

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



Commissioner Beshear flanked by Lorian Kriner, Associate Clinical Director of Children's Outpatient Services with AltaPointe Health, on the left and Olivia Nettles, Director of Children's Outpatient Services with AltaPointe, on the right at the University of South Alabama's 2nd Annual Conference on Mental Health.

MESSAGE FROM THE COMMISSIONER

We begin the first months of Fall at the Alabama Department of Mental Health with a focus on the future in several innovative programs which work directly in communities to help the people we serve in important ways.

Stepping Up Alabama has expanded again, with six additional community mental health centers joining the initiative. They will work intimately with local law enforcement, probate judges and medical facilities to meet the goal of decreasing the number of persons with mental illness and substance abuse in jails and hospitals. In the Division of Developmental Disabilities, detailed training on Support Coordination and Person-Centered Planning is occurring statewide and we are moving ahead to implement provisions of the Home and Community Based Settings Rule. Our work to implement HCBS centers on increased choice, independence and expanded opportunities for individuals with disabilities.

Additionally, the Mental Health Division continues to diligently work on housing and crisis care. We are committed to developing better and more efficient ways to serve individuals with mental illness, developmental disabilities and substance use disorder.

Peg Beshear



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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



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



RECOVERY MONTH 2019

In September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental illness and substance use disorders.

ADMH's Division of Mental Health & Substance Abuse Services encourages all community providers and advocacy groups to coordinate rallies, open houses and many other events throughout the month.

Stigma cannot
survive
in a society that
speaks openly
about
mental health.

DR. CHRISTINA

The 2019 Recovery Month theme, "Join the Voices for Recovery: Together We Are Stronger," emphasizes the need to share resources and build networks across the country to support recovery. It reminds us that mental illness and substance use disorders affect us all, and that we are all part of the solution. The observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and personal growth.

Please let us know what you are doing by tagging us on Facebook or Twitter or sending an email to the Office of Public Information at publicinformation.dmh@mh.alabama.gov, so we may share your events!

If you have a client/consumer story or testimony that you would like to share with ADMH, please call us, 334-242-3417 or email, publicinformation.dmh@mh.alabama.gov. Be sure to contact your local media to offer interviews on the subject! If you need any assistance, please contact the Office of Public Information at publicinformation.dmh@mh.alabama.gov.

Download the Toolkit: <https://recoverymonth.gov/promotional-materials/recovery-month-toolkit>

Download logos, flyers, posters and banners: <https://recoverymonth.gov/promote/logos>, <https://recoverymonth.gov/promote/banners-logos-flyers>.

ALABAMA'S PROJECT SEARCH

AN AWARD-WINNING PROGRAM

The primary objective of Project Search is to secure competitive employment for young adults with disabilities. Participants take part in real-life work experiences combined with training in employability and independent-living skills to help make a successful transition to productive adult life. The Project SEARCH model involves an extensive period of skills training and career exploration, innovative adaptations, long-term job coaching, and continuous feedback from teachers, skills trainers, and employers. Alabama's success rate for employment outcomes has met or exceeded the national average of 75% every year since its inception. Further, the average hourly wage for Project SEARCH graduates in Alabama in 2019 is \$9.02 with an average work week of 29.3 hours.

Alabama's Project Search program began with two sites in 2012 and has grown to 13 sites currently, with three additional sites to be added in 2020. In addition, the presence of a Project SEARCH program can bring about long-term changes in the business culture that have far-reaching positive effects on attitudes about hiring people with disabilities and the range of jobs in which they can be successful. All programs in Alabama are housed in healthcare facilities.

Each year at the National Project SEARCH conference, programs are recognized for successful employment outcomes from the previous year's class. Ten of Alabama's 11 eligible programs received this recognition in July in Anaheim, California. The sites receiving recognition for placing 100% of the participants into employment include: **Huntsville City Schools (Huntsville Hospital), Marshall County Schools (Marshall Medical Center)**



SUPPORTED EMPLOYMENT SUCCESS!

What does work mean to you?
Check out [this video of a powerful success story](#) of Emily and the Arc of Shelby County!

and **Shelby County Schools (Shelby Baptist Hospital)**. The **Baldwin County School program (Thomas Hospital -Fairhope)** received recognition for 90% successful job placements. **Etowah County youth program (Gadsden Regional Medical Center)** received recognition for 80% job placements. Those receiving recognition for 70% successful job placements include: **Mobile County Schools, (2 sites— Providence Hospital and Infirmary Health), Montgomery County Schools (Baptist South Hospital), Calhoun County Schools (Regional Medical Center) and Birmingham City Schools (UAB Medicine)**.

The Alabama program is a collaborative partnership between the Department of Mental Health, the Department of Rehabilitation Services, the Department of Education, the Alabama Council on Developmental Disabilities, local school systems, community provider agencies and local businesses.



Project SEARCH Marshall County receiving award at National Conference, July 30, 2019. From left: Suzie Rutkowski, PS Co-founder, Ann Kennamer, Skills Instructor, Yolanda Spencer, Alabama PS team member, Erin Riehle, PS Co-founder, Beth Hanner, Instructor and Kira Galazra, Skills Instructor.

STEPPING UP ALABAMA

NEW PROGRAMS BEGINNING ACROSS THE STATE

THE STEPPINGUP INITIATIVE

The Alabama Department of Mental Health (ADMH) is expanding **Stepping Up Alabama**, which establishes effective partnerships with law enforcement, local governmental entities, elected officials, mental health and healthcare providers, social service providers, courts and other partners, to meet the goal of decreasing the number of persons with mental illness and substance abuse in jails and hospitals.

The awardees for fiscal year 2020 are:

- [AltaPointe Health](#)
- [East Alabama Mental Health Center](#)
- [Indian Rivers Mental Health Center](#)
- [Mental Health Center of North Alabama Inc.](#)
- [West Alabama Mental Health Center](#)

Commissioner Lynn Beshear said, “Identifying those in need, finding the right levels of care, and helping to secure housing and employment – these are tasks that our mental health centers are growing with grant funds and with the expansion of community partnerships.”

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
- Increased peace of mind for families and the community
- Healthier community members
- Greater prosperity for the entire community



ATTENDANCE AWARENESS

HELP TO PROMOTE THE IMPORTANCE OF ATTENDANCE AND DECREASE BARRIERS

The Alabama Department of Mental Health joins with the Alabama State Department of Education (ALSDE) to celebrate and help promote **Attendance Awareness** to bring awareness to chronic absenteeism. Chronic absence counts all absences – excused, unexcused, and suspensions. In Alabama, more than 6,550,000 days of school were missed by students in 2018.

Students with untreated mental issues experience lower educational outcomes than those who receive appropriate treatments and supports. They are more likely to experience difficulties in school, including higher rates of suspensions, expulsions, and dropouts, as well as lower grades and scores. To learn more about Attendance Awareness Month and to help promote the month, please visit <https://awareness.attendanceworks.org/>.

Are you, or a family member, struggling with addiction or in need of support?
www.rosshelpline4u.org

24/7 Helpline
844-307-1760

2019 AIR WAS, YET AGAIN, A SUCCESS!

The 27th Alabama Institute for Recovery (AIR) was held April 23-25, 2019 at Shocco Springs Conference Center, near Talladega. AIR is coordinated by the Office of Peer Programs along with the assistance of Wings Across Alabama. The theme for the conference “A Peer Palooza!”. The conference featured keynote speakers including a panel of recent Respect Initiative Graduates, and presentations on *The Help We Need to Help Each Other* and *The Truth about Substance Abuse*.

The conference also featured 18 workshops covering a wide range of topics and issues of importance to individuals in recovery from mental illness—The Ten Tenants of Recover, Moving with Your Dreams, Best Practices for Peer Support Services for Mental Health and Substance, CPS Groups, How the Work, Exercise, and Hiking, Financial Stability Though Recovery, and Basic Fishing Skills, Equipment and Technique. Health Screenings were available to the attendees free of charge. Other activities included an art show, a talent show, a watermelon social and a candlelight vigil.



TRAINING OPPORTUNITY

Learn more about how to attend the **Prescribing and Pharmacology of Controlled Drugs Conference** in November presented by the Medical Association of Alabama!

ADMH through partnership with ADPH will pay the registration fee **ONLY** for professionals **working in substance abuse behavioral health settings**.

The conference is **November 22-24, 2019** at Hyatt Regency Birmingham-The Wynfrey Hotel, 1000 Riverchase Galleria, Birmingham, Ala. There's also several brochures attached for your review.

If you are interested in attending, please complete the **Medical Association Registration form** and email kathy.house@mh.alabama.gov or fax to 334-242-3025 by **Oct 1, 2019**. Please do not send your **registration form** to the Medical Association.



ALABAMA disABILITY CONFERENCE * * 2019 * *

September 9-11, 2019

Hyatt Regency Hotel (The Wynfrey)
Birmingham

Registration
Schedule
Speakers

JOIN IN THE CONVERSATION!

The **Alabama Community of Practice** now has a Facebook page! This is a closed group for people using the Charting the LifeCourse framework and resources. Here they share ideas, feedback and help each other enhance capacity to apply the Charting the LifeCourse framework to daily lives, in professional roles, and within organizations.

To join, simply click the link to the FB Group page

<https://www.facebook.com/groups/alcommunityofpractice/> and Ask to Join!

Please share this page with all interested individuals and families!



SEND A MESSAGE.

STAY DRUG FREE.



RED RIBBON WEEK® OCT. 23-31

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HELP PROMOTE RED RIBBON WEEK

OCTOBER 23-31

The **Red Ribbon Campaign**® is the oldest and largest drug prevention program in the nation, reaching millions of young people with its message of taking a stand against drugs. Show your commitment by wearing a red ribbon, signing the pledge and **sharing the message!** View the flyer [here](#).

The RSA Tower in Montgomery and RSA building in Mobile will light up **RED** to kick off the week on Wednesday, October 23!

EMPLOYEE ASSISTANCE PROGRAM BEHAVIORAL HEALTH CONFERENCE

The Department of Finance Division of Risk Management is so excited to announce that the Employee Assistance Program will be hosting a **free** Behavioral Health Conference in Montgomery, Alabama. Employees should request to attend this training with their supervisors. Supervisors should contact the respective staff development office to register employees for this training.



Employee Assistance Program Behavioral Health Conference

Wednesday, October 9th
8:00 a.m. - 4:00 p.m.

Gordon Persons Building Auditorium
50 North Ripley Street
Montgomery, AL

Registration opens August 15th
FREE

For more information contact Kwatasian Hunt at 334-223-6153
or
kwatasian.hunt@finance.alabama.gov

Topics Include:

- o Mental Health First Aide: A First Responder's View
- o Understanding Anxiety and Depression
- o Adverse Childhood Experiences: Childhood Trauma & Its Impact on Adulthood
- o Heroin and Prescription Drugs: A Nation in Crisis
- o Compassion Fatigue
- o The Power of Recovery from Mental Illness & Substance Abuse (no continuing education for this presentation)

Contact hours provided by:

Bradford Health Services (5)

National Board for Certified Counselors: NBCC#5414

Alabama Board of Nursing: ABNP1107

National Association of Alcohol and Drug Abuse Counselors: NAADAC#435

Social Work Board of Alabama: 0030

