

# THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



Judge Friday, Commissioner Beshear, ADMH staff with University of Alabama Birmingham Medical Center staff – February 9, 2018

## RELEVANCY THROUGH RELATIONSHIPS

### A MESSAGE FROM THE COMMISSIONER

The success of our work in mental health, substance abuse and developmental disabilities is built from the ground up, by a combination of many elements. Some of those elements the Alabama Department of Mental Health and its providers directly manage and impact, and some require integral help from our local communities. Our work will grow and become more impactful through what I describe as “relevancy through relationships.” The pillars and supports that strengthen the Partnerships and Planning we need to better serve Alabamians are comprised of prevention, education, crisis care, peer support, housing, reducing stigma and workforce development.

Programs embodied by the pillars can be seen all over our state. School-based services offer prevention and intervention, courses such as Mental Health First Aid and Crisis Intervention Training increase education and knowledge for those who may encounter someone in need, and enhanced solutions for increased housing are in the works now. As we create more partnerships with those who offer quality care and opportunities, we can develop more avenues of support for the people we serve. The Alabama Department of Mental Health’s Mission Statement is “Serve. Empower. Support.” We intend to embody this mission in all our work, as we continue to promote the health and well-being of Alabamians with mental illness, developmental disabilities and substance use disorders.

Handwritten signature of Peter Beshear in black ink.



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Want to be included in the next issue? Send us your stories, achievements, initiatives, events...etc!

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# MENTAL HEALTH FIRST AID

Prevention and early intervention are essential to changing the way we support those with mental health or substance use disorders. One way to proactively assist those in need is obtaining training in Mental Health First Aid. Mental Health First Aid is an evidence-based, peer-reviewed program designed to help grow knowledge of signs, symptoms and risk factors of mental illness and addictions.

Alabama has over 90 trained and nationally-certified instructors statewide teaching the curriculum. In just one day, a person can learn the skills to ensure someone gets the help and perhaps, save a life.

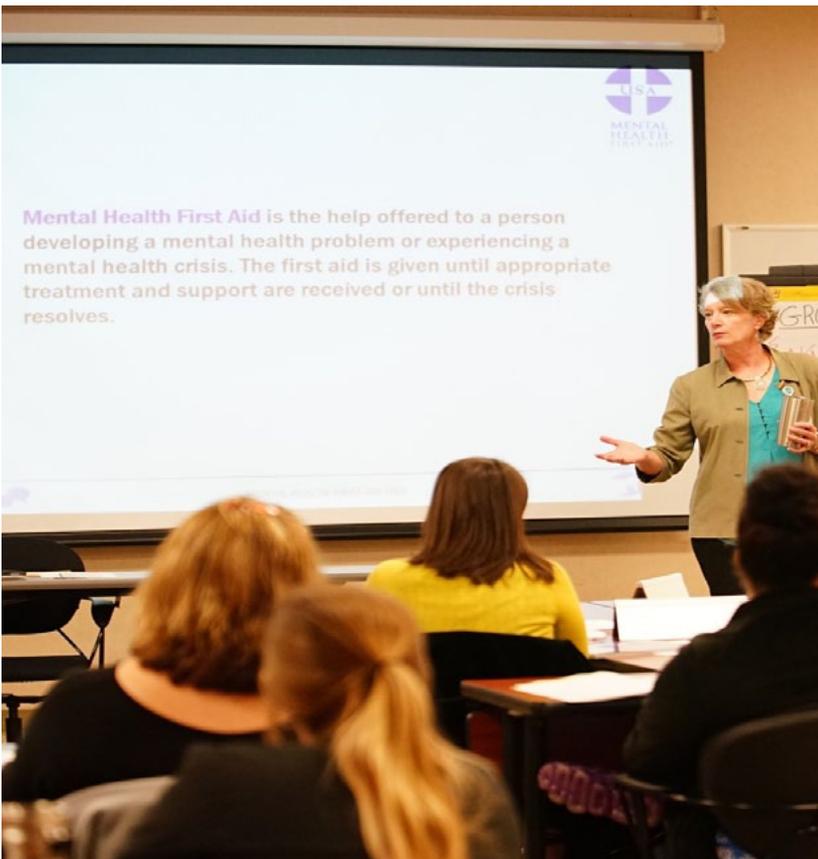
To expand the number of non-mental health providers trained in mental health first aid, the Alabama Department of Mental Health is helping to promote the instructors and classes that offer certification in this valuable training by featuring information and links to training on the ADMH website and sharing information with partner organizations.

Mental Health First Aid is intended for all people and organizations that make up a community. The course is a benefit to:

- Nurses and staff at doctor or dental offices, hospitals, and nursing homes
- Professionals who regularly interact with citizens (such as police officers, human resource directors, and primary care workers)
- School and College faculty and staff
- Houses of faith and their communities
- Friends and family of individuals with mental illness

Help us spread the word! Share the links to classes or become an instructor yourself!

Find out more on the ADMH website at <http://www.mh.alabama.gov/MentalHealthFirstAid.aspx>.



# OPIOID COUNCIL REPORT RELEASED

WITH RECOMMENDATIONS

## OPIOIDS AND ALABAMA



Get the Facts on the opioid crisis and find resources to support those in need.

- ALABAMA RANKS #1 AS HIGHEST PAINKILLER PRESCRIBING STATE IN THE NATION, WITH 1.5 RX PER PERSON IN 2016.
- ALABAMA HAD 374 REPORTED OPIOID OVERDOSE DEATHS IN 2016.
- 4.71% OF ALABAMA'S POPULATION ABOVE THE AGE OF 17 OVER 175,000 INDIVIDUALS ARE ESTIMATED TO HAVE USED PAIN RELIEVERS FOR NONMEDICAL PURPOSES IN THE PAST YEAR.
- NEARLY 30,000 ALABAMIANS, OVER THE AGE OF 17 ARE ESTIMATED TO BE DEPENDENT UPON HEROIN AND PRESCRIPTION PAINKILLERS.
- THERE WAS AN 85% INCREASE IN HEROIN ADMISSIONS FOR VETERANS IN 2014-2016.
- THE NUMBER OF SUBSTANCE USE DISORDER DIAGNOSES FOR BLUE CROSS/BLUE SHIELD MEMBERS INCREASED ALMOST 500 PERCENT FROM 2010 TO 2016.
- IN 2015, FOR THE FIRST TIME EVER, ADMISSIONS FOR OPIOID USE DISORDERS EXCEEDED THOSE FOR ALCOHOL USE DISORDERS.
- DRUG OVERDOSE NOW KILLS MORE AMERICANS THAN MOTOR VEHICLE ACCIDENT DEATHS.



For resources to help yourself or someone in need of addiction recovery services, please visit <http://bit.ly/Saproviders>

"Families, healthcare professionals and government officials at every level seek real solutions concerning the impact the opioid crisis has on Alabamians," said Lynn Beshear, Commissioner, Alabama Department of Mental Health.

**The Alabama Opioid Overdose and Addiction Council** was created in August 2017 by an executive order of Gov. Kay Ivey, and tasked with developing a strategic plan that establishes recommendations for policy, regulatory and legislative actions to address the overdose crisis in Alabama.

Acting State Health Officer of the **Alabama Department of Public Health**, Dr. Scott Harris said, "Opioid addiction and abuse is a tremendous problem that affects Alabama in many different ways. Our hospitals, schools, churches and prisons are all struggling to deal with the problems caused by addiction and by increasing numbers of opioid deaths." The Council and its subcommittees met several times over the year and submitted its formal plan to the Governor. "After working with the dedicated people who have given so much of their time and concern to this Council and its subcommittees, I am heartened that we can make progress to fight the terrible blight of opioid abuse in Alabama," said **Attorney General Steve Marshall**.

Co-chairs of the Alabama Opioid Overdose and Addiction Council, Attorney General Steve Marshall, Commissioner Lynn Beshear of the Alabama Department of Mental Health, and Acting State Health Officer Dr. Scott Harris, announced the issuance of the Council's formal report of its findings in January. The Council's report presents a four-pronged action plan to address prevention of opioid misuse, intervention within the law enforcement and justice systems, treatment of those with opioid use disorders, and community response that engages the people of Alabama in finding solutions at a local level.

The co-chairs created five top initiatives that are based off the council's work:

1. Reduce the opioid supply through 1) modernization and enhancement of the Prescription Drug Monitoring Program creating a more user-friendly system thus generating more participation in the PDMP, and (2) legislation to establish crimes of trafficking in fentanyl and carfentanyl.
2. Develop a centralized data repository (CDR) to hold data and distribute results allowing for rapid response to outbreaks of overdoses and other opioid-related events.
3. Reduce overdose deaths through access to naloxone.

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# THE 2018 ALABAMA INSTITUTE FOR RECOVERY

## CALL FOR PRESENTATIONS

The Alabama Institute for Recovery is scheduled for April 16-18, 2018 at **Shocco Springs Conference Center near Talladega, Alabama.**

This annual event has become one of the highlights of the year for many consumers in Alabama. Over 800 attendees from around the state gather for three days of education and fellowship. The conference features nationally known speakers and many workshops on consumer issues and interests. Social activities include a talent show and dance. Most of the attendees are consumers, and the conference often includes consumers from other states and international attendees.

The Alabama Institute for Recovery is planned and coordinated by individuals in recovery from mental illness and is a project of the Office of Consumer Relations of the **Division of Mental Health and Substance Abuse Services** of the Alabama Department of Mental Health.

Session and workshop topics should be of issues, information and interests of individuals in recovery from mental illness. Topics include but are not limited to recovery, living in the community, peer support and the changing landscape of the mental health system.

Presentation opportunities include plenary sessions and concurrent workshops. Concurrent workshops are presented twice. Each session is 60 minutes long. Audience participation is encouraged.

Email [michael.autrey@mh.alabama.gov](mailto:michael.autrey@mh.alabama.gov) to submit a proposal.

## Alabama Institute for Recovery: April 16-18, 2018 Shocco Springs Conference Center, Talladega

**BLACK HISTORY MONTH**

HONORING PIONEERS AND ADVOCATES IN MENTAL HEALTH, SUBSTANCE ABUSE, AND DISABILITY EFFORTS AND ADVANCEMENTS

ALABAMA DEPARTMENT OF MENTAL HEALTH

## FEBRUARY IS BLACK HISTORY MONTH

All month long we have celebrated the pioneers and advocates of mental health, substance abuse and disability efforts! Check out the ADMH Facebook page to see the posts!

ADMH's own Kathy Sawyer was featured on Valentine's Day! Sawyer, a tireless advocate for mental health, was appointed as Alabama's first black Department of Mental Health commissioner in 1999 and helped to guide the noted Wyatt vs. Stickney case, 30-year-old lawsuit over mental hospital conditions in Alabama, to a close.

# JUVENILE JUSTICE TASKFORCE

## RECOMMENDATIONS AND MENTAL HEALTH EFFORTS

The bipartisan Juvenile Justice Task Force was created in 2017 to examine how Alabama could improve its juvenile justice system. The Task Force met six times to examine data, review input from hundreds of roundtable participants, and assess national research on effective ways to hold youth accountable while reducing their chances of reoffending.

The 20-member Task Force included Commissioner Lynn Beshear and state leaders, a wide range of groups, including legislators, judges, district attorney, sheriff, educators, and others. Commissioner Beshear said, “The recommendations of the Juvenile Justice Task Force speak to issues at the heart of mental health in Alabama. Preventive measures for at-risk youth advised by the task force include an increase in school-based services, early warning systems and in-home family interventions, and may reduce the likelihood of involvement in the juvenile justice system.”

The Task Force conducted months of data analysis, stakeholder outreach, and policy assessment before approving recommendations to:

- Keep youth who commit lower-level offenses from unnecessary involvement in the juvenile justice system through early interventions and swift, consistent responses;
- Protect public safety and more effectively allocate taxpayer dollars by focusing system resources on youth who pose the greatest risk to public safety; and

**The recommendations of the Juvenile Justice Task Force speak to issues at the heart of mental health in Alabama.**



- Improve public safety outcomes through increased system accountability and reinvestment into evidence-based programs in local communities.

“The implementation of these recommendations can offer benefits to society such as growth in a healthy workforce, creating the support system we all need to have safe and secure communities. I believe the recommendations of the task force will improve the chance for success for the youth of Alabama,” said Commissioner Beshear.

Bills have been filed related to the work of the taskforce. Please visit the Alabama Legislature page to view House Bill 225 and Senate Bill 148.

# COVINGTON COUNTY CHILDREN'S POLICY COUNCIL

NAMED NATIONAL COALITION OF THE YEAR

Congratulations to the Covington County Children's Policy Council! They were named the 2017 National Coalition of the Year by the Community Anti-Drug Coalitions of America (CADCA) for demonstrating successful outcomes in addressing the problems of youth alcohol and marijuana use and the root causes. This notable award, the CADCA's GOT OUTCOMES! Award, recognizes an exceptional community coalition that effectively contributes to alcohol, tobacco, and other drug abuse prevention and has successfully addressed two substance abuse problems in their community.



"We are exceptionally proud of the work and results of the Covington County Children's Policy Council. They are assisting in one of the most important tasks in the battle against substance abuse, which is prevention," said Commissioner Lynn Beshear, Alabama Department of Mental Health (ADMH).

The Covington County Children's Policy Council Coalition (CCCPC) was founded in 2008 in Andalusia, Alabama, with the mission to reduce youth substance use in Covington County through community strategies and partnerships. Susan Short, Executive Director, CCCPC said "Being chosen as Coalition of the Year is an honor for our Children's Policy Council. Our coalition is an energetic group that works together to make positive changes in reducing substance abuse for youth. This prestigious award is a result of the work of many people in Covington County, who have implemented environmental strategies for community change. Since the beginning, our top priority has been to educate local youth about harmfulness of drugs, as well as the science of addiction so they will make wise choices and not become victims of substance abuse."



**They are assisting in one of the most important tasks in the battle against substance abuse, which is prevention.**

# OPTIMIZING OUTCOMES TRAINING

TRAUMA INFORMED CARE AND THE DEAF POPULATION OFFERED MARCH 2ND

Join the **Office of Deaf Services** and ADARA for a session targeted at service providers to learn more about the field of deafness as it applies to Trauma Informed Care. Roger C. Williams, LMSW, CT/NAD 5, the presenter will discuss various aspects of trauma informed care and how it impacts individuals who are deaf or hard of hearing, their family, and the deaf community.

**Friday, March 2, 2018**

**9:00 am to 3:00 pm (5.0 clock hours)**

*\*Lunch on your own*

**Alabama Department of Transportation  
1409 Coliseum Boulevard,  
Montgomery, AL**

**[Click here to Register](#)**

**Registration fee waived for Employees of ADMH, CMHCs, DD and SA Center contract providers of Alabama Department of Mental Health.**

- Registration fee: \$45 via email/online or at the door
- \$20 registration for full time ITP or Counseling Students (Non-certified, non-working) In the event the workshop is cancelled, you will be notified by email. No refunds will be provided for participant cancellation.

This course will include a discussion of barriers that deaf/hard of hearing individuals face and unique characteristics of the population, best practice related to clinical approaches and cultural and linguistic differences that are part of the process for deaf and hard of hearing individuals and an exploration of resources available.

Eligible participants must be in attendance for the full program to receive credit for completing the course. 5.5 Clinical Hours (0.50 CEUs) pending. 0.50 RID CEUS provided for Interpreters. Contact Office of Deaf Services, FAX: 334-242-3025, **[application@mhit.org](mailto:application@mhit.org)** for more information.



# ARC OF MADISON COUNTY WINS NATIONAL AWARD

ADVANCING LOCAL COMMITMENT WITH RESOURCES TO ASSIST INTEGRATED EMPLOYMENT

The Alabama Department of Mental Health congratulates The Arc of Madison County, an advocacy program for people with intellectual and developmental disabilities, chosen as one of ten programs in the nation to participate in a National Provider Transformation Network Project. As part of their participation, the Arc of Madison County will be offered technical support to advance their commitment to providing integrated employment.

Executive Director Susan Klingel said, “The Arc of Madison County is extremely excited to participate in the National Provider Transformation Network Project. Our Arc is eager to start the process as we anticipate that the knowledge gained will significantly help in meeting the needs and desires of the individuals with disabilities that we serve. We will also use knowledge gained from this program to help other organizations as they transition to meet Federal community-based service guidelines.”

The Arc of Madison County has been in existence since 1952 and serves over 400 individuals with disabilities each year. Services have been added and amended to serve more individuals, including over 80 infants and toddlers with developmental disabilities in the Early Intervention Program.

## The Arc of Madison County serves over 400 individuals with disabilities each year.

The Arc provides school transition services for over 140 students in the Huntsville City, Madison City, and Madison County schools. A Project Search Internship Program (in coordination with the Huntsville City Schools and Huntsville Hospital) teaches job skills, offers **job coaching** and community job placement for students with disabilities. The Arc of Madison County operates a career center that provides job development, job coaching, benefit counseling, and career assessment for individuals with disabilities. **Several small businesses** are operated (on-site shredding, recycling, and scanning) that employ people with disabilities all at or above minimum wage. These businesses provide services to over 300 customers that include companies like PPG, Dynetics, and Torch Technologies in the Madison County area. The Arc of Madison County has received many rewards and acknowledgements including: the 2017 AL-APSE (Association for Persons Supporting Employment First) Agency of the Year; the 2015 Alabama Developmental Disability Agency of Distinction Award (the first of its kind); the 2015 Regions National “What a Difference” Campaign Award; and the 2004 Huntsville/Madison County Chamber of Commerce Small Business Non-Profit of the Year Award.

## ADMH IS ON SOCIAL MEDIA!

HELP US SHARE THE POSITIVE STORIES IN MENTAL



Like us on  
**Facebook**



Find our jobs on  
**LinkedIn**



Follow us on  
**Twitter**



Follow us on  
**Google+**



Subscribe to us  
on **YouTube**



View us on  
**Wikipedia**

Through our social media channels, we promote mental health news, events, jobs and more from around the state. Connect with us for the most up-to-date information from ADMH!

# MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH

As March approaches, ADMH is preparing for **Developmental Disabilities Awareness Month** and the theme of “See Me for Me.” As the national campaign website states, “The goal for this month is to create awareness about developmental disabilities, teach the importance of inclusion within every aspect of life, and to share the stories of individuals with a disability to show that a successful life is possible!”

We want to showcase the amazing work that you and your staff are doing and the amazing success stories of the people we serve! Please email us at [publicinformation.dmh@mh.alabama.gov](mailto:publicinformation.dmh@mh.alabama.gov) with a story, a photo or contact information so we may call you to find out more and tell the stories of the wonderful people and programs in our state!

## Show that a successful life is possible!

We will be showcasing the work of the Division of Developmental Disabilities, providers and programs the special stories of the people we serve throughout the month of March. We will share these stories on social media and with all our stakeholders to include legislators, media, and related organizations.

Please share the information by following or liking ADMH on social media [@ALMentalHealth on Twitter](https://twitter.com/ALMentalHealth) and [/ALMentalHealth on Facebook](https://www.facebook.com/ALMentalHealth) and use the hashtag #DDawareness18.



## DEVELOPMENTAL DISABILITIES AWARENESS MONTH

#ddawareness18

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4. Implement prevention and education strategies through techniques to generate greater community awareness and participation, aimed at reducing the stigma associated with substance use disorder and increasing the addiction knowledge base of the public.
5. Improve access to care by addressing barriers to receiving treatment and improving the knowledge of the general public on how to seek care for themselves or a family member.

“The next step in our effort will convene the Implementation Team of the Alabama Opioid Overdose and Addiction Council, as well as quarterly meetings of the full Council to implement researched opportunities, said Commissioner Beshear.

A copy of the Council’s report is available for download [here](#).

# DATES TO REMEMBER

## MENTAL HEALTH RELATED EVENTS OF INTEREST

<b>03/05</b>	<b><u>2018 Alabama disAbility Conference</u></b> Renaissance Montgomery Hotel and Spa, Montgomery
<b>03/09</b>	<b>Disruptive Audience for the Prevention Professionals</b> SpectraCare, Dothan
<b>03/13</b>	<b><u>Marijuana and Opiate Abuse: What's the Connection Conference</u></b> Samford University College of Health Sciences, Birmingham
<b>03/20</b>	<b><u>Alabama School of Alcohol and Other Drug Studies</u></b> Bryant Conference Center, Tuscaloosa
<b>03/30</b>	<b>ASAM Placement Assessment Training</b> The Shoulder Treatment Center, Spanish Fort
<b>04</b>	<b><u>Alcohol Awareness Month / Autism Awareness Month</u></b> Nationwide
<b>04/4</b>	<b>Alabama Public Health Association</b> Montgomery Marriott Prattville Hotel, Prattville
<b>04/16</b>	<b>AIR Conference</b> Shocco Springs Conference Center, Talladega
<b>04/20</b>	<b>Treatment Planning Training</b> The Shoulder Treatment Center

# CONGRATULATIONS TO R.O.S.S.!

## RECIPIENT OF A 2018 SAMHSA / BRSS TACS CAPACITY BUILDING OPPORTUNITY AWARD

**R.O.S.S.**, a substance abuse, peer run organization in Jefferson County was recently awarded a 2018 SAMHSA/ BRSS TACS Capacity Building opportunity, for extensive technical assistance. R.O.S.S. has the notable recognition of being the first peer run agency in Alabama to belong to the national peer organization, Faces and Voices of Recovery.

This grant will allow R.O.S.S. to become an effective recovery resource utilized by the community, to assist individuals and family members with obtaining and maintaining recovery. Some of the outcomes that R.O.S.S. hopes to achieve are to recruit more certified peers and to identify new and unidentified funding of sources, among others.

