

THE OUTLOOK

ALABAMA DEPARTMENT OF MENTAL HEALTH NEWSLETTER



988
SUICIDE
& CRISIS
LIFELINE



With the launch of the much-anticipated three-digit dialing code, [988](#) now becomes part of Alabama's ever-expanding crisis system of care. This easy-to-remember number will be the first step in access to behavioral health care for thousands of Alabamians. 988 calls will be routed to the National Suicide Prevention Lifeline centers in each state, transitioning from the current Lifeline number, 1-800-273-8255, beginning July 16.

988 helps respond to the growing need for crisis care in Alabama. 988 will offer aid to many individuals experiencing delusions, suicidal ideations, or any mental health-related crises with accessibility to care and critical support. People who are concerned about a loved one may also call the crisis line.

988 is available to anyone in need, 24/7, and will aid in diverting individuals away from crises by connecting them with specialists. Calls will be answered by specialists right here in the state. The call centers at this time are located in Birmingham and Huntsville. The specialist on the other end of the line will speak directly with the individual and, if necessary, make assessments, referrals, and connect them to a mobile crisis response team or to a crisis care center. The three crisis centers currently operational in Alabama are AltaPointe Behavioral Health Crisis Center, WellStone Emergency Services, and Carastar Health Crisis Center.

With the introduction of 988, we expect to see a decrease in suicides, arrests, emergency medical services, hospitalizations, and law enforcement interventions. Not only should 988 divert calls from traditional emergency dispatching services, but it will help de-escalate life-threatening situations by providing urgent assistance. 988 is the first step in [Alabama's Crisis System of Care](#) that will increase access to critical care and life-saving resources.



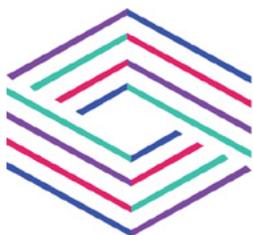
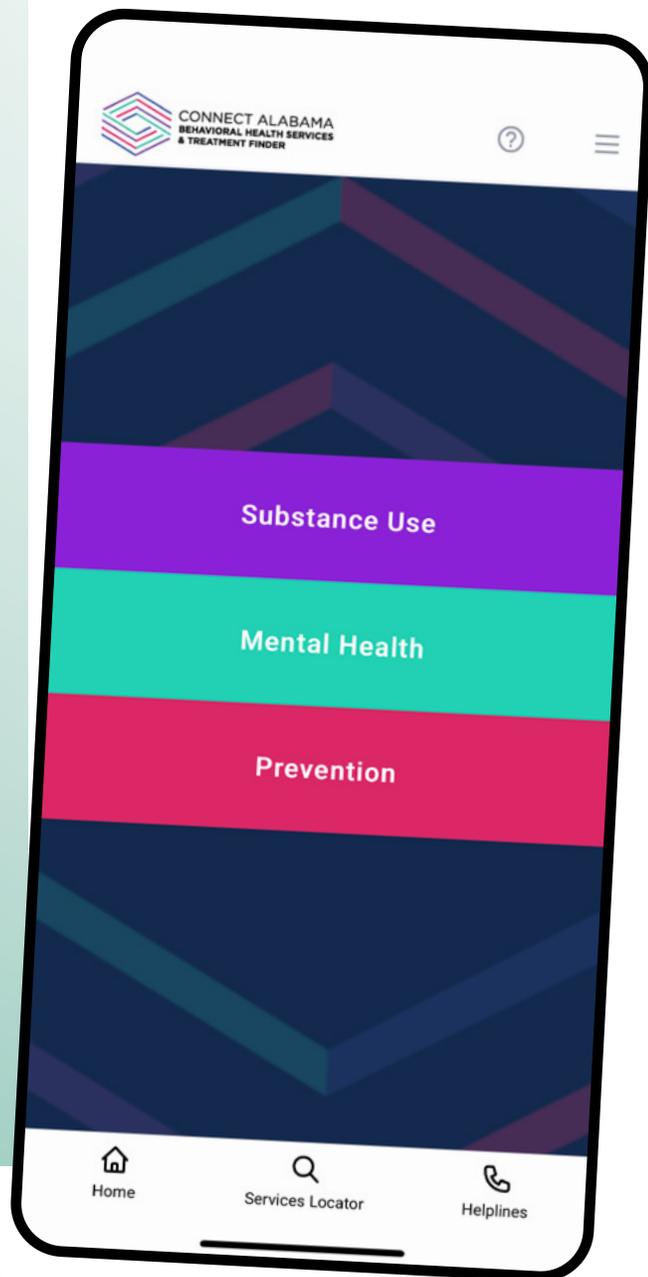
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Want to be included in the next issue? Send us your stories, achievements, initiatives, events...etc!

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CONNECT ALABAMA BEHAVIORAL HEALTH SERVICES & TREATMENT FINDER

A new application, Connect Alabama, is available now! Connect Alabama is a behavioral health services and treatment finder application that provides individuals instant access to education, information, and services related to substance use, mental health, and prevention. The app is funded through a partnership of the Alabama Department of Public Health, [Alabama Department of Mental Health](#), and managed by The University of Alabama's [VitAL](#).

Connect Alabama provides a platform for individuals to access education, information, and services related to substance use, mental health, and prevention. In addition to general information and education around behavioral health topics, the application includes a services locator and direct access to local and national helplines.

The app contains direct call features, when applicable and will link users to external sites for expanded information when needed. This app functions on both Android and Apple devices.

Connect Alabama is crucial because access to behavioral health information and services are needed anywhere, anytime. There are significant barriers to internet and data access in some of Alabama's rural locations, so the application has built-in static information that is accessible anytime without access to data or internet. There are additional resources, education, and information included in the app related to opioids and overdose prevention, including direct access to the Free Naloxone training provided by JCDH.



GET YOURS TODAY

SAVING LIVES IN YOUR HOME WITH
NALOXONE KITS

[Click here](#) to Complete the quick form and video!

WHAT IS NALOXONE?

Naloxone is a prescription medicine that reverses an opioid overdose. It cannot be used to get high, and it is not addictive.

WHO CAN DO THE TRAINING AND GET THE KIT?

- People worried that a loved one or community member is at risk for overdosing on opioids.
- People who work with populations at risk for overdosing on an opioid.

WHAT WILL I LEARN?

- What an opioid is.
- How to recognize, respond to, and prevent an opioid overdose.
- How to use intranasal Naloxone to reverse an overdose.
- Resources for getting help for you or a loved one struggling with substance use disorder.

WHAT WILL I GET FOR COMPLETING THE TRAINING?

A free Naloxone kit containing the medication and training on how to recognize and reverse an opioid overdose.



EXPANDING SUBSTANCE USE PREVENTION INFORMATION WITH HBCUS

In coordination with the ADMH [Office of Prevention](#), a new HBCU Initiative expands substance use prevention information and resources to Alabama's Historically Black Colleges and Universities (HBCU) (four-year) to address and meet the needs of the young adult minority population. Underserved and unserved populations receiving the necessary services are essential, and addressing health disparities and health equity is pivotal.

Student Health Centers will be the focus of the work of the Office of Prevention, helping to build capacity and infrastructure with the colleges and universities and determining the most effective level of campus student population outreach.

It is crucial to address social determinants of health in communities of color. By offering support and resources to our eight HBCU universities, the initiative will aid in substance abuse prevention efforts and expand the implementation of culturally relevant prevention strategies. This initiative will help assist the community as well as promote a system of planning to address the needs of the students.

DON'T LET THE DAY GO BY
WITHOUT DOING SOMETHING TO
#ENDOVERDOSE.

31 AUGUST

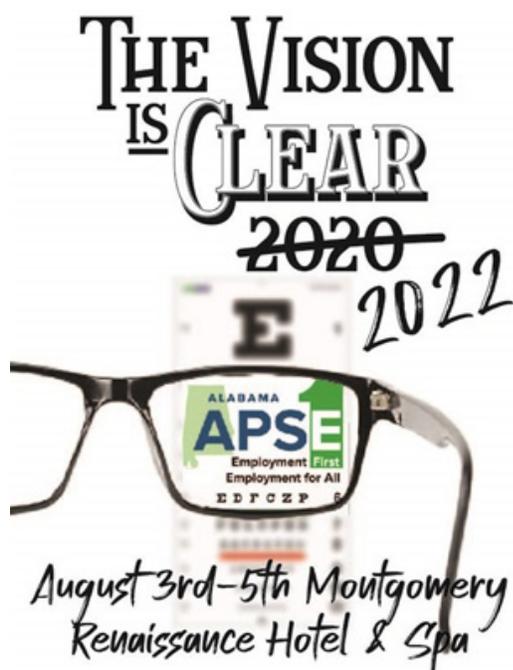
INTERNATIONAL OVERDOSE
AWARENESS DAY



[International Overdose Awareness Day](#) is the world's largest annual campaign to end overdose and remember those who have died without stigma and acknowledge the grief of the family and friends left behind. ADMH participates in this day of remembrance and promotion of tools to prevent overdoses every year.

The campaign raises awareness of overdose, one of the world's worst public health crises, and stimulates action and discussion about evidence-based overdose prevention and drug policy.

Learn facts about overdoses [here](#) about What an Overdose is, How they happen and more!



Alabama APSE, the Association of People Supporting Employment First (APSE), is a 5,000-member organization with chapters in over 31 states. Alabama APSE promotes integrated employment opportunities, services, and outcomes to support the rights of individuals with disabilities by offering training, education, and assistance.

Alabama APSE empowers individuals with disabilities by providing them with a choice, control, and inclusive environment. An annual conference is held every year and this year's conference will take place in Montgomery, Alabama, August 3–5, 2022, at the Renaissance Hotel and Spa at the Convention Center. **For conference updates, visit www.al-apse.org and [click here to register](#).**



AUGUST 26-28

SA CONSUMER CONFERENCE

The 6th Annual SA Consumer Conference is a two-day event for clients across the state involved in all levels of treatment services in the Alabama Department of Mental Health system of care. Clients are provided with education, social events, and an opportunity to celebrate their recovery efforts. The two-day event includes education on the many pathways to recovery, health care, client's rights, how substance use disorder affect family members and friends, ways to reconnect to family, friends, and the community, peer support, social activities, and introduction to needed resources to obtain and maintain recovery.

The conference is scheduled for August 26-28, 2022. To learn more about this year's conference, please email [Deborah Pennington](#).

ARE YOU A VETERAN OR A FAMILY MEMBER?

VETERANS WELL-BEING TOWN HALL AND COMMUNITY FAIR

VA BENEFITS & CLAIMS ASSISTANCE
VA HEALTHCARE SERVICES
COMMUNITY RESOURCES
FREE FOOD FOR VETERANS

JOB FAIR
2 PM TO
4 PM

WEDNESDAY
AUG. 10,
2022

TOWN HALL
4 PM TO
5 PM

**SHELTON STATE
COMMUNITY COLLEGE**
(MAIN ENTRANCE - ATRIUM)

VETERANS' TOWN HALL

AUGUST 10 IN TUSCALOOSA

The partners of Alabama's Challenge are pleased to announce the City of Tuscaloosa will serve as the next stop on a statewide tour of Veterans Well-Being Town Halls.

The event is scheduled for Wednesday, August 10, from 2-5 p.m. at Shelton State Community College. As with previous stops in Dothan and Mobile, the two-part event will include a Community Fair, 2-4 p.m., and the Town Hall, 4-5 p.m.

The Town Hall will feature a host of guests, including Tuscaloosa Mayor Walt Maddox and Alabama State Representative Neil Rafferty. Alabama's Challenge Co-Chairs Paulette Risher and Kent Davis will provide an overview of the statewide initiative and a panel of community, state, and federal representatives will discuss their services and answer questions from the community.



STAFF SHOWCASE

**KIARAH HOLLOWAY,
PUBLIC INFORMATION SPECIALIST**

I was born and raised in Alabama. Growing up, I loved reading and writing plays with my older sister, and this love for reading and writing influenced my decision when pursuing my degree. After graduating from a small private school, I attended Auburn University Montgomery where I received my B.A. in English with a minor in sociology. I enjoy long walks in the park, going to the bookstore, listening to music, and spending time with my friends and family.

Before coming to ADMH, I worked at the Office of the Public Defenders and the Retirement Systems of Alabama in the Communications Division. I have been with the Alabama Department of Mental Health for a month where I work as a Public Information Specialist. In this position, I compile, edit, and compose documents as well as providing technical assistance to departmental staff. I decided to join ADMH because I believed in their vision. Bringing awareness to mental health was always important to me, so when I was offered the opportunity to join the agency, it was a chance that I couldn't pass up.



MENTAL HEALTH INTERPRETER TRAINING – AUGUST 1-5

THE 20TH INTERPRETER INSTITUTE OF THE OFFICE OF DEAF SERVICES'
MENTAL HEALTH INTERPRETER PROJECT

The 20th Interpreter Institute of the Office of Deaf Service’s Mental Health Interpreter Project will be held virtually from August 1 – 5, 2022. There will be more than 100 participants from around the country and Canada. The Project Coordinator, Charlene Crump, hopes to return to an in-person format for the 2023 Institute.

The training was established under the Baily v. Sawyer lawsuit settlement, and the first Institute was held in the fall of 2003. It was attended by 18 interpreters from around Alabama. Since then, the project has grown into an internationally recognized program, featured at the Leadership Exchange meeting of the International Institute for Mental Health Leadership in Washington, DC, in September 2019. It has been praised as best practice by the International Charter of Linguists. Over 1,000 unique people from 49 states and 7 countries have been trained, an average of 67 new people every-year. Many have attended more than one Institute. We have had 17 different faculty members over the years, with Robert Pollard, Steve Hamerdinger, Charlene Crump, Robyn Dean, and Roger Williams being the longest-serving core faculty members.



Congrats

Congratulations to Office of Deaf Services staff, Stephen H. Hamerdinger, Director, and Charlene J. Crump, for their published chapter in the new publication – *The Routledge Handbook of Sign Language Translation and Interpreting*: “Sign language interpreters and clinicians working together in mental health settings.”

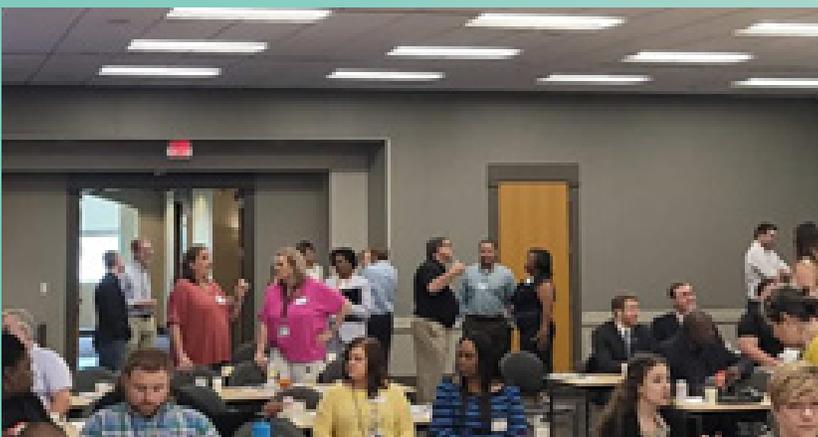
Congrats to Latoya Woods for achieving a momentous milestone! On May 23, 2022, she graduated with a Master of Science in Counseling and Psychology from Troy University.

Congratulations to the Office of Forensic Services and the Legal Office for their successful forensic seminar that was held on May 19, 2022.

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The Routledge Handbook of Sign Language Translation and Interpreting



Congrats to the Internal Rights Protection & Advocacy Program staff member, Ida Lockette! She received a Mobile Community Health Leadership Award at the Mobile Medical Museum's Third Annual Leadership Awards Luncheon. Awards were presented to local leaders in education, awareness, and action around Mobile's most urgent community health issues. *"This year's honorees have shown exceptional leadership in helping our community cope with such community health issues as COVID-19, mental health, and child nutrition—all of which are interrelated,"* says Dr. Daryn Glassbrook, Executive Director of the Mobile Medical Museum. Lockette was one of the eleven awardees recognized at the luncheon.

The recipients received a handcrafted diamond-shaped award designed by local artist and Mobile Medical Museum Board Treasurer, April Livingston, to commemorate the sixtieth anniversary of the founding of the Museum by Dr. Samuel Eichold II.

Ida Lockette serves as Secretary of the National Alliance on Mental Illness (NAMI) Alabama as well as the Vice-President and immediate Past President of NAMI Mobile. She works as an Advocate for the Alabama Department of Mental Health [Rights Protection and Advocacy Program](#). Ms. Lockette has been a servant leader most of her life and has participated in numerous philanthropic community activities. She is a life member of Alpha Kappa Alpha Sorority Inc., a community service organization, and has over fifteen years of volunteer work with NAMI Mobile. Ms. Lockette initiated wellness check phone calls to the organization's 100-plus members during the pandemic.



Serve • Empower • Support