mental illnesses, just 17.9 million received mental health treatment. Moreover, only 2.6 million actually received treatment for substance use disorders.

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), Recovery Month began in 1989 as TreatmentWorks! Month, which honored the work of treatment and recovery professionals in the field. The observance evolved to National Alcohol and Drug Addiction Recovery Month in 1998, when the observance expanded to include celebrating the accomplishments of individuals in recovery from substance use disorders. The observance evolved once again in 2011, to include all aspects of behavioral health and is now known as National Recovery Month. 🌟

JOIN THE VOICES FOR RECOVERY

It's Worth It

ACCEPTANCE  
GRATITUDE UNDERSTANDING  
LEADERSHIP RESPONSIBLE  
CELEBRATE  
NEW BE  
PEAC  
WELL BRICTY  
FAITH  
GROW  
NATIONAL RECOVERY MONTH

Prevention Works • Treatment is Effective • People Recover

september 2012

# First Ever National Prevention Week Observed in May

ADMH and providers around the state raise awareness

A new health observance made its debut this past May. National Prevention Week, which was observed May 20-26, was sponsored by the Substance Abuse and Mental Health Services Administration and created to shed light on the efforts within local communities that strive each day to advance the power of prevention. NPW also sought to raise awareness about substance abuse and mental health issues, while empowering individuals to commit to healthy lifestyles free of substance abuse.

Aside from working with the Governor's office on a proclamation, distributing a press release, and encouraging Alabamians to visit SAMHSA's Facebook page to take the Prevention Pledge, ADMH also urged

substance abuse treatment providers around the state to host events to celebrate the observance. Cheaha Regional Mental Health Center was one of the providers who participated by coordinating a balloon release with several local schools in the area. Students signed a Prevention Pledge and released balloons with their pledges attached. The center's Prevention Coalition also hosted an open house at their local chamber with information about the dangers of underage drinking, drug and prescription drug abuse, and other information, along with refreshments.

The theme for the inaugural National Prevention Week was "We are the ones. How are you taking action?" and touched on the small, everyday actions that

contribute to healthier and more vibrant communities. Each weekday highlighted the different themes of prevention of underage drinking, prevention of prescription drug abuse and illicit drug use, prevention of alcohol abuse, suicide prevention and the promotion of mental, emotional and behavioral well-being. National Prevention Week was scheduled near the start of summer because it traditionally is a season filled with celebrations and recreational activities that can potentially be linked to substance use and abuse, such as graduation parties, proms, weddings, boating and camping excursions. 🌟



*On the first Friday night of each month at a local Starbucks, it is not unusual to see 50 or more people attending Deaf Coffee Night. This event began in FY09 and grew from Office of Deaf Services staff discussions that the community lacked activities that could help draw deaf people together. In addition to making the community a more welcoming place for consumers who are both deaf and mentally ill, the events also serve to make hearing people aware there is a population of deaf consumers who are fully functioning members of the community.*