

“Education and awareness about mental illnesses to reduce stigma and promote recovery.”



April 2009---WUMH News and Information

●Wisconsin Slips a Grade for Mental Health Programs

A new report suggests the quality of Wisconsin's public mental health system is better than many other states, but not as good as it was a few years ago. **The National Alliance on Mental Illness (NAMI) gave Wisconsin a "C" grade** for the services it offers people with mental health illnesses. Three years ago it received a "B." Executive Director of NAMI Wisconsin Terry Schnapp says **Wisconsin's rank is slipping because there's a disparity** in the quality of community support programs from county to county. And Schnapp says delivery of services is often fragmented. (View the full report at www.nami.org.)

"You have one person that takes care of your medication issues and somebody else that may take care of your housing issues, and the community support program tries to tie those all together so the person doesn't get lost in the cracks."

Schnapp adds **Wisconsin also lacks adequate mental health services within the criminal justice system.** He says some inmates would be better off in a treatment facility rather than jail or prison. Schnapp says stresses from the economic downturn will likely cause more people to need mental health services.

"And then on the flip side just in the time when the services are needed more it's going to be difficult to get adequate funding because of budget problems that everyone's facing." Wisconsin isn't alone in its "C" ranking, seventeen other states also got that grade, and the average was a "D" and six states were given an "F." (from a March 17, 2009, Wisconsin Public Radio report.)

●May Activities: May is Mental Health Month

What are you planning for next month? We'd like to **list your event on our web site.** Please send event announcements to mduguid@wwhf.org and/or visit our web site at www.wimentalhealth.org. Events help to raise awareness about mental illnesses and the experiences of people who have them—**powerful ways to reduce stigma.**

●Resource for Mental Health Peers

Free **smoking cessation curriculum** for mental health peers now available! Developed in San Francisco, California, this curriculum is now available online at no cost to help mental health peer counselors aid people with mental illnesses in quitting smoking. To download curriculum materials and handouts please visit the Rx for Change website at <http://rxforchange.ucsf.edu>.

In the United States, between 50 and 80 percent of all people with mental illnesses are smokers, whereas only 20 percent of the general population smokes. Those with mental illness

also smoke more cigarettes per day than other smokers, and are more likely to smoke cigarettes all the way down to the filters. The combination of these two factors means that **44 percent of all cigarettes sold in the United States are sold to people with mental illnesses**. Those with mental illnesses also have more trouble quitting, succeeding at less than half the rate of the general population. This info found in Natural News:

<http://www.naturalnews.com/023358.html>

● May deadlines for federal Grant Applications

► **SAMHSA Accepting Applications for FY 2009 Grants for Primary and Behavioral Health Care Integration Programs.** Applications from community mental health or behavioral health agencies must be received by **May 27, 2009**.

For more information, please see: http://samhsa.gov/grants/2009/sm_09_011.aspx

► **SAMHSA Accepting Applications for Project LAUNCH – A Grant Program Promoting the Wellness of Young Children and their Families.** Grants can include mental health consultation in child care. **Apply** at http://www.samhsa.gov/Grants/2009/sm_09_009.aspx. Applications must be received by the **May 20, 2009**.

► **\$78M Now Available For Health Disparity** For more information, please see:

<http://grants.nih.gov/grants/guide/rfa-files/RFA-CA-09-001.html>

NAMIWisconsin---Consumer Leadership Summit

Friday, April 17, 2009 (*register by April 13*)

Sheraton Madison Hotel, Madison, Wisconsin 10:00am to 3:00pm

To Register call: Sarah Mroz (800) 236-2988 or (608) 268-6000 NAMI Wisconsin, Inc.
Registration is \$5.00

● Depression and Anxiety in the U.S.: Findings from the 2006 Behavioral Risk Factor Surveillance System

Several important results emerged from this study. First, the data showed a strong **association between mental illness and chronic diseases** and their related risk factors, suggesting that it is time to **examine mental and physical health as a combined entity** in our public health efforts. Although beyond the scope of this article, some of the principles being proposed for clinical integration of medical and mental health services should be considered. Second, there is wide variation in the prevalence of depression and anxiety by state, even after adjustment for sociodemographic characteristics. Given this, programs to improve both mental and physical health should be developed and implemented at the state and local levels in order to be tailored to the specific needs of each area. Psychiatr Serv 2008 59: 1383-1390.

<http://ps.psychiatryonline.org/cgi/content/full/ps:59/12/1383>.

● Wellness Campaign for Americans with Mental Illnesses:

SAMHSA in conjunction with the Boston University Center for Psychiatric Rehabilitation is maintaining a centralized web resource on wellness (see: <http://www.bu.edu/cpr/resources/wellness-summit/>), publishing a bi-monthly update on wellness-related efforts, and planning a health promotion/wellness social marketing campaign for Americans with mental health problems.

●**Upcoming Conferences/Education:**

Visit the WUMH website calendar for a monthly listing of events, trainings and conferences across Wisconsin and nationwide www.wimentalhealth.org.

---**Behavioral and Pharmacological Approaches: April 17, 2009**

Contact: www.dcs.wisc.edu/pda for more information on courses.

---**Cognitive Behavioral Therapy with Persons of Faith: April 22 or April 23 or April 24** in various Wisconsin locations. Register at www.pesi.com or call 800-844-8260.

---**Mental Health Summit: *The Journey Continues*: May 15, 2009**, Eagle River, WI. For more information please contact: 715-369-6955 or email: famparts@newnorth.net. Register by May 1.

---**NAMI Wisconsin Annual Conference—May 29-30, 2009**, held in Madison, WI. "Mind, Body, Spirit—One Journey" Visit www.namiwisconsin.org for more information.

---**Sex, Drugs and Rock n Roll: Addiction, Compulsion and Craving: June 1, 2009**, Wausau; Dr. David Mays presents.

---**Growing Up the Hard Way: Mental Illness and Children at Risk: June 2, 2009**, Wausau; Dr. David Mays presents. For information on both of these, contact: UW-Extension, 800-725-9692 or www.dcs.wisc.edu/pda.

---**Mental Health America's Centennial Conference: June 10-13** in Washington D.C.

---**2009 Mental Health Consumer Conference: "United We Stand....Creating Our Future in Mental Health."** Sponsored by GEP (Grassroots Empowerment Project): **June 29-30, 2009**, at the Chula Vista Resort in Wisconsin Dells. Contact: mollycisco@msn.com

---**NAMI 2009 Convention** Conference information is available at: www.nami.org

"Creating a Healthy Future For Us All"

July 6-9, 2009 San Francisco, CA

The Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA), is planning on providing financial support to consumers of mental health services who would like to participate in the annual conference sponsored by the National Alliance on Mental Illness-NAMI. The purpose of the scholarships is to foster transformation of mental health care to **focus on recovery**. Please note: To be eligible for this scholarship, a completed application and letter of recommendation must be sent by U. S. mail to SAMHSA **and postmarked by April 24, 2009**. Also note these scholarships are contingent on funding and availability.

●**Save these Dates: 2009 WUMH Joint Advisory Board and Steering Committee Meetings:**

June 12, September 11, and December 11.

Fridays, 9:00-11:00 am in Madison with teleconferencing available.

Please forward this Update on to your networks. Thank You!

Past issues of the **WUMH Monthly Update** are stored on our web site www.wimentalhealth.org. Please send event information and any other information to the webmaster. Thank you!

Marilyn Duguid

Project Coordinator, WUMH

c/o Wisconsin Women's Health Foundation

2503 Todd Dr.

Madison, WI 53713

mduguid@wwhf.org

P 608-251-1675

F 608-251-4136

www.wwhf.org

WUMH Purpose: A coalition to implement the Healthiest Wisconsin 2010 objective to eliminate the stigma associated with mental illnesses.

Mental illnesses are real, common, and treatable. Recovery is possible.

DISCLAIMER: *The WUMH Listserv is intended to share information about mental health and mental illnesses, stigma, and recovery. This information does not necessarily express the views of WUMH or the Wisconsin Women's Health Foundation. If you wish to be deleted from this list, please reply with "Unsubscribe" in the subject or text. Thank You.*