

The Outlook

Alabama Department of Mental Health Newsletter



Commissioner Boswell, Associate Commissioner Walden and Anthony Reynolds visited the future Hope Pointe Behavioral Crisis Center with Executive Director Karen Jones.

Hope Pointe Behavioral Health Crisis Center Preview

A crisis can happen to any one of us at any time.

With four crisis centers in operation and two opening this year, the expansion of mobile crisis teams, and the 988 Suicide and Crisis Lifeline, the Alabama Crisis System of Care provides a continuum of care, offering mental health resources and access to care.

Hope Pointe Behavioral Health Crisis Center, an extension of Indian Rivers Behavioral Health, will begin providing services this summer, at a temporary facility, with plans to expand in the coming year.

Services will also include critical crisis intervention and stabilization services, discharge planning and connections to ongoing behavioral health care services, if needed, and more.

Crisis Centers improve access to behavioral healthcare services for individuals who are experiencing a mental health or substance use crises, and they aid jails and hospitals throughout the state by alleviating the burden to house and care for individuals in need of services.

For more information about Hope Pointe, visit <https://www.irbh.org/services/hope-pointe-behavioral-health-crisis-care>. To learn about the Alabama Crisis System of Care, visit <https://mh.alabama.gov/crisis-system-care/>.

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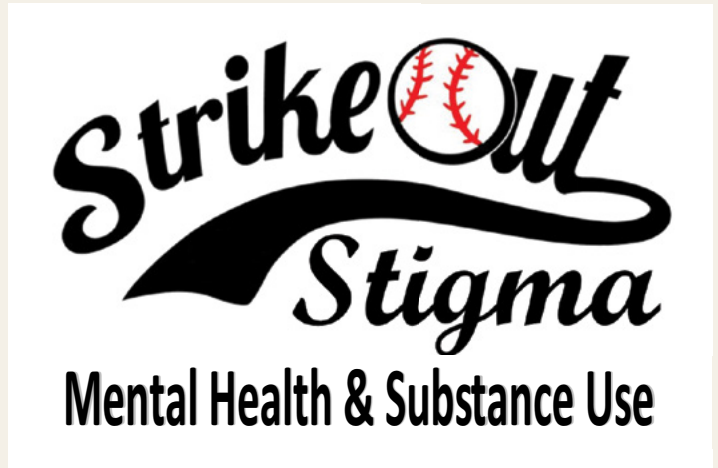
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Want to be included in the next issue?

Send us your stories, achievements and events!

publicinformation.dmh@mh.alabama.gov

334-242-3417



Strike Out Stigma Baseball Night!

Ending the Stigma of Mental Illness and Substance Use Disorder

This year's Strike Out Stigma Game was huge success! Every year, millions of people in the United States are impacted by mental illness. Living with a mental illness can make it difficult to find a balance in daily life and maintain recovery; and stigma can exacerbate symptoms and lower the probability of seeking therapy.

The Alabama Department of Mental Health, community providers, and the Montgomery Biscuits hosted the annual Strike Out Stigma Night on May 5th. The event included providing mental health and substance use disorder resources, information, and material from our providers and partners.





Virginia Scott-Adams, Psy.D. presenting at the conference

The Alabama Justice and Mental Health Consortium

The Consortium brought together a diverse group of legal and mental health professionals and provided information and data on topics such as forensic mental health to practitioners from many areas. The collaboration included a review of Alabama forensic mental health regulations, forensic evaluations, forensic examinations, and the upcoming jail-based restoration effort. Each component included essential information about justice involved individuals as well as the work the Department and each Alabama county continue to do to enhance their process, reduce the waitlist, and provide reliable services for defendants.

It was reported at the event that Alabama has high rates of trauma, mental illness, and substance use disorder for people involved in the criminal legal system. There are many defendants on the waitlist, with some in custody awaiting Competency Restoration (CR) treatments. Solving a complex problem requires a multifaceted solution. An overview of the forensic mental health continuum of care explained the resources and services currently available to defendants as well as presented jail-based competency restoration programs that use fewer resources, can reduce waitlists, provide security and safety, and are low-cost to maintain.

National Minority Mental Health Month

Good mental health is important for our overall emotional and mental wellbeing.

Regardless of background, anyone is susceptible to the impact of untreated mental conditions. Every July, Minority Mental Health Awareness Month is commemorated to raise awareness about the challenges and disparities that many minority populations confront in the United States.

National Minority Mental Health Awareness Month offers an opportunity to destigmatize mental health issues and increase the public's awareness of mental illness as well as recognize and acknowledge issues concerning mental health and substance use disorders within minority communities.

For more information about National Minority Mental Health Awareness Month, <https://www.mhanational.org/bipoc/mental-health-month>.

The forthcoming REACH prison-based restoration initiative would assist in providing CR services to defendants in jail, hence reducing the waiting list. The project is expected to start in Fall 2023 in Jefferson County.

For more information about Office of Forensic Mental Health, visit <https://mh.alabama.gov/forensic-mental-health-services/>



Faith Meets Mental Health

Living with Hope Summit

Commissioner Boswell, staff from the Alabama Department of Mental Health, and partners and providers attended the Faith Meets Mental Health: Living with Hope Summit at Frazer Church on May 6 during Mental Health Awareness Month.

Boswell was one of the speakers during the conference. The summit addressed subjects including raising mental health awareness and acceptance, as well as reducing stigma.



AL-APSE 2023

June 28-30

Celebrating Inclusion, Freedom,
and Independence!

Montgomery Renaissance Hotel & Spa

AL-APSE Conference

Alabama APSE is pleased to announce that this year's theme for annual conference is Celebrating Inclusion, Freedom, and Independence. Please join us on June 28-30, 2023, in Montgomery at the Renaissance Hotel and Spa at the Convention Center.

To register for the conference update, visit www.al-apse.org



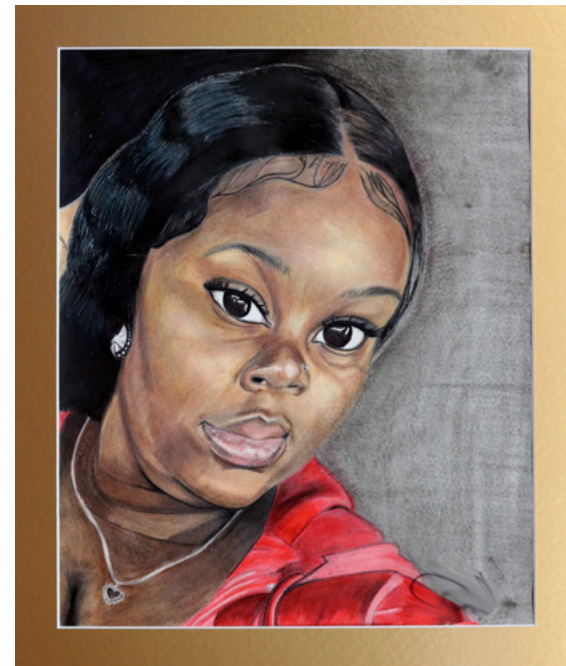
Capitol Showcase- Unveiling the Healing Power of Art

The 18th Annual ADMH Capitol Showcase

The Capitol Showcase, an art exhibition with pieces created by individuals with mental illnesses, substance use disorders, developmental disabilities, and co-occurring disorders, has been held annually at the Alabama State Capitol's Old Supreme Court Library since 2005, by the Alabama Department of Mental Health (ADMH). A reception was held on May 26 and honored the artists.

The Capitol Showcase tells the story that art is a safe and healthy way to channel stress and other negative emotions into actions. Research has found that making art can activate reward pathways in the brain, reduce stress, lower anxiety levels and improve mood. Many of the artist involved in this year's showcase have remarked how art has given them an outlet and help them maintain recovery.

For more information about our annual Capitol Showcase, visit <https://mh.alabama.gov/capitol-showcase/>



Artwork clockwise from the top of the page:

Anime Action by Z.R. received the most votes as Best in Show

Eye am Breonna Taylor by J.P. received the 3rd most votes

Spring in Bloom by R.C. received the 2nd most votes

Congratulations to all of this year's participating artists!





The Alabama Institute for Recovery 2023

The 2023 Alabama Institute for Recovery (AIR) conference was hosted on April 10th-12th.

This annual conference is organized by the Office of Peer Programs with the assistance of Wings Across Alabama. The conference is coordinated by peers and features speakers and workshops on topics and issues of interest to individuals with mental illness. Activities during the conference also include the presentation of the annual RESPECT awards.

To learn more about the AIR Conference, visit <https://mh.alabama.gov/division-of-mental-health-substance-abuse-services/peer-programs/>





Video still from Drugfished

Drugfished

New Commercial by ADMH's Partner in Prevention ASAP

Don't Be Drugfished! Stay Informed and Stay Safe! In this eye-opening commercial, Agency for Substance Abuse Prevention (ASAP) draws inspiration from the popular TV show "Catfish" to bring attention to a critical issue: the alarming rise of drug adulteration and the dangers of unknowingly consuming substances like fentanyl. With a captivating storyline, ASAP sheds light on the concept of being "Drugfished" – a term coined to describe the deceptive practice of misrepresenting drugs, leading individuals to unknowingly consume dangerous substances.

ASAP's commercial highlights real-life scenarios, emphasizing the importance of staying vigilant

and informed about the drugs we encounter. Through powerful visuals and compelling narratives, ASAP aims to raise awareness and empower viewers to make informed choices. The message is clear: educate yourself, seek reliable sources, and never underestimate the potential risks associated with substance use.

Join ASAP in their mission to combat drugfishing and protect our communities. Watch their thought-provoking commercial now and share it with your loved ones to spread the message far and wide. Together, everyone can prevent drug-related tragedies and foster a safer future.

To watch the commercial, <https://www.youtube.com/watch?v=AUuR2Bc8uXA>

Men's Mental Health Month

Sadly, topics concerning men's mental health are frequently ignored or not communicated.

Men's Health Month is observed every June, encouraging good mental health as an important aspect of overall emotional and mental well-being. Due to societal conventions, the tendency to ignore or downplay symptoms, and a reluctance to speak out, men are less likely than women to seek support for mental illnesses and substance use disorders.

There is a connection between low rates of clinical depression and high rates of suicide and substance use within the male population in the United States. According to Mental Health America, males die by suicide at a rate four times that of women. Whereas women are more likely to attempt suicide while men are more likely to succeed. Risk factors that contribute to the high incidence of suicide in the male population are social isolation, substance use, unemployment, and more.

Men's Mental Health Awareness Month is critical in bringing concerns such as stigma and barriers that men confront to minimize stigma and advocate for treatment.

For more information about mental health services, visit <https://mhanational.org/mens-health-month>.

JUNE is
MEN'S HEALTH
MONTH





Peer Conference 2023

Nothing About Us without Us

This year's Peer conference was hosted in March, and it provided education on peer services, promote the value of utilizing peer services, promote advocacy, and encourage collaborations with all community organizations. The 2023 Peer Conference in Alabama covered a wide range of topic such as Peer-2-Peer Services, Recovery Support for Re-Entry, Peer Supervision, Recovery Advocacy, Community Outreach, and more.

To find out more about the PEER Conference, visit <https://alcrsspeerconference.com/about-conference/>





ENTERPRISE TAKES CARE OF ITS OWN



**VETERANS WELL-BEING
TOWN HALL & RESOURCE FAIR**

**FRIDAY, 9 JUNE, 1 PM
ENTERPRISE CIVIC CENTER**

2401 Neil Metcalf Road, Enterprise, AL 36330



NATCON 2023

NatCon was a three-day conference packed of learning from the top minds in health care about leadership and organizational development.

ADMH staff networked with hundreds of health care professionals from throughout the country at the conference, heard from hundreds of sought-after speakers in health care and beyond, participated in “deep dive” discussions about the future of our field, and explored new technologies and trends with industry-advancing organizations.



Congratulations!



KENT SCHAFER

Congratulations to Dr. Kent Schafer, from the Office of Deaf Services. He was announced as a member of the Illinois Hall of Fame Class of 2023 for his contribution to disc golf. He will be inducted on July 23rd at the 41st Annual Illinois State Championship in Joliet, and on April 14th, Dr. Kent Schafer received the 2023 PIPA Most Notable Speaker Award by the 2023 Partners in Policymaking Cohort.



DEBBI METZGER

Congrats to Debbi Metzger on her to State Opioid Coordinator! She started in February of 2018 as Adult Treatment Services Coordinator working in the Department of Substance Use Treatment Services. She served for many years on the executive board of directors for ASADS (Alabama School of Alcohol and Drug Studies) before being promoted to State Opioid Coordinator on May 1, 2023.

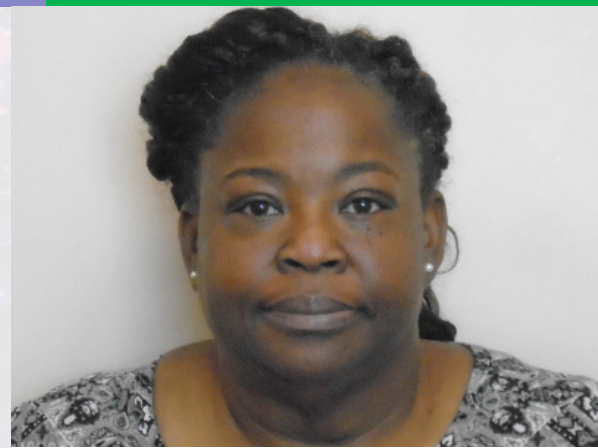


KETCIA BARLOW

Congratulations to Ketcia Barlow for earning the designation of Housing Credit Certified Professional™ (HCCP) from the National Association of Home Builders (NAHB) and NAHB Multifamily. Ketcia is one of a select group of industry professionals nationwide who have attained the HCCP certification.

DEBRA FLOREA

Congrats to Debra Florea for being accepted in the 2023 ECPC Leadership Academy! Debra is the ADMH Early Intervention Coordinator and is responsible for the oversight, monitoring, and training of 23 Early Intervention (EI) providers. She's been with ADMH for 32 years and has been working with EI programs since 2012.



In Memoriam

Jackie Lanier, Accounting Assistant II, passed away on Thursday, April 27, 2023. Jackie was a dedicated and respected employee at the Alabama Department of Mental Health, Bryce Hospital Business Services Department.

OBITUARY

Graveside Services were held May 6, 2023 at Zion Hill Missionary Baptist Church.

Grief Counseling for ADMH staff is available through the Employee Assistance Program (EAP), managed by Behavioral Health Systems, Inc. (BHS). Staff can directly contact BHS at 800-245-1150 or 205-879-1150.

In situations where group grief counseling may be most beneficial, department heads should contact the relevant HR Office to coordinate this service through EAP.

Serve.
Empower.
Support.

ADMH Office of Public Information
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334-242-3417

