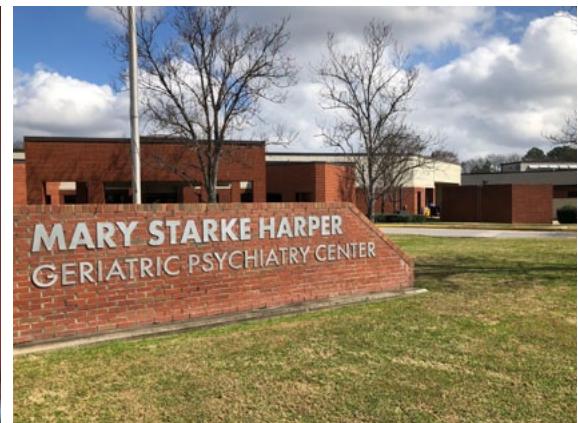


THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



In late February, Commissioner Beshear and ADMH Leadership staff toured the facilities in Tuscaloosa to see updated areas, discuss the challenges and successes at the facilities.



CELEBRATING THE SUCCESS OF THE PEOPLE WE SERVE

A MESSAGE FROM THE COMMISSIONER

This edition of the Outlook holds a special meaning to me as we celebrate two important awareness months: Development Disabilities Month and Autism Awareness Month. There is a very special face that I put on all my work here at the department - my grandchild, who has Autism Spectrum Disorder and lives in the state of Washington. I wish for him to receive the very best care possible. In the same manner, I strive to use my position as Commissioner every day to create opportunities and transformation, so the people we serve receive the very best care.

In March and April, we will highlight stories of achievement and personal triumph in the disability community and of the staff that make a difference. I thank you all for your hard work and dedication to all who we serve, who like all children, deserve the best care possible.

Dr. Lynn Beshear



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MARCH/APRIL 2018

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

publicinformation.DMH@mh.alabama.gov | 334-242-3417



**DEVELOPMENTAL DISABILITIES
AWARENESS MONTH**
#ddawareness18

CELEBRATING DEVELOPMENTAL DISABILITIES AWARENESS MONTH

This month, ADMH is celebrating **Developmental Disabilities Awareness Month** with the theme of "See Me for Me." The goal is to create more 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!

Governor Ivey has signed a Proclamation declaring the month as Developmental Disability Month and we thank her for this honor. In addition to the honor, we will be showcasing personal stories of success in this newsletter and during the month on our social media sites. We want to show all the amazing work that ADMH staff and local providers are doing and the amazing success stories of the people we serve!

**Share the stories
of individuals
with a disability
to show that a
successful life
is possible!**

Please email us at
publicinformation.dmh@mh.alabama.gov with more - a story, a photo or contact information! Follow or like ADMH on social media @ALMentalHealth on **Twitter** and **Facebook** and use the hashtag #DDAwareness18!

SUICIDE AWARENESS PROGRAM

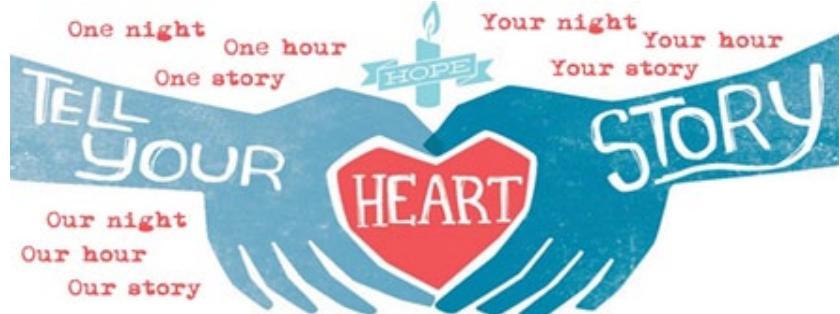
AT AUBURN HIGH SCHOOL WINS STATE AWARD

Auburn City Schools recently won an Alabama School Public Relations award for a substance abuse prevention program and policy for students in grades 7-12! The students competed in extra-curricular activities where they are acted as representatives of the school system (Policy: <https://goo.gl/PAeXVM>).

As a by-product of this policy and a part of the prevention education measure, a mental wellness club was created at Auburn High School dubbed "AHS Confidential". The club, now in its second year, and meets every other Thursday on Auburn High's campus, which started with a group of only five student-volunteers and has grown in numbers and attendance ever since.

The original goal of the club was to create a safe-space for students to share what was going on in their lives with only three rules in place.

1. Everyone respects everyone.
2. What is said during the meeting remains confidential unless someone threatens to hurt themselves or someone else.
3. No cell phones are allowed for the duration of the meeting, which is typically an hour.



Join us for a public conversation on suicide prevention.

One of the immediate results of this club was learning first-hand what was on the student's minds as it pertained to mental health and in the first year of implementation the recurring theme of the club became suicide, which led to a student, Sutton Smith, stepping up to share her experience of finding her father, Jack Smith, during his second suicide attempt, thus saving his life.

The goal with the suicide awareness events was to shed light on a topic of suicide, which can often be difficult to discuss, while staying true to the objective of the prevention-education component of the substance abuse policy for the school system.

The effort was worthy of recognition based on the **media attention** it received as well as the **national leadership award** given to Sutton in the coming months in the summer of 2017 as the culmination and affirmation of the entire process.

It is the Mission of the Alabama Department of Mental Health to:

Serve • Empower • Support

And our Vision is:

Promoting the health and well-being of Alabamians with mental illnesses, developmental disabilities and substance use disorders

DD AWARENESS SHOWCASE:

PIKE COUNTY INTELLECTUAL DISABILITY DAY CENTER

AT EAST CENTRAL MENTAL HEALTH

From the moment you walk in the door, smiles from staff and the people they serve welcome you. It is a place where people can be themselves and be together. In one room, there are about 15 adults reading out loud, enjoying great stories. In another, the teacher offers a lesson to an interested group of adults. This is an average day at the ID Center in Pike County and a pleasant one for all.

Dan Zapata, Director of Developmental Disability (DD) Services for East Central Mental Health, that serves Macon, Pike, and Bullock Counties tells me, "This program provides stability and a calming place for many who come to our center." The assistance doesn't end at this center. In fiscal year 2017, The DD program at East Central served 19 individuals in Bullock County, 34 persons in Pike County, and provided Bachelor of Science Level Case Management services to 32 DD clients in the DD program operated by Macon County Citizens in Residence. Learn more: <https://www.eastcentralmhc.org/site/article/36503-pike-county>



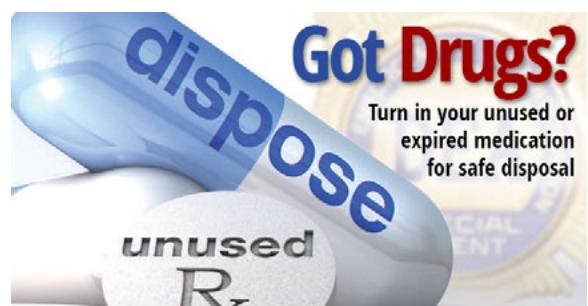
**Need to Find Services?
Call our Advocacy Office:**

1-800-367-0955

TAKE BACK DAY

APRIL 28

ADMH is encouraging the public to participate in National Prescription Drug Take Back Day by safely discarding of unwanted and unused prescription drugs at collection sites throughout the state. The Take Back Day will be held Saturday, April 28 from 10 a.m.-2 p.m. Local collection sites can be found by visiting <https://takebackday.dea.gov/>. The service is free and anonymous, with no questions asked.



This effort represents the National Prescription Drug Take Back Day to prevent pill abuse and theft by ridding homes of potentially dangerous expired, unused and unwanted prescription drugs.

During the last National Take Back Day, October 28, 2017, ADMH certified prevention providers through the Opioid State Targeted Response initiative reported more than 2,000 pounds collected.

To enhance opioid prevention efforts, media campaigns and town hall meetings are employed to educate communities on proper disposal of unused medications. In addition, nine (9) permanent prescription drug boxes have been positioned in certain areas of the state where prescription drugs can be dropped off daily at local police departments and additional take back days are scheduled locally.

BRYCE HOSPITAL SCORES HIGH ON DISASTER DRILL

Historically, disaster drills are conducted on the day shift. Bryce Hospital lead by the Safety Director, Stanley Shambley, held its evening shift tornado disaster drill on February 15, 2018 at 8 pm.

Ms. Eddie Jean Bankhead, RN III, Shift Supervisor, lead the team as the Incident Commander. The drill scenario included structural damages to the building as well as various levels of patient and staff injuries. Students from Shelton State College dressed for the part and role played for the event. Evaluators from the Tuscaloosa EMS scored the facility at 90.9% out of 100.

Phase II Recovery staff scored 100% out of 100! They were excellent during the entire drill and received the Director's Trophy of Excellence.

The hospital scored 100% in communication, team work, triage, and overall command structure. The following staff were recognized as MVPs during the drill; Andrea Schofield, Latary Lee and Emily Atkins. The exercise was evaluated by the Tuscaloosa County Emergency Management Agency, the Tuscaloosa County Health Department, students from Shelton State Community College Nursing Program, and representatives from the North Star Ambulance Service.



DD AWARENESS SHOWCASE: DIANE AND THE ARC OF MADISON COUNTY

The Arc of Madison County celebrates DD Awareness Month by showcasing the story of Diane, a young lady who has excelled at in her journey of employment independence. She began work at a local Publix store as a courtesy clerk over three years ago, eventually testing for a cashier position. Unfortunately, she did not pass the test, with just two questions missed! A job coach at the Arc assisted her in studying to take the test again, and this time... she passed! She is now working 30-36 hours a week and truly loving her job. She has saved her earnings so well, she recently treated herself to a weeklong Disneyworld vacation!

Terri Haisten, Work Programs Coordinator, said of Diane, "She is going to work on what she needs in order to obtain a goal. She persevered to reach her goals."

We celebrate Diane and the staff at the Arc of Madison County this month and every month for their dedication!



ADVOCACY FOR MENTAL HEALTH

SHARING OUR MESSAGE WITH THE NATIONAL ASSOCIATION OF SOCIAL WORKERS, AL CHAPTER

Chief of Staff and Associate Director, Kim Boswell recently spoke at the National Association of Social Workers, Alabama Chapter Advocacy Day at the Alabama State Capitol to an essential group of people – students and professionals in social work. She spoke about the need for advocacy in mental health efforts. Mrs. Boswell said, “My experience as a social worker helped to improve the ability to advocate for the people we serve and it can assist you as well.” She knew early in her career that she wanted to make a difference and to do that and you had “to change systems.”

Mrs. Boswell spoke at length to the students and professionals in the room about the need for building relationships with lawmakers to have your message heard and the needs of the people we serve addressed. “System change and turning systems around is hard work, but it’s the same set of skills that you use when your work with clients. You treat lawmakers with respect and dignity,” Boswell said. A challenge she made to the audience was, “Find out what motivates them so they become your advocate. You must make them your advocate.”



13TH ANNUAL CAPITOL SHOWCASE

ADMH CELEBRATES THE POWER OF ART AND MENTAL HEALTH

Since 2005, ADMH has hosted the Capitol Showcase, a consumer art show at the Alabama's State Capitol. People from around the state with mental illnesses, developmental disabilities, substance use disorders and co-occurring disorders have their abilities showcased throughout the month of May in observance of

National Mental Health Month.

Art can offer a sense of accomplishment, meaning, and engagement when it is hard to express or put into words what a person is struggling with. Creating visual, written or musical forms of art can help to decrease anxiety and stress and offers a refuge from intense feelings and emotions. We encourage participation and visits to the art show for all ages.

Entry submissions for the Art Show were accepted until March 9 and now the ADMH Office of Public Information will be sending out the acceptance letters. An estimated 100+ pieces of art will be on display in the Old Supreme Court Library in the State Capitol from May 1-25, with a reception for the artists on May 24.



DD AWARENESS SHOWCASE:

WILLIAM AND THE ARC OF JACKSON COUNTY

The Arc of Jackson County celebrates DD Awareness Month by showcasing the story of William, a gentleman who was able to move from a group home into his own apartment. The Arc provided him with supported employment at HTPG, a division of Carrier Industries, and personal care services which enabled him to work and live independently. He then bought his own home where he continues to live today! He has worked since 2001 at this job and with daily support he has continued to be successful. This is just one of the many success stories, happening every day because of crucial partnerships like these!

We celebrate William, and the staff at the Arc of Jackson County this month and every month for their dedication!



APRIL IS AUTISM AWARENESS MONTH!

LIGHT IT UP BLUE

Advocates all over Alabama and the nation will celebrate and promote autism awareness, inclusion and self-determination for all, and assure that each person with Autism Spectrum Disorder (ASD) is provided the opportunity to achieve the highest possible quality of life.

The awareness months has many goals that include ensuring acceptance and inclusion in schools and communities that results in true appreciation of the unique aspects of all people. Advocates work to create a society where those with ASDs are truly valued for their unique talents and gifts.

Celebrate and share information on World Autism Day on April 2 and throughout the entire month! National Autism Awareness Month represents an excellent opportunity to promote autism awareness, autism acceptance and to draw attention to the tens of thousands facing an autism diagnosis each year.

APRIL IS NATIONAL AUTISM AWARENESS MONTH

join us in
CELEBRATION



awareness

action

acceptance

inclusion

appreciation

DATES TO REMEMBER

MENTAL HEALTH RELATED EVENTS OF INTEREST

03/15	<u>Women Veteran Health Expo</u> Samford University College of Health Sciences, Birmingham	04/16	AIR Conference Shocco Springs Conference Center, Talladega
03/20	<u>Alabama School of Alcohol and Other Drug Studies</u> Bryant Conference Center, Tuscaloosa	04/19	ASAM Placement Criteria Training
03/30	<u>ASAM Placement Assessment Training</u> The Shoulder Treatment Center, Spanish Fort	04/20	Treatment Planning Training The Shoulder Treatment Center, Spanish Fort
04	<u>Alcohol Awareness Month / Autism Awareness Month</u> Nationwide	04/20	Suicide Prevention Forum ASU Student Union Center, Montgomery
04/4	<u>Alabama Public Health Association</u> Montgomery Marriott Prattville Hotel, Prattville	04/25	Drug Prevention Summit Southside Baptist Church, Albertville
04/05	<u>National Alcohol Screening Day</u> Nationwide	04/26	<u>Girl Talk – PRIDE of Tuscaloosa</u> Tuscaloosa River Market, Tuscaloosa
04/10	<u>Engage Alabama Transition Conference</u> Pelham Civic Complex, Pelham		

ADMH IS ON SOCIAL MEDIA!

HELP US SHARE THE POSITIVE STORIES IN MENTAL HEALTH

Check out the Rising Self Advocates Facebook page! This page, manned by the Director of Self-Advocates Services, George Neal, shares people-centered information for individuals with developmental disabilities and their friends and families: <https://www.facebook.com/empoweringselfadvocates/>.



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