

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



GOVERNOR IVEY ANNOUNCES AWARDEES OF CRISIS CENTER FUNDING

Governor Kay Ivey announced along with Commissioner Lynn Beshear of the Alabama Department of Mental Health and House Majority Leader Nathaniel Ledbetter, the awardees of funding for crisis centers to serve individuals with mental illness and substance use disorders.

"I am proud to announce the awards for three new crisis diversion centers: AltaPointe Health in Mobile, the Montgomery Area Mental Health Center, and Wellstone in Madison and Cullman. When these centers are fully staffed, they will be a safe haven for people with mental health challenges" said Governor Ivey.

These centers will help to:

- Reduce the number of arrests
- Reduce the frequency of visits to hospital emergency departments
- Provide individuals in crisis access to care
- Promote sustained recovery and provide linkage to community agencies and organizations, psychiatric and medical services, crisis prevention and intervention services.

To learn more, please visit mh.alabama.gov/initiatives.

“We have been fortunate to have participated in the Stepping Up Initiative in Mobile County, allowing us to strengthen our relationships with the law enforcement, the jails and local emergency departments.”

Tuerk Schlesinger, AltaPointe Health

In the 2020 legislative session, Governor Ivey prioritized establishing a mental health crisis continuum of care, with efforts in the Alabama Legislature led by House Majority Leader Nathaniel Ledbetter. *“Today is a day of celebration for those who will use the crisis care center and it marks a new beginning,”* said Ledbetter. The crisis care centers are a result of an \$18 million appropriation in the FY2021 General Fund budget approved earlier this year. The awards were granted through a Request for Information and competitive Request for Proposal evaluation and selection process.



“This is going to help a lot of people. This will open a door to care that needed to be opened. This will save lives.”

Donna Leslie, Montgomery Area Mental Health Authority



The crisis care centers are a designated place for communities, law enforcement, first responders, and hospitals to take an individual who is in mental health crisis. The crisis care centers will include both walk-in access for individuals, including short-term admission, medication and case management. Services will also include discharge planning and connections to ongoing behavioral healthcare services for longer-term care, if needed.

“Today marks a culture change in Alabama for individuals with mental illness and substance use disorder,” said Commissioner Lynn Beshear. She continued, *“The Department of Mental Health’s only goal is ‘Opening the Gateway to Care.’ It drives all that we do.”*

“There is not a day that goes by that after hours care is not an issue in our state. We believe that the centers will be a linchpin for this new crisis care in our state.”

Jeremy Blair, WellStone Behavioral Health (Huntsville)

IN THIS ISSUE

NOV / DEC 2020

Crisis Center Funding Awardees	1-2
Community Waiver Program	3
Mental Health Coordinator Training	4
Zoom Support Calls	6
ASAP!	8
Annual Harley Ride	10
State Combined Campaign	10
Did you Know?	BC

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

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

NEW WAIVER PROGRAM LAUNCHER

LEARN MORE ABOUT THE COMMUNITY WAIVER

In early 2021, the Alabama Department of Mental Health, Developmental Disabilities Division will launch a new waiver program, beginning in limited areas of the state, with a focus on serving individuals before they and/or their family are in crisis. Service providers in this new program will focus on important goals of Home and Community-Based Services programs such as community integration, opportunities for employment, and developing skills for independence.

The new waiver program will be targeted to serve persons with intellectual disabilities not currently receiving services through a current Home and Community-Based Services waiver, including individuals currently on the waiting list for the existing Intellectual Disabilities or Living at Home waivers. Learn more at <https://mh.alabama.gov/community-waiver-program/>.

The new waiver program will offer services to persons with intellectual disabilities in four enrollment groups, based on age and relative independence, each with a set of services designed particularly to serve them:

1. Children (ages 3-13) with intellectual disabilities who live with family or other natural supports
2. Transition-age youth with intellectual disabilities who (ages 14-22) live with family or other natural supports or who (ages 18-22) live independently
3. Working age or older adults (ages 23+) with intellectual disabilities who live with family or other natural supports or who live independently
4. Persons (ages 3+) with intellectual disabilities who are unable to live with family or other natural supports or to live independently
5. Individuals with ID, ages 22 and older, who have a minimum of one substantial functional limitation

When the new waiver program launches, anyone on the current waiting list, residing in specific areas where it is available, may choose to receive services via the new waiver. Those areas include Baldwin, Elmore, Houston, Jefferson, Limestone, Madison, Mobile, Montgomery, Morgan, Tuscaloosa, and Walker counties.

Regional Community Services Offices throughout the state may contact you about this process and availability of the new waiver in your regional area.

Please contact admh.ddd.questions@mh.alabama.gov for more information. Learn more at

<https://mh.alabama.gov/community-waiver-program/>.

THE NEXT STEP FOR SCHOOL-BASED MENTAL HEALTH

MENTAL HEALTH COORDINATOR TRAINING

In mid-October, Commissioner Beshear was a speaker for the inaugural training of Mental Health Service Coordinators, who will serve and support children in our public schools. Gayla Caddell, ADMH Coordinator, Child and Adolescent Services (MI), Dr. Marilyn Lewis and Dr. Kay Warfield of the Alabama State Department of Education hosted training sessions and assisted participants. 103 School systems received the training grant. Nearly all systems had representation at the event.



The Mental Health Service Coordinator position is a joint venture between the two departments and will provide overall mental health information to all students and school personnel, as well as offer prevention and early intervention services to those students at risk of needing more intensive services. The position is designed to work closely with the community mental health centers. The position will also identify local resources within their own community to provide fewer intensive services such as prevention and education. Community partnerships are very important for the resourcing and sharing of information.

The Alabama Department of Mental Health will soon be offering online modules, created in conjunction with Emory University, to expand on training for the coordinators. The modules consist of topics such as “Foundations of School Mental Health, Needs Assessment, Screening, and Early intervention and treatment” and more. Alabama specific modules will also be presented.

Our hope is that through the education of school staff and students on mental health issues, the stigma associated with mental illness will be eradicated in the school environment and replaced with support and encouragement.



Since 2011, the Alabama Department of Mental Health and the Alabama State Department of Education developed, improved and sustained a proactive, collaborative partnership, focused on greater integration of mental health services within public schools.

The SBMHC program has increased in the years since inception and is now active in over half of the public school systems in Alabama. The program is found in 72 school systems, coordinated with all local mental health authorities in the state. Through this partnership, over 10,000 students have been served.

Recently, our two departments explored innovative ways to meet the needs of the youth of Alabama and to recognize the need for early identification of social and emotional needs and intervention.

Check out the Naloxone One-Pager from HHS -

[First Responders Can Safely Administer Naloxone during the COVID-19 Pandemic.](#)

To view the Rural Community Toolbox site for information related to COVID-19, [please click here.](#)



**ARE YOU PREGNANT AND HAVE A SUBSTANCE USE DISORDER?
YOU ARE NOT ALONE!!!!**



PLEASE LET US HELP!



**Recovery Organization of Support Specialist,
R.O.S.S.**

Is a peer-run organization providing non-clinical supportive services to help in the process of recovery. These services are provided before, during and after treatment for individuals with a substance use disorder.

This project will employ peers to connect a pregnant individual with a substance use disorder to their choice of resources to obtain and maintain recovery. The peer will assist the individual in removing barriers to recovery, help individuals stay engaged in the recovery process, and live full lives in communities of their choice.

SERVICES AVAILABLE:

- Introduce and explain recovery resources, including the many pathways to recovery.
- Assist the individuals with navigating the substance use disorder system of care, legal system, and child custody system.
- Provide transportation to recovery resources.
- Support the individual before, during, and after treatment to provide hope that we do recover.
- All services are free of charge.



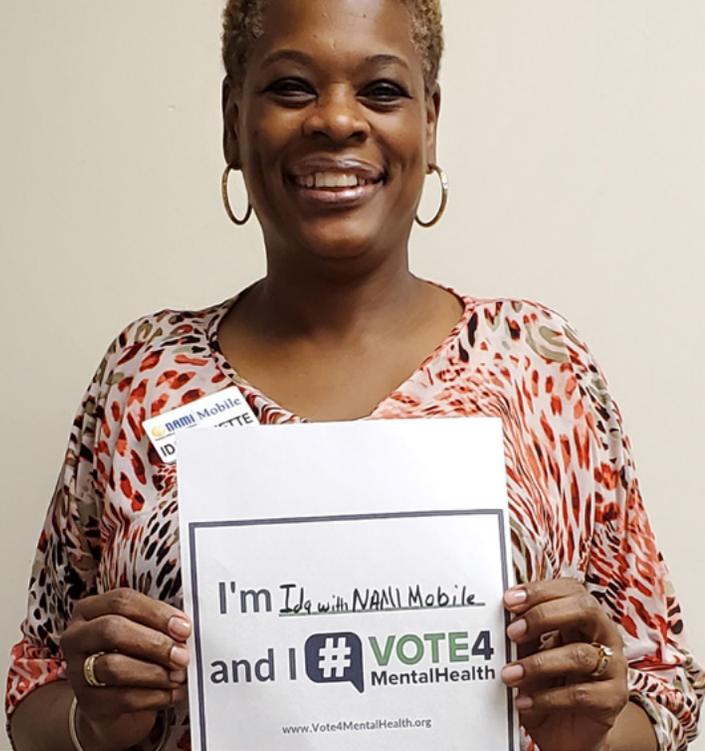
24/7 HELPLINE

844-307-1760

Mission Statement: The Recovery Organization of Support Specialists aims to advocate, empower, and collaborate for any individual seeking recovery.

ALL SERVICES ARE CONFIDENTIAL AND FREE ▶ ▶ ▶

rosshelpline4u.org/



October brings us Halloween; in November, we vote, followed by many holidays through the end of the year.

To the left, Region IV Advocate Ida Lockette pledged to **#Vote4MentalHealth**.

On the next page, ADMH staff and their families dressed up and celebrated Halloween around the state. Nice to see a little “normal” in 2020.

Be on the look out for extra opportunities to support the people we serve.

Here’s looking forward to a happy and healthy holiday season for you and yours. Stay safe and hopeful for the new year!



ZOOM SUPPORT CALLS FOR HEALTHCARE WORKERS

On behalf of **The Institute for Healing of Memories North America (IHOM-NA)**, we are **inviting you and your team/staff to participate in our Healing of Memories Zoom Support Calls for Healthcare Workers!**

Our Healing of Memories Zoom Support Calls for Healthcare Workers provide a **safe, supportive, non-judgmental, confidential space to share feelings, stories, and to begin to heal past painful experiences, trauma and moral dilemmas** encountered in their care of COVID-19 patients. Each gathering is 90 minutes and will be held in groups of 6 to 8 people. These Calls are free for all healthcare workers.

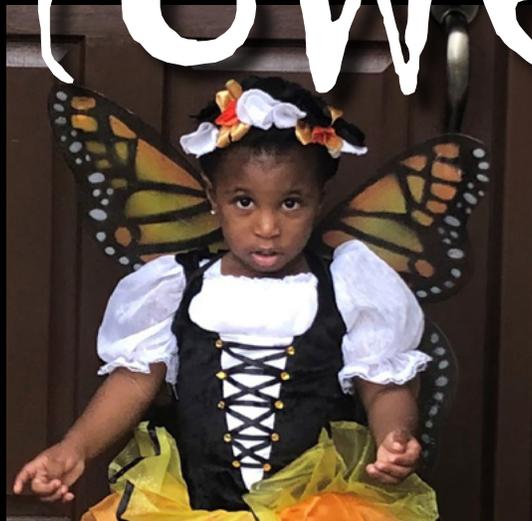
These facilitated Calls connect healthcare workers with one another in a supportive, safe, confidential space, helping them to manage these challenging times. They are open to all healthcare personnel.

When: Tuesdays and Thursdays, Ongoing, 4pm EST

Where: Online via Zoom

FREE for all Healthcare Workers

To register click [HERE](#)



Happy Halloween

PROVIDER SHOWCASE:

IESHA CROOK,



Iesha Crook is a SPF-Rx Coordinator and prevention specialist for the Agency for Substance Abuse Prevention (ASAP) located in Oxford, Alabama. Crook graduated from Alabama State University in Montgomery, Alabama in 2015 with a bachelors in English and a concentration in legal studies. Currently, she is pursuing a master's in counseling.

In 2016, Crook moved back to her hometown, Oxford as a head start teacher for Childcare Network Development Center – where she worked as a head start teacher for a total of three years. Crook soon realized she had a passion for strengthening her community through awareness education and prevention services. She later joined ADMH's agency ASAP in February of 2018 to not only be an advocate for her community but to help families that have been affected by substance abuse.

"I found this role to be quite rewarding because it's given me the opportunity to work alongside families and provide them with positive connections while promoting a drug-free community for youth within my local community," explained Crook.

Crook says she realizes that early prevention of drugs and alcohol will go a long way in reducing the risks of adolescent behavior. She says when children advance from elementary through middle school, they will begin to be faced with new challenges and it's important for offer sound advice and evidence-based prevention programs. In her role she's been able to find creative ways of providing prevention services.

Recently, due to the coronavirus pandemic, Crook says much of the community she serves has experienced a shift as it relates to drugs, opioids, and risky behaviors.

"We've all seen the negative effects the COVID-19 including challenges for our service to the community," explained Crook. *"We've having limited or closed resources for those that needed us the most,"* she continued. *"The racial and health disparities that already existed have*

been exacerbated by the pandemic and many residents have found themselves in very stressful positions."

Crook says for her it's important to be a part of an agency that responds to the needs of the community. Recently, ASAP donated a total of \$6,000 to local charities that provided food, clothing and shelter to the community.

Crook says she's proud of the agency she gets to work with, because she's able to be a resource for her community and strengthen the community through her work. Crook says her life motto is: *"Strive to succeed, and never give up."*

When Crook is not helping her community, she says she loves to explore and travel the world. In addition, her other hobbies include dancing, swimming and working with children, teaching them to be the very best. *"We are all essential to our youth, as it truly takes a 'village' to raise a child."*

Crook says because of ASAP efforts, they were able to provide prevention literature to feeding stations and public housing communities. In addition, ASAP received assistance from the sheriff's department. *"In past efforts, the sheriff's department provides sobriety checkpoints, and they were willing to pass out prevention material to multiple locations since the pandemic temporarily prevented us from implementing our normal strategies."*

Crook's hobbies include traveling, dancing and swimming and she also enjoys helping people and working with children. She believes in the saying *"it takes a village."* Crook says she chose this work because of the mission behind ASAP which is to strengthen the community. Her life motto is: *"Strive to Succeed, Never Give UP."*

PEOPLE ENGAGED IN RECOVERY

WE WANT TO HELP YOU FIND RECOVERY! CALL US!

888-421-PEIR (7347)

WE OFFER A SAFE PLACE FOR THOSE SEEKING AND IN LONG-TERM RECOVERY TO HAVE FUN, FELLOWSHIP, AND FIND RESOURCES.

PEIR.

COME SEE US!

2534 GOVERNMENT BLVD. MOBILE, AL 36606

MONDAY-FRIDAY 12PM-8PM

SATURDAY AND SUNDAY 11AM-7PM

SUPPORT GROUP SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NA LUNCHGROUP 12:30PM	MENTAL HEALTH GROUP 6PM	NA LUNCHGROUP 12:30PM	VETERANS GROUP 6PM	NA LUNCHGROUP 12:30PM	NA LUNCHGROUP 11AM	*SELF-CARE DAY
LGBTQ+ GROUP 6PM	AGNOSTIC AA 7PM	NA @ THE PEIR 5:30PM		FAMILY GROUP 6PM	FUN DAY!	YOGA, MEDITATION, SPIRITUALITY
		HA 7PM				

*PLEASE VISIT OUR WEBSITE BELOW FOR THE SELF-CARE DAY SCHEDULE



peopleengagedinrecovery.org
gulfcoastpeir@gmail.com



17TH ANNUAL "TIM DOLLARD MEMORIAL RIDE"

SHOWING CARE AND SUPPORT DESPITE PANDEMIC RESTRICTIONS

Again, this year, the members of the Heart of Dixie Harley Owners Group-Pelham Chapter (HOG) aim to brighten the holidays for teens and children committed to the Alabama Department of Mental Health's (ADMH) Psychiatric Adolescent Unit at the East Alabama Medical Center (EAMC) in Opelika.

Unfortunately, this year there will not be a ride by the members to EAMC. Gifts are still planned for donation to the children and there will be special items given, like handmade blankets from members.

The dedicated group of Harley riders have consistently taken time to help ensure the youth of EAMC have a special Christmas for 17 years. Due to the severity of their mental illness, these adolescents will spend the holidays in the hospital. The unit at EAMC serves adolescents committed to the Alabama Department of Mental Health and has the capacity to serve up to 10 adolescents.



ALtogether

CARING. SHARING. GIVING.

Alabama State Employee Combined Charitable Campaign

This year because of the pandemic, more and more people, including State Employees, are finding it necessary to make use of services provided by State Combined Campaign affiliated charities. The donations you make are allowing these charities to help those in need. Your generosity provides meals those who are hungry, helping neighbors stay in their homes, and thousands of other services.

There are more than 400 charities represented in the State Combined Campaign. With so many choices, there is something for everyone to give to their desired charity. A monthly contribution (as little as \$1/month) through payroll deduction or any gift will have an immense impact on so many lives and giving through the SCC is easy to do!

- Searchable charity guide http://www.statecombinedcampaign.org/charities/?wpbdp_view
- Fillable or printable Pledge card <http://www.statecombinedcampaign.org/wp-content/uploads/2020/07/2020-Fillable-Pledge-Form.pdf>
- Instructions on how to fill out Pledge card <http://www.statecombinedcampaign.org/wp-content/uploads/2018/08/How-to-fill-out-your-pledge-form.jpg>
- 2020 ALtogether video: http://www.statecombinedcampaign.org/wp-content/uploads/2020/08/SCC-video-small.mp4?_e=1

DID YOU KNOW?

Before it was part of the hospitals of the Department of Mental Health, the Searcy Hospital site had been a cantonment for the rendezvous of U.S. Troops for the Creek Indian Wars, as well as the War of 1812. Beginning in 1828, it has been an arsenal, barracks and prisoner of war compound.

Historical figures associated with the Mt. Vernon/Searcy site were Walter Reed for whom Water Reed Hospital is named; Captain Jesse Reno for whom the city of Reno, Nevada is named; Josiah Gorgas, later a president of the University of Alabama; and Geronimo, the most important leader of the Chiricahua Apache tribe. Geronimo was held prisoner at Mt. Vernon from 1877 to 1895.

Dr. George Washington Carver was instrumental in diagnosing and providing treatment for pellagra at Searcy Hospital.



Central Office

Tyesha Durr
Maegan Ford
Jacqueline Navidad
Donald Silman

Bryce Hospital

Verneka Carter
Lamelia Clark
Rebecca Crowell

Jakayla Dallas
Danita Flanagan
Camillah Gaines
Mercedez Green
Desean Hines
Sheeniqua Johnson
Emily Lackey
Crystal Lunceford
Ladarius Scales
Cameron Spencer

Ramelo Treadaway-Travis
Latasha Turner

Mary S. Harper

Cherry Carongoy
Valorie Harper
Tamishaa Hinton
Natzia Jefferson
Jalen Mcshan
Gloria Terrell

Taylor Hardin

Latonya May
Santavia Robertson
Abreya Wilson

Serve • Empower • Support