

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



CONGRATULATIONS TO CARASTAR HEALTH!

(FORMERLY MAMHA) ON THE OPENING OF THE FIRST STAGE OF THEIR CRISIS CENTER

The Carastar Health Crisis Center is the first of its kind in the River Region and an enormous asset to mental health care. ADMH Commissioner Kim Boswell said, *“We want to reach people before they are at a Stage Four. Just like if you had a cancer diagnosis, you do not want to wait until you are a Stage Four. You want access to care early. That is what the Crisis Center represents in our system. It is access to care, 24/7.”*

Located in Montgomery, the center will serve the counties of Autauga, Elmore, Lowndes, and Montgomery through walk-in and mobile functions. *“Our goal here is, instead of going to the emergency room or maybe being arrested, they (patients) can come here, and they’re evaluated to see what they need,”* said Carastar Health Executive Director Donna Leslie.

The 5,000 square foot temporary facility has eight temporary (>23 hour) observation treatment ‘beds’ and four extended (>one week) observation beds. It has an open atmosphere, tranquil color scheme and comfortable seating. *“The colors were chosen by a certified peer specialist who works with us, to help individuals feel comfortable when they arrive at the center,”* said Krishula Edwards, Crisis Center Director.

While the temporary facility is being used, construction is still underway on what will eventually be Carastar Health’s main facility. The main facility will offer 10 observation beds where patients can spend up to 23 hours and 16 beds to stay for up to seven days.

For families in crisis or law enforcement in need of placement for a person in crisis, contact Carastar Health at 334-279-7830. When the facility in Montgomery opens, families can call 800-408-4197 to get help.



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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



CELEBRATING THE POWER OF ART AND MENTAL HEALTH

THE 17TH ANNUAL ADMH CAPITOL SHOWCASE

Since 2005, the Alabama Department of Mental Health (ADMH) has hosted the [Capitol Showcase](#), a consumer art show at the Alabama's State Capitol in the Old Supreme Court Library. Through May 26th, please visit and view the art of the individuals with mental illnesses, developmental disabilities, substance use disorders and co-occurring disorders, who receive services from ADMH and local providers. Enjoy a [slideshow](#) of the artwork created for the artists' reception.

GULF COAST MENTAL HEALTH SUMMIT 2022

MENTAL HEALTH DISPARITIES IN MINORITY COMMUNITIES
TUESDAY, SEPTEMBER 13, 2022
9:30 AM-3:30 PM

GOODWILL GULF COAST, 2440 GORDON SMITH DR., MOBILE, AL 36617
 INFO AND REGISTRATION: 251.404.3924 OR GULFCOASTMHC@GMAIL.COM



\$25

GULF COAST MENTAL HEALTH COALITION

251.404.3924 • GULFCOASTMHC@GMAIL.COM • [HTTPS://WWW.FACEBOOK.COM/GCMHC](https://www.facebook.com/GCMHC)



GOVERNOR IVEY ANNOUNCES TWO ADDITIONAL MENTAL HEALTH CRISIS CENTERS

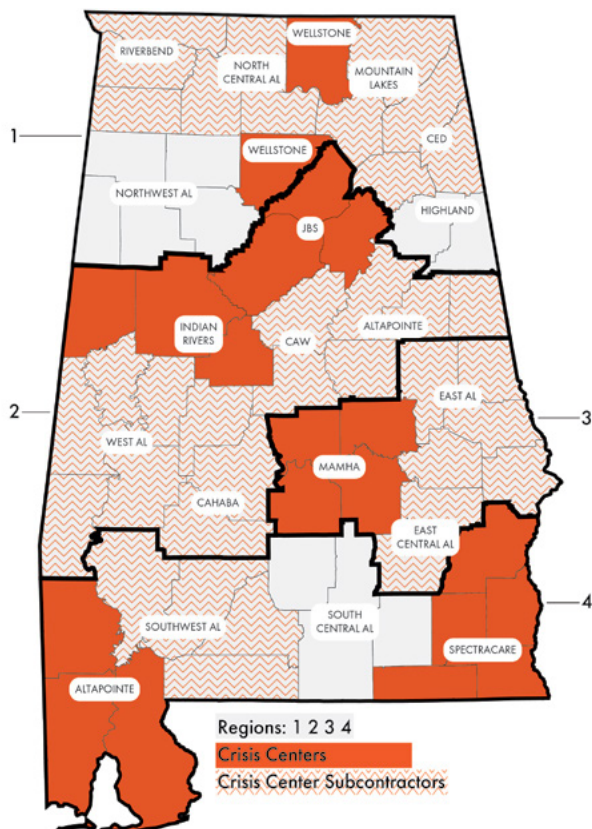
EXPANDING ACCESS TO CRISIS CARE IN ALABAMA

On May 2, 2022, Governor Kay Ivey announced the funding of two additional Mental Health Crisis Centers, further expanding the [Alabama Crisis System of Care](#). The two new centers add to the four existing centers in Huntsville, Birmingham, Montgomery and Mobile, currently serving individuals with mental illness and substance use disorders at staged levels of care. The FY2023 awarded Community Mental Health Centers are Indian Rivers Behavioral Health in Tuscaloosa County and SpectraCare Health Systems in Houston County.

“The state of Alabama is proud to continue doing its part to offer top notch crisis care to people in need,” said Governor Ivey. *“During my time as Governor, I’ve placed a renewed focus on finding innovative ways to support Alabamians who find themselves battling mental health issues, and I have no doubt that these two new facilities are going change lives for the better.”*

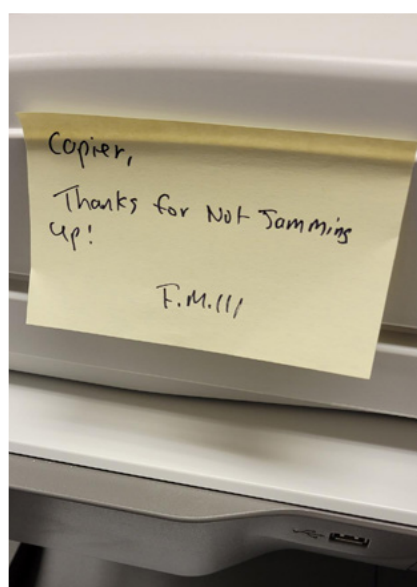
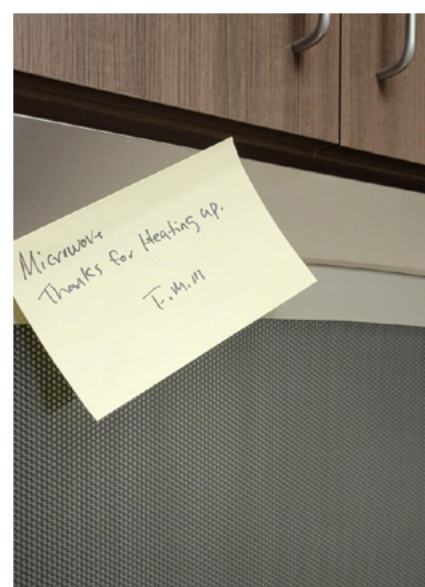
The two newly awarded centers in Tuscaloosa County (Region 2 – Tuscaloosa) and Houston County (Region 4 – Dothan) will serve large populations in the regions, with additional special populations, including veterans and young adults. The current crisis centers are located at [AltaPointe Health](#) in Mobile, [WellStone](#) in Huntsville, [Carastar Health](#) (former Montgomery Area Mental Health Authority) in Montgomery and the [Jefferson, Blount, St. Clair \(JBS\) Mental Health Authority](#) in Birmingham.

“We are committed to ensuring all Alabamians have someone to call, someone to respond, and if needed, someplace to go in times of crisis,” said Alabama Department of Mental Health Commissioner Kim Boswell. *“We are thankful for Governor Ivey’s leadership and the Legislature’s continued investment in our state’s crisis system of care, expanding access to even more individuals and their families.”*



PROCLAMATION SIGNING FOR 2022 NATIONAL PREVENTION WEEK

Pictured L-R: Satavia Mann, Governor Kay Ivey, and Associate Commissioner Tammie McCurry



The Alabama Department of Mental Health celebrated the people who 'make things work around here' with treats and sweets during Employee Recognition Week, held May 2-6. Some of the activities included Dress Up Days (Animal Print and Team Day), Luncheons and Desserts, and Thank You Post-It Notes, demonstrating our care and support for each other!







STRIKE OUT STIGMA – A HOMERUN AGAIN!

ENDING THE STIGMA OF MENTAL ILLNESS AND SUBSTANCE USE DISORDER

The [Alabama Department of Mental Health](#), community providers, and the [Montgomery Biscuits](#) hosted the 4th annual Strike Out Stigma Night on May 6th, offering essential local information and resources on mental illness and substance use disorders.

Over the last two years, mental illness and substance abuse rates have increased as the pandemic exacerbated existing mental health issues and brought about new stressors. Connectedness, communication, and seeking help are steps everyone can take to **Strike Out Stigma** and increase mental health wellness.

At the Strike Out Stigma game, partners and providers were on hand, giving information to the hundreds of River Region patrons at the game!

Partners and providers:

- Carastar (formerly MAMHA)
- The Alabama Department of Veteran Affairs
- NAMI Alabama
- Wings Across Alabama
- Council on Substance Abuse
- Recovery Organization of Support Specialists (ROSS)
- New Season Metro Treatment Center
- Bradford Health Services
- Mental Health America Montgomery United States
- Department of Veteran Affairs – Central Alabama
- Montgomery Veterans Center



PROCLAMATION SIGNING FOR 2022 MENTAL ILLNESS AWARENESS WEEK

Pictured L-R: Satavia Mann, Associate Commissioner Tammie McCurry, Governor Kay Ivey, and Public Information Officer Malissa Valdes



ALABAMA BUREAU OF PARDONS AND PAROLES' PERRY COUNTY PREP CENTER OPENS

Governor Kay Ivey cut the ribbon to officially announce the opening of the Perry County Probation and Parole Reentry Education Program "PREP Center" on April 26. The PREP Center provides reentry and rehabilitation services for probationers and parolees, encouraging incarceration diversion as a sanction response and an option for justice involved individuals to receive support services and resolve barriers to successful reintegration. The residential facility will serve up to 250 male participants throughout the year, providing plenty of space for rehabilitative programming as the location was initially designed for approximately 700 people.

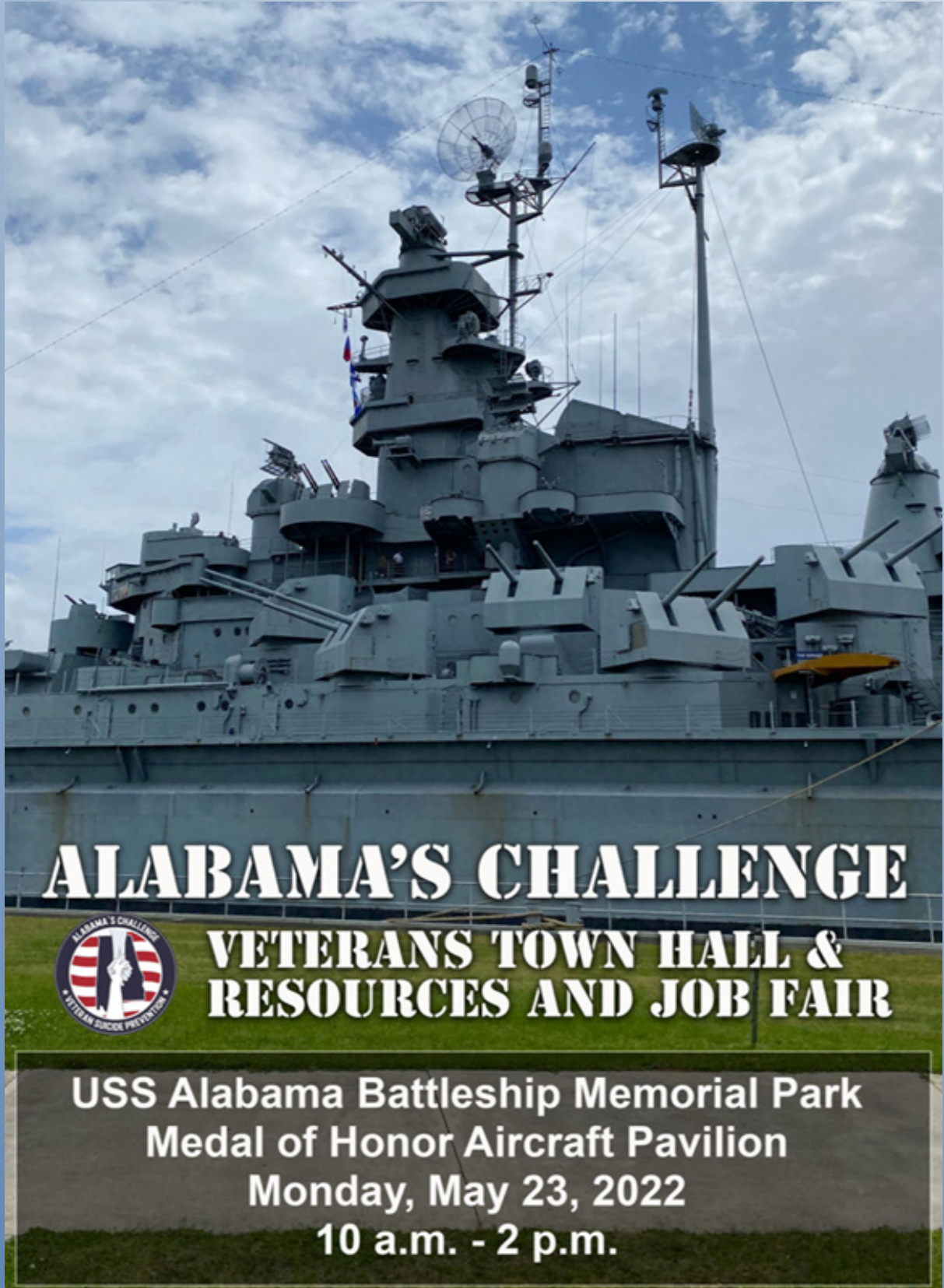
The program enables probationers and parolees to complete a sanction and complete programming outside of the Alabama Department of Corrections general population. Previously, probationers and parolees were required to complete sanctions in ADOC custody. The PREP Center provides an alternative where participants can receive rehabilitative services by Bureau staff and program providers. Priority areas of service include Clarke, Dallas, Greene, Marengo, Monroe, Perry, Sumter and Washington counties, with services available to additional surrounding counties. Additional expansion is planned for the future.

The two primary program providers at the PREP Center will be the Alabama Department of Mental Health and Ingram State Technical College. ADMH Commissioner Kimberly Boswell said, *"A major step in the path to mental health recovery is the ability to connect with ourselves and our community. The Perry County PREP Center is a crucial point on that path for individuals ready to improve upon their personal and professional skills and succeed. We are thankful to be part of this essential partnership, which will give hope to thousands reentering their communities."*

Certified substance abuse and mental health treatment will be provided by an ADMH Treatment Coordinator at the PREP Center. Utilizing evidence-based ADMH certified assessments, Coordinators will provide outpatient drug treatment, intensive outpatient drug treatment, referrals for inpatient drug treatment and aftercare. Treatment Coordinators will also provide mental health assistance, individual counseling, and referrals for in-patient mental illness per assessed need. Aftercare plans for the continuation of care upon release will also be prepared by Treatment Coordinators.

The PREP Center is located at 4805 U.S. Highway 80 in Uniontown. Transportation for participants will be coordinated through the ADOC, local sheriff departments and jail administrators. Photos of the event can be found [here](#) for publishing and broadcasting purposes.

To learn more, please visit <https://paroles.alabama.gov/2022/04/22/perry-county-prep-rehabilitation-center-opens-with-addresses-from-governor-and-state-leaders/>.



ALABAMA'S CHALLENGE



VETERANS TOWN HALL & RESOURCES AND JOB FAIR

**USS Alabama Battleship Memorial Park
Medal of Honor Aircraft Pavilion
Monday, May 23, 2022
10 a.m. - 2 p.m.**

DID YOU KNOW?

THE COMMUNITY WAIVER PROGRAM IS OPEN

Since November 1, 2021, the Community Waiver Program has been targeted to serve persons with intellectual disabilities not currently receiving services through a current Intellectual Disabilities (ID) and Living at Home (LAH) Home and Community-Based Services waivers.

The new waiver program is targeted to serve persons with intellectual disabilities currently on the waiting list for waiver services if they reside in one of the 11 counties that the new waiver program is serving. The CWP is currently available in Baldwin, Elmore, Houston, Jefferson, Limestone, Madison, Mobile, Montgomery, Morgan, Tuscaloosa, and Walker counties.

The CWP focuses on serving individuals before they and/or their families are in crisis. Service providers in this new program 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 offers services to persons with intellectual disabilities in five enrollment groups, based on age and living situation, each with a set of services designed particularly to serve them:

- Group 1: Children (ages 3-13) with intellectual disabilities who live with family or other natural supports
- Group 2: Transition-age youth with intellectual disabilities who (ages 14-21) live with family or other natural supports or who (ages 18-21) live independently
- Group 3: Working-age or older adults (ages 22+) with intellectual disabilities who live with family or other natural supports or who live independently
- Group 4: Persons (ages 3+) with intellectual disabilities who are unable to live with family or other natural supports or to live independently
- Group 5: Working-age or older adults (ages 22+) with intellectual disabilities, who don't qualify for the level of care offered in Group 3 but need home and community-based services to maintain community living and/or work in the community



YMCA YOUTH GOVERNOR'S CABINET 2022

ADMH was proud to again host a member of the YMCA Youth Governor's Cabinet. Ms. Abigail Linderman of Spain Park High School is an engaged, strong advocate of mental health. She will go on to serve in the role of Commissioner in the Governor's Cabinet.

ALABAMA YOUTH IN GOVERNMENT
Democracy must be learned by each generation
www.alyig.org

ALABAMA YOUTH IN GOVERNMENT
Youth are the future of our state
www.alyig.org

ALABAMA YOUNG LEADERSHIP
The next generation of leaders
www.alyig.org

YMCA Youth Governor Nathaniel Bass
2022 YOUTH GOVERNOR'S CABINET AND STAFF

Chief of Staff	Molly Staur
Legal Advisor	Jake Yahn
Director of Legislative Affairs	Zach Iyer
Communications Director	Kendall Hardaway
Department of Commerce	Hudson Campbell
Department of Human Resources	Sarah Drexler
Department of Children's Affairs	Hannah Broaders
Department of Insurance	Anne Beth Frazer
Department of Labor	Elonor Kinderman
Department of Mental Health	Abigail Linderman
Department of Transportation	Grant Lyons
Department of Tourism & Travel	Anna Huffliester
Emergency Management Agency	Nash Kuching
Finance Director's Office	Olivia Webb
State School Board	Lillian Myrick

YMCA YOUTH GOVERNOR'S CABINET LUNCHEON
April 21, 2022
Noon
The Capital City Club

AGENDA
YMCA Welcome..... Youth Gov, Nathaniel Bass
Youth Gov. Welcome..... Gary A. Cobbs, President & CEO
Prayer..... Leonard Speck, Executive Director Midtown
Pledge..... Zach Iyer, Director of Legislative Affairs
Meal

Introduction of Cabinet Departments..... Youth Cabinet
Closing Remark..... Shaun Carroll, Executive Director ALYIG

Thank you to Governor Kay Ivey Cabinet and their representatives for their attendance at the lunch and meet with the Youth Cabinet Members.
Please feel free to enter by and see the Youth Legislature in session in the House and Senate chambers on Friday from 1:30 PM to 6:00 PM or Saturday from 9:30 AM - 3:00 PM.

Alabama YMCA Youth in Government is a program of the YMCA of Greater Montgomery.
Contact us at: www.alyig.org info@alyig.org 334-279-0234

THE ALABAMA INSTITUTE FOR RECOVERY 2022

The 2022 AIR Conference was a huge success, as attendees were thrilled to have it in-person after a two-year hiatus! Awards were given, games were played, extensive of professional development opportunities were available, and best of all, friendships were made!



2022 Respect Award Winners presented at Shocco, left to right: Brandon Todd (Bryce Hospital), Christi Collins (NAMI AL), David Thames (South Highland Presbyterian), Debbie Painter (Mountain Lakes), Julie Burks (Mountain Lakes), Marie Holliday (JBS), James Hickman (accepting for Darcel King of WellStone - Cullman). Not pictured Renee Newton (Bryce Hospital) and Freddie Hall (Bryce Hospital).



PEER CONFERENCE 2022

This year, we were also able to return to in-person attendance at the Peer Conference 2022.

Check out the attendance R.O.S.S. staff brought to the event!

REPRESENTING!

ADMH OFFICE OF PREVENTION AND PARTNERS
REPRESENTED AT THE SAYS CONFERENCE



THE VISION
IS CLEAR
~~2020~~
2022

August 3rd-5th Montgomery
Renaissance Hotel & Spa

Alabama APSE is pleased to announce the annual conference held each year since 1998 will return in 2022 after a two-year hiatus due to the COVID-19 pandemic. Please join us August 3—5, 2022 in Montgomery at the Renaissance Hotel and Spa at the Convention Center.

Check www.al-apse.org for conference updates and [Click here to Register.](#)

1-844-99-WINGS

Alabama Warm Line



Starting April 1st, Our call lines are open for...

**24hr Weekend
Peer Support Calls**

New weekend hours:
**Fridays @ 2 pm until
Mondays @ 7 am**

Regular hours:
Monday thru Friday 2-9 pm

Expanding More Hours Soon!

**WHEN YOU NEED TO TALK...If it's not a crisis, then call...
Alabama Warm Line
1-844-99-WINGS**

Unlike a hotline for those in crisis, a warm line is a non-emergency resource for anyone in Alabama seeking mental and emotional support

- The Warm Line is free and confidential -

Alabama Warm Line is staffed by Certified Peer Specialist who have lived experience with mental health.



Alabama Warm Line • APPR • Peer Support Groups • Art Program • Empowerment Story Project • Advocacy & More

Alabama Warm Line
When you need to talk...
1-844-99-WINGS

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1-844-99-WINGS



INFANT AND EARLY CHILDHOOD MENTAL HEALTH COUNSELING GRADUATE CERTIFICATE

Applications are [now being accepted](#) for the Infant and Early Childhood Mental Health Counseling Graduate Certificate at Troy University!

SCHOLARSHIPS AVAILABLE TO ALABAMA RESIDENTS

Social and emotional development is something that can be fostered from birth throughout life. However, earlier is always better when addressing problems in these areas for children. If you are someone who has a heart for helping, a love for children and the desire to impact the mental health of our future generations, let Troy University equip you with the skills needed by pursuing your Infant and Early Childhood Mental Health Counseling Certificate. A substantial gap of mental health service exists for the birth to 5 population of children and their families nationally, and especially in the state of Alabama. With the Infant and Early Childhood Mental Health Counseling Certificate from Troy University, you will become a critically-needed asset to fill this gap.

During Troy's Infant and Early Childhood Mental Health Counseling Certificate, you will develop a deeper understanding of the trajectory of early human development for infants and children, up to age 5, and their families. You will also learn about influences that lead to mental health well-being and those that push development off track. This is all done while developing or increasing your skills in understanding, testing, evaluating, diagnosing and treatment planning for this age group and their support givers.

Throughout the Infant and Early Childhood Mental Health Counseling Certificate at Troy, you will benefit from coursework designed by the University's knowledgeable faculty and licensed mental health professionals. The faculty in the Department of Counseling, Rehabilitation and Interpreter Training not only have special skill sets that are invaluable to teaching in this area, but the department is also partnered with "First 5 Alabama" and the Alabama Department of Early Childhood Education to bring you the best curriculum.

Through the coursework for this Counseling Certificate at Troy you will have the opportunity to engage in hands-on learning by doing an "in-home visitation" and observing an infant with their family for nearly a year. Your experiences will also be integrated and culminate with a specialized 400-hour internship.

Troy's Infant and Early Childhood Mental Health Counseling Certificate offers a dynamic, collaborative and supportive learning environment. The certificate can be completed in one year (five terms), all online, with the exception of two intensive days during the Internship Class.

Find out more about Troy University and the IECMH Graduate Certificate program [HERE](#). For more information about the **IECMH Scholarship**, contact sbooker@troy.edu.

Congrats

Tyesha Durr in the **Office of Infant and Early Childhood Special Programs (OIECSP)** was recently promoted to the new State Reflective Practice Coordinator for the Alabama Infant and Early Childhood Mental Health system. Tyesha Durr, MA, LPC was part of the first Alabama Child Parent Psychotherapy (CPP) cohort and became rostered in August 2021. Additionally, Tyesha is Infant Mental Health (IMH) Endorsed through First 5 Alabama and will soon sit for Endorsement category 3, clinical. She is enrolled in an 18 month Reflective Supervision learning collaborative and was just appointed as Alabama Counseling Association (ALCA) Chapter IX -Parliamentarian.

Office of Autism Services staff member Kelly Goff, has been a workgroup representative of the Alabama Interagency Autism Coordinating Council, working with Early Intervention (ADRS/EI) and integral in designing a poster presentation highlighting the work in screening, diagnostics, and strategies for serving young children with autism. Her poster design was accepted at the INSAR Conference ([International Society for Autism Research](#))! The Alabama Department of Mental Health logo will be included in the poster to represent ADMH's involvement and relationship with the AIACC.

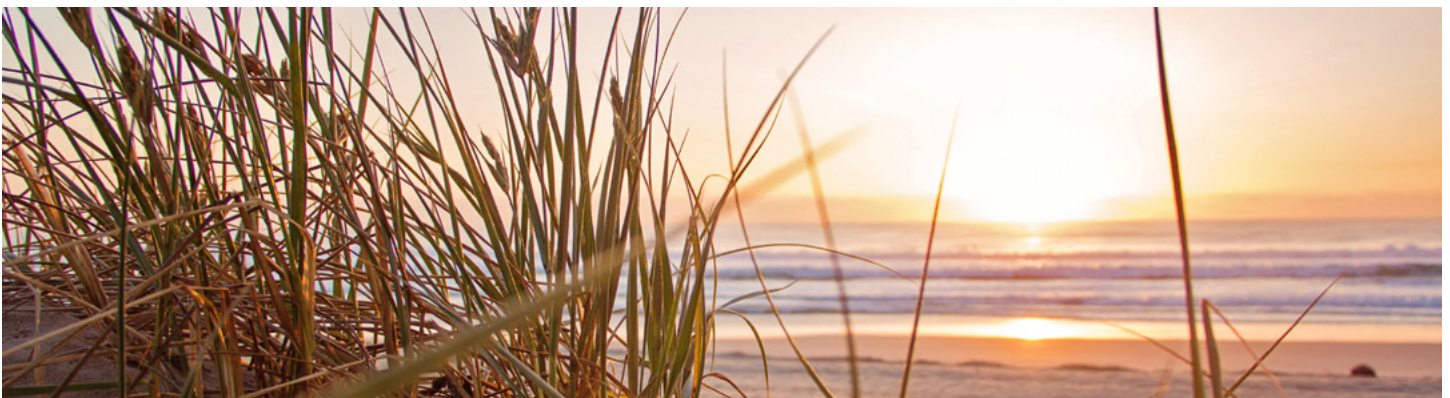
Also, kudos to Charlotte Smith who passed her Social Work licensure exam!

**THESE EMPLOYEES LEFT OR
RETIRED FROM THE DEPARTMENT
SINCE JANUARY 2022:**

Farewell

Elizabeth Edwards
Cappy Espy-Burton
Mary Jones
Cynthia Kelly
Richard Richardson
Stanley Shambley
Juanita Winn

Dennis Little
Oneil Carpenter
Dorothy Hargress
Jeffery Quinney
Peggy Adams
Laura McGowin
William Wheeler



Serve • Empower • Support