

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



**WUMH News and Information** ☉ **December 7, 2007**

**WUMH December 14: Joint Advisory Board and Steering Committee Meeting -- 9:00am to 11:00 am**

**Please RSVP** to Marilyn at [mduguid@wwhf.org](mailto:mduguid@wwhf.org)

Special Presentation on Mental Health in the Workplace.

**Call for Parity on Friday, December 7--Urgent Action Alert**

**Help Make Mental Health Parity a Reality!** December 7th is Call-Congress Day. Broad support for ending health-care discrimination helped pave the way for this year's unanimous Senate passage of S. 558 and approval by three committees of H.R. 1424, the Paul Wellstone Mental Health and Equity Addiction Act of 2007. On Friday, **December 7th**, use the toll-free Parity Hotline, 1-866-parity4 (1-866-727-4894), The Parity Hotline reaches the U.S. Capitol switchboard. For more information:

<http://www.bazelon.org/takeaction/2007/Parity12-04-07.htm>

**National Anti-Stigma Campaign has a new name and offers kits:** The Substance Abuse and Mental Health Services Administration (SAMHSA) has changed the name of the National Anti-Stigma Campaign to the **Campaign for Mental Health Recovery (CMHR)**. The name change reflects a strengths-based, affirming approach to mental health recovery, and avoids reinforcing negative attitudes, behaviors and beliefs. The CMHR Community Site Kits are available for use in your local efforts. Contact SAMHSA's National Mental Health Information Center at 1-800-789-2647 to order the kit. \*When ordering, please use inventory number SMA07-4312.\*

Kits contain downloadable files of new print materials, including public service announcements (PSAs) that can be placed in newspapers, magazines, and other print media. Four new PSAs are provided: "Baseball Field," "Cafeteria," "Grass," and "My Friends Got Me." You also can access PSAs online at <http://psacentral.adcouncil.org>.

**From the Office of the Lieutenant Governor:** Following up on the success of National Depression Screening Day, it is time to work on our next ambitious project. We are pleased to announce that **Mental Health Action Day** will take place on **February 20, 2008** at the Capitol in Madison. This event is being coordinated by our Healthy Wisconsin Leadership Institute (HWLI) team and the workgroup co-chairs. Thanks again for your work to date. More details will be coming your way in the following weeks.

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**National Rural Health Association and Mental Health: Final Report on Effort to Create Partnerships for Social-Emotional Well-Being Now Online!** On November 1, 2007 a webinar, titled "*Creating State-Community Partnerships for Social-Emotional Well-being in Rural America*" took place and that report is now available online. The resources from this webinar will help provide a glimpse of exciting work underway across the nation to enhance partnerships between states, tribal entities and communities to improve access, availability and acceptability of mental health and behavioral health services and supports in rural and frontier communities. The discussions also focused on the successes and challenges of these partnerships that link states, tribal entities and communities to promote the social and emotional well-being of all children through public health approaches that are driven by the values and principles of **mental health transformation**. To read a report on the webinar (a word document file), visit <http://www.nrharural.org/eNews/social-emotional.doc> To review the national roadmap (a PowerPoint file), visit <http://www.nrharural.org/eNews/social-emotional.ppt>

**Report on State Rankings of Depression.** You can access the full report at [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net). From Shel Gross: I think the discussion section on p. 28 sums it up nicely: The availability of and access to mental health services improves mental health outcomes. This is particularly true for suicide, where less difficulty in obtaining needed care, actual utilization of services, and the availability of a professional workforce are all related to decreased rates of death. Similarly, access to health insurance—a key variable in obtaining care—is also related to decreased rates of suicide. **Wisconsin ranks 30<sup>th</sup>**.

**Treatment for Depression Reduces Mortality by Half in Older Diabetics:** Older depressed patients with diabetes who receive additional intervention for their depression are half as likely to die within 5 years as similar patients who are not provided intervention, according to a new study. (Diabetes Care. December 2007;30:3005-3010.) Medscape Medical News <http://mp.medscape.com>

**From the Wisconsin Chronicles on Black Health Disparities:** Dr. Patricia McManus writes: "Mental Health affects all genders and all ages in our community. It affects the rich and the poor as well as those who have and not have higher levels of education. Individuals who suffer must come out of the closet, let go of the shame and guilt, and get needed services. The community as a whole must wrap our collective arms of support around those who suffer so they know that they are not alone." *June 2007*.

**Drug Free Solutions to Mental Health Disorders:** Treating Mental Health Disorders Through Nutrition, Mindfulness and Detoxification. February 6, in Appleton, February 7, in Madison, February 8, in Brookfield. Day-long training for \$179.00 Register on-line at [www.pesi.com](http://www.pesi.com) or call 800-844-8260.

**Media Guide: Open Minds Open Doors:** the Wisconsin Newspaper Association has responded positively to our Media Guide. They have asked to distribute the Guide at their annual convention in January!

It has been a busy, productive and rewarding year at WUMH. Thanks to all of you who send notices and news for us to re-distribute.

Enjoy the season---there is no lack of snow this year!

**Marilyn Duguid, RN**

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**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.**

***DISCLAIMER:** The WUMH Listserv is intended to share information about mental health, 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.*