

# THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER

JOIN THE VOICES FOR RECOVERY

invest in  
health  
home  
purpose &  
community

## MESSAGE FROM THE COMMISSIONER

Many Alabamians struggle with substance abuse disorders. The negative effect of the abuse is seen on the news almost every day. But the reality is, people do recover and go on to lead successful lives. Reducing stigma by openly talking about the issues, reaching out to family and friends and helping to get help are all important parts of recovery.

This September, during National Recovery Month, we encourage you to help make a difference in someone's life by offering resources, information or a listening ear. The monthlong celebration of recovery increases awareness and understanding of mental illness and substance use disorders and promotes the message that behavioral health is essential to health, prevention works, treatment is effective, and people recover. Please be a part of the celebration and spread the word!



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SEPTEMBER/OCTOBER 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](mailto:publicinformation.DMH@mh.alabama.gov) | 334-242-3417

## PREVIEW:

### NATIONAL DISABILITY

#### EMPOWERMENT MONTH IS OCTOBER

National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. The theme for 2018 is "America's Workforce: Empowering All"

Please share stories of triumph and personal achievement related to this issue to the Office of Public Information, [publicinformation.dmh@mh.alabama.gov](mailto:publicinformation.dmh@mh.alabama.gov), along with a picture (only first names of individuals, please). We would like to share these stories on social media during October.

To promote the month through your organization's social media and in-person outreach, please visit the Resource area of <https://www.dol.gov/odep/topics/ndeam/index-2018.htm>.



## AMERICA'S WORKFORCE:

# EMPOWERING ALL

### National Disability Employment Awareness Month



OFFICE OF DISABILITY EMPLOYMENT POLICY  
UNITED STATES DEPARTMENT OF LABOR

#NDEAM | [dol.gov/odep](https://www.dol.gov/odep)

# THE STEPPINGUP INITIATIVE

Approximately two million times each year, people who have serious mental illnesses are admitted to jails across the nation. Almost three-quarters of these adults have drug and alcohol use problems. The **Stepping Up Initiative** is a national program with the goal to reduce the numbers of individuals in jails with mental illness. It is managed at the county level to establish effective partnerships across individuals in law enforcement, local governmental entities, elected officials, mental health and healthcare providers, courts and any others needed to meet the goal.

More than 450 counties nationwide have passed resolutions on the Stepping Up Initiative. Currently fifteen counties in Alabama have passed the Stepping Up resolution to work with local law enforcement, mental health providers and advocates.

"Today our local jails and hospitals - neither of which have it as their mission

- are serving as mental health providers, which is creating a dire situation that is both dangerous and unsustainable. It is incumbent upon communities and regions to work together in partnership to reduce the number of individuals with mental illness in jails and ERs and to direct these individuals to the appropriate care. It will be a win for those individuals, a win for the community and indeed for the entire state and prison system," said Commissioner Lynn Beshear, Alabama Department of Mental Health (ADMH).

ADMH recently requested community mental health centers to provide a plan for case management services to establish an ongoing program in their county in order to reduce the numbers of people with mental illness and substance abuse disorders in local jails and emergency rooms. The awardees will receive a \$50,000 grant each. Their work will provide a customized, focused program in their county to work directly with individuals identified in local jails and hospitals.

The awardees for fiscal year 2019 are:

- Wellstone Behavioral Health: Huntsville and Cullman locations
- Mental Health Board of Chilton and Shelby Counties, Inc.
- Cherokee-Etowah-Dekalb Mental Health Center
- Marshall-Jackson Mental Health Board. Inc.
- Mental Health Center of North Alabama Inc.

Governor Ivey honored all direct support professionals with a proclamation signing on August 29th, to offer the state's gratitude for those who work every day to improve the care and lives of the people we serve.

Direct support professionals build a close, respectful and trusted relationship with an individual with disabilities and empowers them to fully participate in their communities. They provide essential support to help keep individuals with disabilities connected to their family, friends and community and supports them in making choices that lead to meaningful, productive lives. The Alabama Department of Mental Health thanks you for the work you do!

## THANK YOU!

### ALABAMA HONORS DIRECT SUPPORT PROFESSIONAL RECOGNITION WEEK





# CRISIS INTERVENTION TRAINING

## FOR LAW ENFORCEMENT

The lack of mental health crisis services across the U.S. has resulted in law enforcement officers serving as first responders to many mental health needs. In response, NAMI Alabama, the River Region United Way and Auburn University at Montgomery recently hosted a Crisis Intervention Training (CIT) course at the Montgomery Alabama Crime Prevention Clearinghouse & Training Institute. The event was for any member of law enforcement who would like to be informed and educated about mental illness.



## SHARE IN THE CONVERSATION ONLINE!



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on **Flickr**



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on **YouTube**



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**Google+**



Follow us on  
**Instagram**



View us on  
**Wikipedia**

Jimmy Walsh, past president of NAMI said, "One in five Americans will face a mental illness in some point in their life." The Legal Issues and Mental Health session, taught by Walsh offered information relevant to law enforcement. Some of the attendees shared their experience after the course. "Coming in contact with people with mental illness is not abnormal, people with mental illness are just like us. We have talked about that in this class. They look no different, they look like you and me." Said Officer Engelman, Montgomery Police Department.

During the Consumer and Family Panel session, a member of the panel, also a father who has a daughter diagnosed with bi-polar disorder spoke of an incident where police were called. He asked the responding police officer if he had heard of CIT. The officer had not but was informed by the father of the program. CIT programs bring law enforcement, families and community leaders together. They can also help keep people with mental illness out of jail and in treatment, on the road to recovery.

CIT is an innovative, community-based approach to improve the outcomes of these types of encounters.

According to Walsh, there are two goals that need to be met for the program to succeed. One is to get the person who is sick treatment, the second is to keep that officer safe. Walsh explained the hope for growth of CIT. He said, "We are not successful until everyone is trained. You don't go to football practice and tackle one day and you never talk about it again; you do it every day. Its important training, it will keep them alive, keep them safe, and help some people as well." To find out more about CIT, please visit <https://www.nami.org/Get-Involved/Law-Enforcement-and-Mental-Health>.

Watch the short video on the training [here!](#)



# MY SMART DOSE

NEW ADMH CAMPAIGN OFFERS  
PREVENTIVE INFORMATION ON  
PRESCRIPTION DRUG ABUSE



## GET SMART ABOUT PRESCRIPTION DRUGS

Every day in the United States, over 100 people die from a drug overdose. Medicine needed by one person can become poison when taken by another. Drugs you get from a doctor should always be taken as directed. They should never be shared. What's prescribed for you is for you—your symptoms, your weight, and your family history. If you take pills that don't have your name on the label, you're taking a serious risk.

"Learning about prevention is the first step to decreasing prescription drug abuse and saving lives. The possibility of developing dependence or addition to a prescribed drug is real but can be avoided," said Commissioner Lynn Beshear, ADMH.

### MEDICINE OR POISON?



Your dose is  
the difference.

Visit the [My Smart Dose website](http://MySmartDose.com) to learn the five signs of prescription drug abuse, take a self-assessment, call the 24/7 Hotline at 1-844-307-1760 for support and resources, or search substance abuse provider listings by your location.

The Alabama Department of Mental Health is proud to offer information that could save lives and make a difference. The mission of the [My Smart Dose initiative](http://MySmartDose.com) is to break the cycle of prescription drug abuse among young people through prevention, education, and awareness. My Smart Dose is a cooperative effort of the [Alabama Department of Mental Health](http://AlabamaDepartmentofMentalHealth.com), and the Substance Abuse and Mental Health Services Administration ([SAMHSA](http://SAMHSA.gov)). It is made possible by a grant provided by SAMHSA.



about the dangers of  
**PRESCRIPTION DRUGS**



**MySmartDose.com**  
a message of the Alabama Department of Mental Health

24/7 Helpline:  
844-307-1760

# STRIKE OUT STIGMA

## A SUCCESS!

Thank you to the partners who came out to offer information to the Montgomery Biscuits game attendees and be a part of ending stigma in Alabama!

Check out pictures from the event [here!](#)





# JOIN THE VOICES FOR RECOVERY



invest in **health**, **home**,  
**purpose**, and **community**

National  
*Recovery Month*  
Prevention Works • Treatment is Effective • People Recover  
**september 2018**

Recovery Month is an annual celebration sponsored each September. This year's theme is "Join the Voices for Recovery Month: Invest in Health, Home, Purpose and Community."

The Alabama Department of Mental Health celebrates the event, along with the Substance Abuse and Mental Health Services Administration to increase awareness and understanding of mental illness and substance abuse disorders, and promote the message that **behavioral health is essential to health, prevention works, treatment is effective, and people do recover.**

"Help is available. Individuals can get better, both physically and emotionally, with the support of a welcoming community. We hope everyone will come together to offer education, support and celebrate those in recovery leading successful lives," said Commissioner Lynn Beshear, ADMH.

ADMH's Division of Mental Health & Substance Abuse Services, in partnership with several community providers and advocacy groups, coordinates rallies, runs, open houses and many other events throughout the month.

For more information on National Recovery Month, visit the Substance Abuse and Mental Health Services Administration's (SAMHSA) Recovery Month website at <http://www.recoverymonth.gov>.

Events and promotional information related to Recovery Month can be found during September on ADMH's social media pages, **Facebook** and **Twitter**.

Offering support to those experiencing mental illness and substance abuse disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the support to help their loved ones.

# Cure Stigma.

## SUICIDE PREVENTION

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than **41,000 individuals die by suicide**, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and **stories** in an effort to shed light on this highly taboo and stigmatized topic.

Get resources to share **here**.

Information Courtesy of **NAMI**

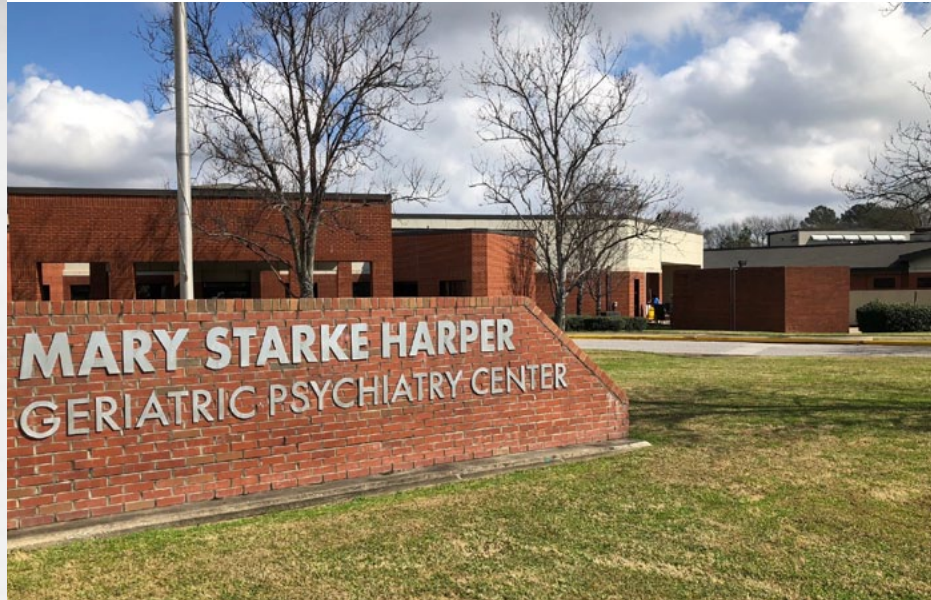


Stigma may not directly affect you, but it prevents the 1 in 5 Americans with mental health conditions from seeking help.

Get tested for stigma at [CureStigma.org](http://CureStigma.org)



As an African American Nurse, Harper was a pioneer researcher investigating health disparities within racial and ethnic minorities and exposing the failures of the health system. Tuskegee University developed an endowed chair in Geropsychiatric Nursing in Harper's name. Additionally, in 2001, hospital administration in Tuscaloosa, Alabama, named the Mary Starke Harper Geriatric Psychiatric Center in her honor.



# MARY STARKE HARPER

**HAPPY BIRTHDAY!**

**September 6th was the birth date of Mary Starke Harper, the founder of the Alabama Department of Mental Health, Mary Starke Harper Geriatric Psychiatry Center in Tuscaloosa.**

Mary Starke Harper, was an African-American Nurse who worked in bedside nursing, nurse research and health policy and was born September 6, 1919. She performed clinical research for the geriatric psychiatric population and minority health. In 1972, Ms. Harper created the NIMH Minority Fellowship Program. Mary Starke Harper was born in Fort Mitchell, Alabama, and later moved to Phoenix City. She was the oldest of seven other siblings in her family. She later became George Washington Carver's private nurse before he died in 1943.

Mary Starke Harper earned numerous awards in her time as nurse and researcher. Her papers can be found at the Barbara Bates Center for the Study of the History of Nursing at the University of Pennsylvania. She served on four Presidential administration advisory panels with regards to mental health and health care reform. She died in 2006 as the recipient of several honors and author of over 180 journal articles and five books with regards to her research.

**The Mary Starke Harper Center is still going strong today in Ms. Harper's honor. We salute the work and legacy of Mary Starke Harper, Ph.D., RN, FAAN.**



**BraveHeart Center for Place and Purpose (BCPP)**  
invites you to our photography exhibit  
promoting disability awareness and  
inclusion in our community.

  
**AUBURN UNIVERSITY**  
COLLEGE OF LIBERAL ARTS  
Social Work Program

**September 23<sup>rd</sup>-October 27<sup>th</sup>**  
**Auburn Public Library**  
**749 E.Thach Ave, Auburn, AL.**





# #COMMUNITYCOMMUNICATION

## 95TH ANNUAL MEETING FOR THE UNITED WAY

Commissioner Beshear was the keynote speaker at the 95th Annual meeting for the United Way in late August, talking about the importance of mental health and community involvement. Their theme is “Making Life Better for Everyone.” At the event, Commissioner Beshear said, “We must turn our face toward the issues we would rather ignore.”

One way that ADMH staff can help state non-profits related to the annual United Way campaign is to contribute to the **State Combined Campaign**. Contact coordinators Tiffany Arrington, 353-7982 or Shantell Garner 242-3192 for more information.



## FEDERAL COMMISSION ON SCHOOL SAFETY

A conversation on school safety and all the elements involved, was hosted by Mick Zais, the United States Deputy Secretary of Education and other federal officials. Commissioner Beshear was invited to one of the panels and offered vital information on ADMH's efforts toward school-based mental health services. She discussed the need for expansion to reach students *where they are* – in the school – improving access.

Federal Commission on School Safety Listening Session - Alabama  
863 views



# DATES TO REMEMBER

## MENTAL HEALTH RELATED EVENTS OF INTEREST

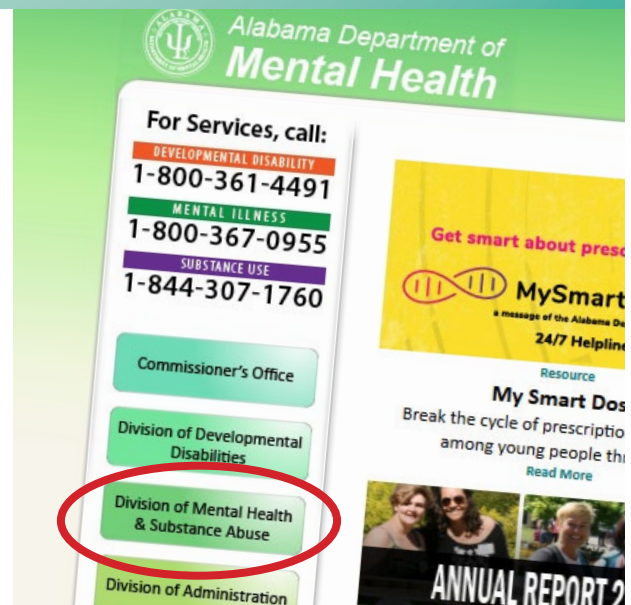
<b>09/12</b>	<b>Health Disparities Training</b> Montgomery Mental Health Authority, Montgomery
<b>09/14</b>	<b><u>2018 Infant Mortality Reduction Summit</u></b> Auburn University Montgomery, Taylor Center, Auburn
<b>09/15</b>	<b><u>Recovery Luncheon</u></b> Harbert Center, Birmingham
<b>09/15</b>	<b><u>Recovery Fest 2018</u></b> Battleship Memorial Park, Mobile
<b>09/21</b>	<b>Art Show</b> Beacon Addiction Treatment Center, Birmingham
<b>09/22</b>	<b>Recovery in The Park</b> Caldwell Park, Birmingham
<b>09/23</b>	<b>Movie Screening</b> Beacon Addiction Treatment Center, Birmingham
<b>10/03</b>	<b><u>Alabama's ABA Association Conference</u></b> Doubletree, Birmingham
<b>10/05</b>	<b><u>ASL Coffee Night</u></b> Starbucks, Montgomery
<b>10/15</b>	<b><u>Annual Early Intervention and Preschool Conference</u></b> Birmingham

## DID YOU KNOW?

THE ALABAMA DEPARTMENT OF MENTAL HEALTH,  
[MH.ALABAMA.GOV](http://MH.ALABAMA.GOV), WEBSITE HAS BEEN UPDATED!

Mental Illness and Substance Abuse pages have been reorganized to showcase the combining of the former two divisions into one. Other pages have been freshened up as well!

Please take a moment to familiarize yourself with the changes.



# Serve • Empower • Support