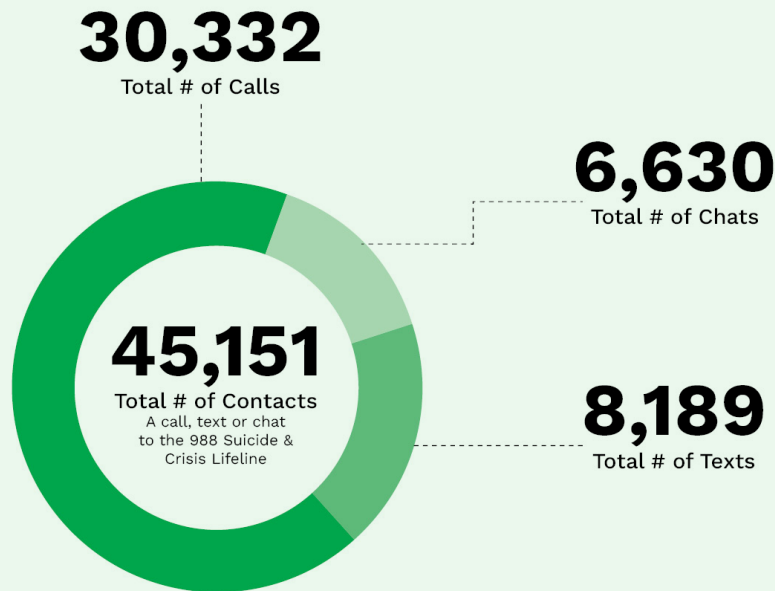


The Outlook

Alabama Department of Mental Health Newsletter



Total Calls, Chats, and Texts from July 2022 - June 2023

Saving Lives Across Alabama

After just one year in operation, the [National Suicide and Crisis Lifeline](#) in Alabama has [received more than 45,000 contacts, including more than 30,000 calls; 6,000 chats; and 8,000 texts.](#)

These are not just numbers. They are real people in our state who called, sent chats or texts, seeking immediate help in a crisis, and received real-time life-saving counseling from mental health professionals.

“Every Alabamian deserves 24/7 access to public mental health care. 988 expands this vital access and serves as an entry point into Alabama’s Crisis System of Care, particularly for individuals that need someone to call, someone to respond, and somewhere to go,” said Commissioner Kimberly Boswell, Alabama Department of Mental Health.

Since July 16, 2022, 988 has served as “the new 911” for mental health crisis services in Alabama. This year commemorates its one-year anniversary. This life-saving service and Crisis Centers are part of Alabama’s Crisis System of Care, launched by Governor Kay Ivey and the Alabama Department of Mental Health with strong support from the Legislature. The Alabama Crisis System of Care is a continuum of public mental health crisis services that are positively transforming our state’s crisis response.

Over the past year, 988 has connected people directly to critical crisis services. While Alabama response

Continued on next page

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rates continue to improve, call volume month to month has grown, demonstrating the crucial need for this service. Calls are answered right here in the state. These centers are located in Mobile at [AltaPointe Health in Mobile](#); in Birmingham at the [JBS Craig Crisis Center](#) and [The Crisis Center Birmingham](#); and in Huntsville at [WellStone](#). [Carastar Health in Montgomery](#) has now come online as the fourth center in the state and SpectraCare Health in Dothan will begin operations by the end of 2023.

988 is a lifeline for individuals experiencing a mental health crisis, particularly those in rural communities, and provides real-time, immediate connections and assistance to individuals in crisis and their loved ones. When you call, chat, or text 988, you are connected with a mental health professional who can talk to you, offer crisis resources that may come to you, or immediately direct an individual to their closest Crisis Centers for help.

988 saves lives. Access to care saves lives. A statewide Crisis System of Care ensures every Alabamian has someone to call, someone to respond, and somewhere to go during a mental health, substance use, or suicidal crisis. Visit www.mh.alabama.gov for more information about [988](#), [Crisis Centers](#), and the [Alabama Crisis System of Care](#).



988 TESTIMONIAL

WellStone’s Call Center 988 staff received a call from a 19-year-old woman, assumed to be intoxicated and in distress. She stated she thought about harming herself that day. She disclosed that she often felt depressed and drank alcohol when she felt that way. She said she didn’t want to continue in the cycle of drinking. WellStone’s 988 Call Center Staff talked with her about how drinking can increase suicidal thoughts and options for substance use treatment. The staff discussed a crisis management plan to manage depression without alcohol and offered resources at a local provider. The caller left the conversation with practical next steps for recovery.

988 TESTIMONIAL

AltaPointe Health’s 988 Call Center staff’s first active suicide attempt call, was from a female client in Mobile who had attempted suicide, stating she taken an overdose of prescription medication. She did not want AltaPointe to call 911 and hung up on the 988 Call Center staff when family entered her home. The Call Center staff called 911, and first responders were able to locate and take her to an acute care ER. A day later, the client called AltaPointe Access to Care Line and was admitted to AltaPointe’s EastPointe Hospital in Daphne for treatment.

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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

Saving Lives in Your Home with Naloxone Kits

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.

GET YOURS TODAY

[CLICK HERE TO COMPLETE THE QUICK FORM AND VIDEO!](#)



Overdose Awareness Day – August 31

[International Overdose Awareness Day](#) is the world's largest annual campaign to end overdose and remember those who have died without stigma, and to 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.

Overdose Awareness Day is a day to remember those we've lost to overdose, acknowledge the grief of the family and friends left behind, and renew our commitment to end overdose and related harms.

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. Promote and participate in the Overdose Awareness Day with a toolkit, found [here](#).



4th ANNUAL EAP Behavioral Health CONFERENCE

Prioritizing Employee Mental Health



Michelle Randolph
LBSW, LPC-S
Dir, Performance Improvement
Carastar Health



Scott Holmes
PsyD, LPC, NCC, ICAADC, CCE
Juvenile Detention Director
Montgomery County Sheriff's Dept.



Cassie Shropshire
MS, CRC, LPC
Alabama Department of
Rehabilitation Services



Anneliese Stroup
MS, NCC, LPC
iHope Counseling Center



October 5th
8:00 A.M. - 2:30 P.M.

Gordon Persons Building Auditorium
50 N. Ripley Street
Montgomery, AL 36130

Conference Topics Include:

- The Challenges and Benefits of Leading in an Era of Increased Mental Illness
- Creating and Fostering a Workplace Culture of Psychological Safety
- How Toxic Work Environments Impact the Mental Health of Employees

...And More!

To register please visit <https://riskmgt-connect.alabama.gov/Account/Login> and create a user account using your state-issued email address. This conference is free and will be in person, and is limited to 300 state employees of EAP participating agencies only. Free CEUs (4.50) are available for Social Workers, Nurses and a certificate of attendance for all others. Please note: Other disciplines may accept Social Work CEUs.

For questions, please contact Kwatasian P. Hunt at 334-223-6153 or EAP.Information@finance.alabama.gov



RECOVERY MONTH

Every Person. Every Family. Every Community.

National Recovery Month is an annual observance in September designed to educate the public about substance use prevention and treatment, mental health services and to encourage healthy lifestyles.

Recovery Month honors those in recovery from a substance use disorder while also promoting and supporting innovative evidence-based treatment and recovery approaches. Recovery Month amplifies the voices of persons in recovery to highlight their success stories, the efficacy of treatment, the availability of recovery programs, and the fact that recovery is possible.

To learn more about National Recovery Month, visit [here](#).

2023 BHAM Recovery Rally

The 2023 BHAM Recovery Rally to celebrate Recovery Month this September is set at UAB Mini Park at 800 13th Street South Birmingham on Saturday, September 16th from 10am to 2pm. The event is hosted by Recovery Organization of Support Specialist (R.O.S.S.) and partners.

This year's rally will include Guest Speakers, Food, T-shirts, Free Naloxone/Fentanyl Test Strips, Free STD/STI Testing, Free Health Services, Free Voter Registration, Free Resources & other Services, and a lot of fun for the entire community!

Recovery Month celebrates the gains made in recovery from substance use and mental health, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. Each September, Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

**RECOVERY IS FOR EVERYONE!
EVERY PERSON, EVERY FAMILY,
EVERY COMMUNITY!**

**Rally For
Recovery!!!**

BHAM 

 **RECOVERY MONTH 2023**
Every Person. Every Family. Every Community

**GUEST SPEAKERS, FOOD, T-SHIRTS,
NALOXONE/FENTANYL TEST STRIPS,
STD/STI TESTING, HEALTH SERVICES,
VOTER REGISTRATION, RECOVERY RESOURCES,
OTHER SERVICES AND LOTS OF FUN!!!**

**UAB MINI PARK
800 13TH ST S
BIRMINGHAM, AL 35205** | **10AM TO 2PM**

SATURDAY SEPTEMBER 16TH



ICYMI: Alabama Children's Policy Council Conference 2023

The [Alabama Children's Policy Council Conference](#) was held on August 2 and attendees and presenters spoke on issues, developments, facts, and figures pertaining to child services in Alabama. The [Dollywood Foundation](#), Short the Squirrel Literacy Initiative, [Alabama Department of Mental Health](#), Alabama Department of Early Childhood Education, and other organizations were among those who presented.

The group heard reports from the [Short the Squirrel Initiative](#). The program promotes literacy in public places and works to close the achievement gap. In this interactive book, Short the Squirrel explains various ideas and obstacles to kids, such as financial literacy and the legal system. The creation of additional Short the Squirrel stories will be created as more funds become available.

The needs assessment for children in Alabama was updated by the [Alabama Department of Early Childhood Education](#). The largest need for

kids between the ages of 8 and 19, according to council members and child advocates, is mental health. A strong foundation for mental health offers a variety of help later in life. Mental health is seen as the second most common need among 20+, and the 3rd for the age group for birth to 8. Parental involvement and family engagement was second and substance use was third, according to the survey.

Updates on the Guardian Ad Litem (GAL) Law were given by District Judge Adrian Johnson of Lowndes County. In juvenile dependency cases, the court may appoint a guardian ad litem to represent the interests of the minor child. A \$5,000 salary cap was added to the law during the most recent session to allow for juvenile attorneys appointed to represent minor children. Judge Johnson also discussed his "Character in Action" initiative, in which teachers nominate kids who exhibit excellent character and a strong work ethic. A prize is given to a youngster once they are nominated and won. The state has started to see

a spread of this program to various regions.

The Alabama Children's Policy Council (CPC) system evolved from Alabama Juvenile Justice Coordinating Councils and is intended to assist providers of children's services in developing community service plans to meet the needs of children ages 0-19 and their families. The particular requirements of each community may be addressed by establishing a CPC in each county. To learn more about the Alabama Children's Policy Council, visit <http://www.alcpc.org/home>.

DO YOU KNOW THE ABC'S OF ADMH? GET A REFRESHER [HERE!](#)

Adapting Evidence-Based Psychotherapy for Autistic Individuals

Offered In Multiple
Locations Across Alabama



Dates & Locations:

June 30, 2023, Bryant Conference Center, Tuscaloosa
July 21, 2023, University of South Alabama, Mobile
Aug. 4, 2023, Samford University, Birmingham
Aug. 18, 2023, Troy University, Dothan
Sept. 8, 2023, Jackson Center, Huntsville

Registration Information:

Fee: \$50

For more information and registration, visit our website: <https://training.ua.edu/aebpai/>

Scan for information!



Earn Continuing Education credits:

Continuing Medical Education: approved 3.5 AMA PRA Category 1 Credits
Alabama Board of Nursing: approved 4.2 contact hours
Alabama Psychological Association: approved 3.5 contact hours
Alabama State Board of Social Work Examiners: approved 3.5 contact hours
National Board of Certified Counselors: approved 3.5 contact hours

Workshop Presenter:



Dr. Sarah Ryan completed her Ph.D. in clinical psychology at The University of Alabama in 2011. That same year, she was hired to run the University of Alabama ASD College Transition and Support program. From 2013 to 2018 she served as the administrative director of autism services at The University of Alabama. In January of 2017, Dr. Ryan accepted a position as a clinical psychologist at the UAB Civitan Sparks Clinics, where she conducts assessments and intervention with children suspected of having an ASD diagnosis as part of an interdisciplinary team. Dr. Ryan served as a governor's appointee on the Alabama Interagency Autism Coordinating council from 2011 to 2017 and remains active in state-level policy development.



Office for
Academic Affairs
Continuing Education and
Lifelong Learning



Suicide Prevention Month

National Suicide Prevention Month is an annual observance that takes place in September. Suicide Prevention Month increases awareness about the seriousness of suicide and emphasizes everyone's involvement in suicide prevention.

Suicide can affect anyone regardless of age, gender, or background. Suicide Prevention Month shares vital information, resources, and services to promote mental health and prevention.

To increase awareness and promote prevention, the Alabama Department of Mental Health has introduced the “No Shame” Suicide Prevention Campaign to address the stigma surrounding suicide. The “No Shame” campaign illustrations that freely expressing with others can help and that there are resources available for those in a crisis. [Watch the No Shame video here.](#)

Speaking openly can minimize the risk factors for suicidal thoughts and behavior while increasing the variables that help strengthen, support, and protect individuals from suicide. To learn more about National Suicide Prevention Month, visit [here.](#)

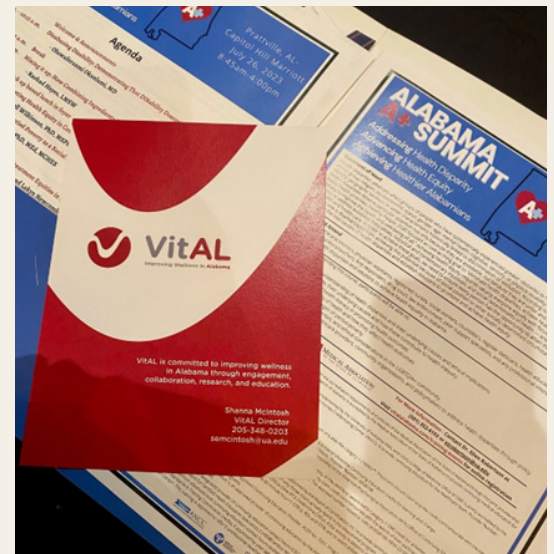
You are not alone.
Text. Chat. Call.



ICYMI - Alabama A+ Summit Conference

Health disparities affect a wide range of people based on socioeconomic class, religion, gender, age, mental health, and other factors. The [2023 Alabama A+ Summit Conference](#) focused on health disparities, their core causes, and how they contribute to health disparities. Many of the speakers stressed socioeconomic determinants of health and the systemic impediments to health equity that many individuals encounter and emphasized the need of health literacy in achieving better health outcomes.

Review the presentations from the Conference [here.](#) For more information about VitAL ALabama, visit <https://vitalalabama.com/>.





PROVIDER SHOWCASE:

The Lovelady Center & ADMH Infant and Early Childhood Mental Health Consultation

The Lovelady Center, located in Birmingham Alabama, is a residential faith-based program for women struggling with addiction, homelessness, incarceration, domestic violence and/or other difficulties they find themselves in.

The Mission of the Lovelady Center is empowering women through faith-based initiatives. Currently, there are approximately 400 women residing at the Lovelady Center receiving treatment for addiction and/or other services, and many of these women have young children ages newborn to 12 years living there with them.

Because of the environments these women and children come from, it is common for the children of these women to have experienced adverse childhood experiences already. Many of the women likely did in their childhoods, as well. The ADMH Infant and Early Childhood Special Programs has partnered with the Lovelady Center to bring infant and early childhood mental health consultation to the women and staff at the center.

This partnership helps to provide an increased opportunity for the women to break the trauma and addiction cycles in parenting.

Since June 2022, Jamie Hill, LPC, NCC, ECMH-E®, ADMH Infant and Early Childhood Mental Health (IECMH) Consultant has been providing support to mothers and the other women caring for the young children at the Lovelady Center. The work is oriented toward the goal of children at the Lovelady Center to feel safe, supported, and valued.

IECMH Consultation has several objectives at the Lovelady Center:

- Helping the mothers and staff support healthy growth and development in the young children, promoting strong relationships and a supportive environment
- Partnering with the mothers and caregivers to understand what babies and young children are telling them with their behaviors
- Working together to co-create solutions, and equipping

caregivers with the tools and insights to develop healthy emotional and social behaviors in infants and young children

Infant and early childhood mental health is “the developing capacity of the child from birth to 5 years of age to form close and secure adult and peer relationships; experience, manage, and express a full range of emotions; and explore the environment and learn-all in the context of family, community, and culture.”

(ZERO TO THREE, 2016).

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The IECMH Consultant also provides triaging of the needs of the children to identify the most appropriate services and settings within or outside of the Lovelady Center. For example, through Hill's work with the Lovelady Center, she identified needs in the childcare area and partnered with staff from the Alabama Department of Early Childhood Education (ADECE) who connected the Lovelady Center's Executive Director Megahee, with several vendors of early childhood supplies, toys, materials, and equipment. Some of the vendors also donated overstock materials to the Lovelady childcare classrooms.

Through the support from the ADMH IECMH Consultant and ADECE staff, the women caring for children there (whether their own children or in the classroom setting) have received training and support to:

- Have a better understanding of typical social emotional development in young children
- Offer practical strategies for classroom behavior management that is nurturing and relationship building
- Help create and use social stories and picture schedules with the children
- Show ways to use art /craft making activities to help young children with their emotions
- Help better understand the important connection between caregiver and child
- Educate about additional outside resources.

This summer, Hill has been working with school age children (5-6 year-olds) weekly to provide some play activities and support to their mothers and the center staff. ADMH will continue work at Lovelady Center, increasing mental health wellness and success for Alabama's mothers and children.

“We are very grateful for all that ADMH & ADECE have brought to our children, staff, and clients. We at Lovelady all are better for it. Thank you.”

- Lovelady Center's Executive Director, Melinda Megahee

Did you know?

ADMH assisted in the creation of the new comprehensive Alabama Guide for Conservators?

Check out [this helpful and informative guide](#), for family and friends serving as a guardian or conservator.



Alabama Department
of Mental Health
connecting mind and wellness



**Seeking help
is never shameful.**

Call 988 for help.



SUICIDE PREVENTION: EVERY CONNECTION COUNTS

NBCC CONTINUING
EDUCATION UNITS OFFERED



**REGISTER
HERE:**
[HTTPS://CVENT.
ME/GOYQ8B](https://cvent.me/GOYQ8B)

ALABAMA HIGHER EDUCATION SUICIDE PREVENTION CONFERENCE

Sept.
08,
2023

TROY UNIVERSITY MONTGOMERY CAMPUS

231 Montgomery St
Montgomery, AL



**\$2/hr Increased Rate
for Alternate Shifts**

NOW HIRING!

Dedicated Mental Health Workers at
**ADMH Mental Health Facilities
in Tuscaloosa**

The Alabama Department of Mental Health (ADMH)

Available Entry Level Position	Minimum Hourly Rate
Mental Health Worker, Trainee	\$13.64
Promotional opportunities that are automatic with time in-class:	
Mental Health Worker	\$14.55
Mental Health Worker, Senior	\$15.50
Promotional opportunities available on an open-competitive basis:	
Mental Health Worker, Lead	\$16.18
Mental Health Worker, Supervisor	\$16.53

*The minimum rate includes a \$2.00 per hour
MH Direct Care Premium Pay.*

Benefits

Paid Holidays - Sick and Annual Leave
Low-Cost Health and Dental Insurance
Secure Retirement Benefits

View Job Openings Online
Directly Apply at Location

www.mh.alabama.gov/mental-health-workers/

SOR Grant (State Opioid Response)

The purpose of the SOR3 Grant is to address the opioid overdose crisis by providing resources to the citizens of Alabama for increasing access to FDA-approved medications for the treatment of opioid use disorder (MOUD) and for supporting the continuum of prevention, harm reduction, treatment, and recovery support services for opioid use disorder (OUD) and other concurrent substance use disorders.

The [SOR3 Grant](#) also supports the continuum of care for stimulant misuse and opioid use disorders. The SOR3 Grant aims to help reduce unmet treatment needs and opioid-related overdose deaths across America.

The SOR Grant (State Opioid Response) is a federal grant from SAMHSA. Each provider receiving SOR grant funds can enroll participants who qualify for this grant to receive treatment services. Presently the Office of Substance Use Treatment Services (ADMH) has 34 providers under SOR2 and 47 providers under SOR3.

The Alabama Department of Mental Health (ADMH) SOR Project Director oversees the budget for SOR and provides technical assistance to providers who fall below the required 80% follow-up rate, as well as conducting compliance monitoring visits. Certified providers through the ADMH use the funds for the SOR3 Grant, which requires evidence-based treatments, practices, and interventions of OUD and stimulant use disorders. SAMHSA requires that MOUD be made available to those diagnosed with OUD.

Certified providers are required to collect and report specific data to meet their obligations under the

Government Performance and Results Act of 2010 (GPRA), provided by SAMHSA. Certified providers must report performance on the following measures: employment/education status, criminal justice involvement, social connectedness, health/behavioral/social consequences, and housing stability. This information is gathered by using a uniform data collection tool provided by SAMHSA. Data is collected at in-take, six months post intake, and at discharge by filling out the GPRA tool.

The ADMH SOR Data Coordinator is responsible for entering these GPRAs into the SPARS website, as well as tracking when the six-month follow-ups are due.

THE STATE OF ALABAMA HAS BEEN #1 IN THE NATION WITH SAMHSA WITH AN 83% FOLLOW-UP RATE MAINTAINED FOR AT LEAST A YEAR OR MORE.

To learn more ADMH and its providers work with the SOR3 grant, please contact the ADMH [Office of Substance Use Treatment Services](#).





Thank You, ADMH Staff – HCBS Compliance

Commissioner Boswell and Associate Commissioner Sawyer honored ADMH staff who worked on provider compliance process related to the Home and Community-based Settings Rule with a luncheon and awards ceremony in June. Thank you to all the ADMH staff who dedicated weekend hours and worked in multiple positions to help achieve our goal!



Kudos

Congrats to the Agency for Substance Abuse Prevention (ASAP) honored with the prestigious Nonprofit of the Year award at the 2023 Calhoun County Chamber of Commerce Small Business Awards!



\$2/hr Increased Rate for Alternate Shifts

NOW HIRING!

Dedicated Nurses at
ADMH Mental Health Facilities
in Tuscaloosa

The Alabama Department of Mental Health (ADMH)

Available Entry Level Positions	Minimum Starting Salary
Mental Health LPN I	\$41,036.00
Registered Nurse I	\$60,015.20
Promotional opportunity that is automatic with time in-class:	
Registered Nurse I, Senior	\$67,335.00

The minimum salary includes a \$2.00 per hour MH Direct Care Premium Pay.

Other LPN and RN opportunities are available. More information can be found at the employment link below.

Benefits

- Paid Holidays - Sick and Annual Leave
- Low-Cost Health and Dental Insurance
- Secure Retirement Benefits

Apply Online!

www.mh.alabama.gov/nurses/

Congratulations!

CONGRATULATIONS TO OUR OWN, BEVERLY JOHNSON

Beverly Johnson, ADMH Director of Prevention has been appointed as Vice President of the National Prevention Network (NPN). The NPN Officers are chosen by nomination from the NPN, nomination letter endorsement from the Single State Authority (SSA), and National Prevention Network voting.

The National Prevention Network (NPN) is a NASADAD component organization that works to guarantee comprehensive and culturally competent tobacco, alcohol, and other substance use prevention programs and policies. The NPN is made up of State Prevention Coordinators who are in charge of substance use prevention systems in their respective states.

The NPN First Vice President has the following responsibilities: Serves as National Treatment Network Liaison, on the NPN Executive Committee, the NASADAD Public Policy Committee, and the NASADAD Annual Meeting Planning Committee.

Beverly will serve as the National Prevention Network’s Vice President from 2023 to 2025. Please take a moment to congratulate Beverly on her incredible achievement!

CONGRATS TO LASHONDA JACKSON

Congrats to LaShonda Jackson for completing the Adult Mental Health First-Aid training.

CONGRATULATION TO SHALANDRA ROGERS

Congratulation to Shalandra Rogers, CCBHC Program Director, for her promotion from a MH Specialist III to MH Specialist IV on July 16th.

CONGRATS TO ANDREA MCCOY

Congrats to Andrea McCoy for being chosen as a 2023 Rural Scholar by the NBCC Foundation Minority Fellowship Program.

Andrea has a passion for working in Mental Health and will continue to help those in need throughout the state of Alabama especially in our rural minority communities.

The NBCC Foundation scholars program exists to not only provide financial support to each recipient but to also expand the reach of counselors across the globe and advance the counseling profession.



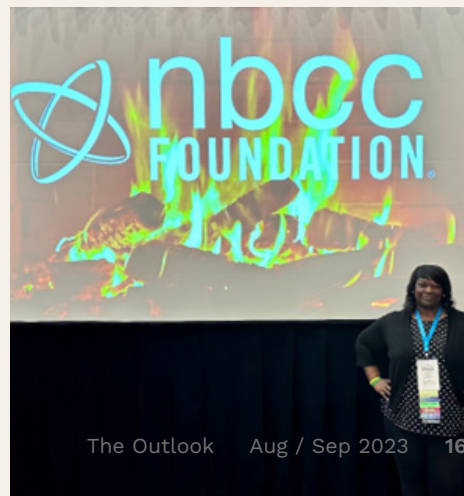
LaShonda Jackson’s MHFA certificate



Shalandra Rogers



Andrea McCoy



ADMH Office of Public Information
publicinformation.DMH@mh.alabama.gov
334-242-3417

