

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



Commissioner Beshear met the youth advisory board to East Alabama Mental Health Center at our annual Strike Out Stigma Baseball Night this year.

MESSAGE FROM THE COMMISSIONER

Mental Health Awareness Month is the month of May and we are proud to celebrate it, showcasing programs and events that highlight our commitment. Our annual Strike Out Stigma Baseball Night was a success with local partners and providers at the stadium, offering resources and information to the game's attendees. Conversations about mental health were had that evening, some of which may not have been addressed without bringing attention to the issue.

Other events like the 14th Annual Capitol Showcase Art Exhibition (May 1-23) at the Alabama State Capitol exhibited over 160 pieces of artwork from individuals that we serve across the state. An intimate story of recovery accompanies each piece of art. We thank the artists for their candor and for allowing us to be part of their recovery.

We can be aware of our mental health every day and take any opportunity we see to offer information and resources to someone in need. We are thankful the attention this month draws, and will continue to focus our efforts on decreasing stigma and offering resources as often as we can.

Pat Beshear



IN THIS ISSUE

MAY / JUNE 2019

Strike Out Stigma2

Q&A: COSA3

Capitol Showcase4

Stepping Up4

Did You Know?Back Cover

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

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



Children's Mental Health Awareness Week



May 5 - 11, 2019

Please wear Green for Children's Mental Health Awareness Week

Poster by Wings Across Alabama
334-649-1339 | wingsacrossal@gmail.com
Warm Line 1-844-999-4647 Wed-Sun 12-8pm

Poster Art provided by an Alabama Youth

CHILDREN'S MENTAL HEALTH AWARENESS WEEK POSTER CONTEST

We want to thank our youth artist, Alex, for her creative poster which was awarded 1st place in the Children's Mental Health Awareness Week Poster Contest. She attended the Proclamation signing for Children's Mental Health Awareness Week with Governor Ivey and Commissioner Beshear on May 1st. Children's Mental Health Awareness Week shines a national spotlight on the importance of caring for every child's mental health. The purpose of the week is to increase public awareness about the needs of children with serious mental illness and severe emotional disturbance, provide information on evidence-based practices, and encourage those who need help to seek treatment.

24/7 Helpline 844-307-1760

Are you, a family member, or friend struggling with addiction or in need of support?

Do you prefer chat? Live chat is available through our website: www.rosshelpline4u.org
Want to send an email? Send us a message: helpline4u.al@gmail.com

Every call, live chat and email is answered by a person in recovery at:

**RECOVERY ORGANIZATION OF SUPPORT SPECIALISTS
R.O.S.S.**

Q&A:



by Shereda Finch

When did COSA start/open?

COSA-NCADD is a private 501 (c)(3) non-profit organization founded in 1973 to promote the understanding that alcoholism and other drug dependence are preventable and treatable diseases.

Why? What is your mission?

The mission of COSA-NCADD is to “Reduce the incidence and prevalence of the disease of alcoholism, other drug addiction diseases and related problems.”

How many persons do you serve annually?

Annually, over 1,000 youth and families are served through COSA-NCADD’s programs and services.

How do you serve them?

COSA-NCADD provides prevention and recovery support services throughout Alabama. As an ADMH certified prevention provider, the organization implements Center for Substance Abuse Prevention (CSAP) strategies in seven counties. The organization also provides recovery support and training services in various counties.

Offer an example of a successful story of a person served:

Peer-to-peer work is often challenging, but the reward of offering recovery, hope and understanding to an individual on the edge can be awesome. During the past few years, four of COSA-NCADD’s peer recovery support specialists have overcome extraordinary obstacles to accomplish personal milestones, while walking hand-in-hand with others seeking recovery. As a result of their resilience and COSA-NCADD’s support, four peers have become certified as peer recovery support specialists by ADMH; three peers have been able to obtain driver licenses and purchase cars; one peer is on her way to graduating with a master’s degree; one peer is working on her GED; and four peers have been able to move into stable housing. It should be noted that all four individuals started out as recipients of services and are paying it forward as employees or contractors at COSA-NCADD’s HOPE Recovery Community Center.

What is your hope for the future of COSA-NCADD?

My hope for COSA-NCADD is that we continue enhancing and providing alcohol and substance abuse prevention and recovery support programs and other related services while increasing our capacity to serve additional individuals and families across the state.

STRIKE OUT STIGMA

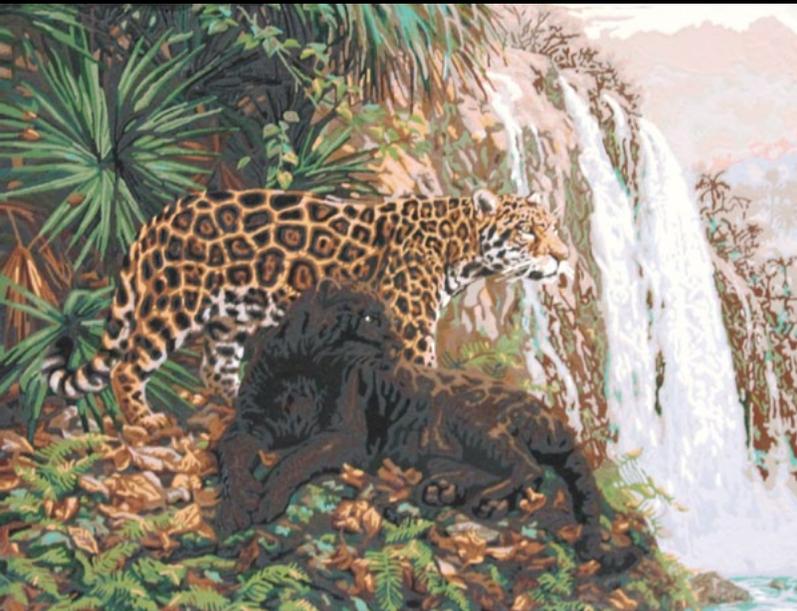
THIRD YEAR FOR SHARING INFORMATION AND FUN!

This year’s Strike Out Stigma Baseball Night was a hit! The Montgomery Biscuits squared off against the Mississippi Braves. ADMH and local partners and providers were on hand, offering information to the game attendees, which included many local military personnel. Edana Love, Peer Support Specialist at the Council on Substance Abuse, threw out the First Pitch for the game and Kelly Emerson, Executive Director of NAMI Alabama, spoke extensively on the Game Radio Show, offering detailed information on mental health needs in our state and where people can find related resources. Stay tuned for next year’s date!



THE 2019 CAPITOL SHOWCASE ART EXHIBITION

The 2019 Capitol Showcase Art Exhibition was held May 1-23 at the State Capitol, Old Supreme Court Library showcasing over 160 pieces of art of the people we serve! Since 2005, ADMH has hosted an art show at Alabama's state Capitol. Artists from around the state with mental illnesses, developmental disabilities, substance use disorders and co-occurring disorders are invited to have their abilities showcased throughout the month of May in the Capitol in observance of National Mental Health Month. With each piece of art, a short narrative is attached. The artists offer heartfelt information about their lives and how art is an integral part of their mental health.



In the Wild

Tony

R & R Enterprises

Tony is a 58 year old male, has no hearing in his left ear and is fitted for a hearing aid on his right ear. Tony is also diagnosed with mild intellectual disability, hypercholesterolemia, mood disorder, seizures and depression. Tony remains optimistic and enjoys working and hanging out with his roommate and a host of friends.

Tony has overcome bullying throughout his life and submerges himself in painting and golf as an outlet. He has become more independent and confident with his experience working in the community.

Tony became interested in art as a way to escape daily unrest. He has had no formal training, he is self-taught, by trial and error. Tony became interested in art at an early age. He is passionate about art and usually spends his leisure time working on his paintings at some point every day.

Come Together

Donna

Our Place

My diagnosis is depression. Thank heaven for good care and proper medication. Today when I get depressed, I have many tools to help myself. Recovery has saved my life. I know I am alive and blessed because of recovery. I studied art at Alabama A&M University. I was self-taught as well. I enjoy the art I do. It's a feeling of freedom and self-expression.





Month of Action MAY 2019

LOCAL COMMUNITIES ARE PUTTING EFFORTS IN MOTION NOW

In May, the nation and our state celebrate Stepping Up Month of Action, during which counties across the country will demonstrate their impact and highlight their efforts toward reducing the number of people with mental illnesses in jails. Since the launch of Stepping Up in 2015, more than 475 counties in 43 states have passed a resolution or proclamation to join the initiative and commit to creating a data-driven, systems-level plan to reduce the prevalence of mental illness in their jails and improve outcomes for people with mental illnesses in their communities. It is crucial to address both mental health and mental illness, because they affect us all.

Last fall, ADMH offered a grant opportunity to community mental health centers to expand Stepping Up in our state. The awardees for fiscal year 2019 were:

- Wellstone Behavioral Health: Madison County 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.

Since the beginning of the grant opportunity, the Stepping Up program awardees have worked to expand their work and engage their communities. For example, at Wellstone Behavioral Health in Cullman, a case manager works with local hospitals and county jails to help identify persons with a serious mental health illness or addiction and find relevant services. The case manager has successfully linked clients to treatment, housing, and crisis resources, helping to reduce their rate of return to emergency rooms.

Wellstone Behavioral Health in Madison County's relationship with the local hospital has improved because Stepping Up creates partnerships that make each other more aware of individuals' needs. When individuals who are in need are receiving case management services from partners like Wellstone, they are less likely to be involved with the justice system. For example, the hospital had an individual with depression and suicidal thoughts, visiting three times a month, every year for three years, after losing his mother. His ER visits would often turn into lengthy hospital stays. In 2019, he enrolled with Wellstone and he has not been back to the emergency room. He is now seeing a mental health clinician consistently.

At the Chilton Shelby Mental Health Center, task force and needs assessment meetings have been held to identify outcome measures and measurable objectives. The case manager at Chilton Shelby also works to create better outcomes for the individuals in the criminal justice system.

All inmates booked into jail now receive screenings for mental health and substance use issues allowing for appropriate referrals for assessment and treatment options.

The Cherokee-Etowah-Dekalb Mental Health Center's case manager has completed several crisis intervention services inside of the jail as well as traveled with officers into the field to perform crisis intervention services. Having a case manager dedicated to working with law enforcement and the hospital has helped to cut down response time and give a presence in the court room for court officials to see mental health in action. Case managers also assist individuals when they are ready to return to their communities. In 2018, a young man was being released from incarceration, however he had no income nor housing to return to. The case manager was able to guide the individual in the direction to secure disability and housing.

Mountain Lakes Behavioral Healthcare of Marshall-Jackson Mental Health Board, Inc. hired a case manager to kickstart their Stepping Up program and since its implementation, the work has brought to light many of the ways that people who are seriously mentally ill are falling through the cracks of the system. The program for the county encourages partnerships with the Highlands Medical Center, Jackson County Jail, Jackson County Probate Office, and Jackson County Sheriff's office. The case manager helps to identify individuals in need and they are then connected with the appropriate level of care needed. The program has assisted in giving the court system and hospital one "go to" person allowing for a simplified process.

At the Mental Health Center of North Alabama, referrals are received from the Morgan County Jail, Morgan County Circuit and District Courts, Decatur Municipal Court, and Decatur Morgan Hospital staff to their Stepping Up program. The case manager assists with the timely linkage to resources and monitors individuals who are referred to the program. Since the inception of Stepping Up in Morgan County, over 50 people have been referred and more than 20 have been directly assisted by the case manager with mental health and substance abuse services.

The Stepping Up programs from each area have made presentations to numerous entities in their communities to develop partnerships that enable Stepping Up to expand. The groups presented to and in partnership with the awardees range from the county commission, police department, sheriff's office and local jails, specialty courts and probate judges, county corrections, District Attorney's office, Public Defender's office, advocacy organizations such as NAMI Alabama and Recovery Oriented Peer Specialists and local hospitals.

If continued progress is made and an investment by all partners is sustained, communities can benefit from:

- Increased treatment for individuals living with mental illness
- More efficient use of public funds
- Less strain on jails and law enforcement and Emergency Rooms
- Increased peace of mind for families and the community
- Healthier community members
- Greater prosperity for the entire community

To learn more about Stepping Up in Alabama, contact the Alabama Department of Mental Health at 334-242-3417 or publicinformation.DMH@mh.alabama.gov.



PREVIEW: AL-APSE 2019 CONFERENCE

The Alabama APSE conference is scheduled for July 10 - 12, 2019, in Montgomery at the Renaissance Hotel & Spa. The event will kick off with the awards luncheon beginning at 12 noon. We look forward to seeing you at this year's event! This will be the first time back in Montgomery in several years.

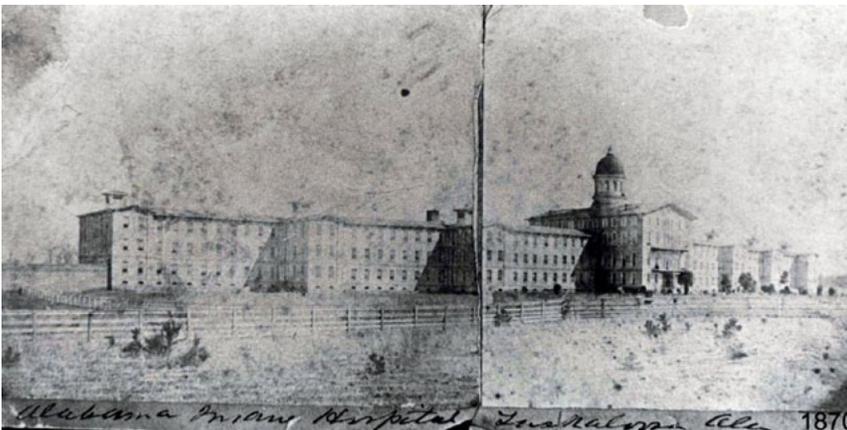
Registration Brochure: (PDF)

You are encouraged to register electronically at:

<http://events.constantcontact.com/register/event?llr=eq8in9eab&oeidk=a07efrm6rlkd8ff4ba4>

DID YOU KNOW?

The first edition of the "Meteor", a newspaper for patients and edited by a patient at Alabama Insane Hospital (Bryce), was dated July 4, 1872. A few articles focused on Darwinism, Spirituality, women's rights, children's rights. The editor hoped that the employees of the hospital would create a brass band to make more noise than the annoying next-door neighbor, The University of Alabama.



Serve • Empower • Support