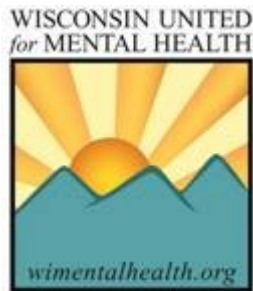


“Education and awareness about mental illnesses to reduce stigma and promote recovery.”



[February 2009---WUMH News and Information](#)

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

Officials: Army Suicides At Three-Decade High

WASHINGTON — **Suicides among Army troops soared again last year** and are at a nearly three-decade high. At least 128 soldiers killed themselves in 2008, said two officials who spoke to the AP on condition of anonymity because the data have not been formally released. The figure of 128 compares with 115 in 2007 and 102 in 2006 — and is the highest since record keeping began in 1980. Suicides by soldiers had surpassed the 2007 tally by October, according to data obtained from the Army by USA TODAY. Suicides by soldiers, Marines and combat veterans have all hit records levels in recent years, records show. Last year, 41 Marines committed suicide, a 24% increase from the 33 suicides in 2007, according to Marine Corps statistics.

The military screens troops for mental health issues and that makes the higher suicide rates among active-duty troops and veterans more disturbing. Officials have said repeatedly that troops are under tremendous and unprecedented stress because of repeated and long tours of duty in the simultaneous wars in Iraq and Afghanistan. Yearly increases in suicides have been recorded since 2004. They've occurred despite increased training, prevention programs, increased psychiatric staff and other Army efforts to stem the rise. The Defense officials said the most common factors for suicides were soldiers suffering problems with their personal relationships, legal or financial issues and problems on the job.

The previous number of suicides combined among the Army's active-duty soldiers and National Guard and Reserve troops also was the highest on record — 18.8 per 100,000. The new pace of 20.2 suicides per 100,000 soldiers surpasses the civilian number, when adjusted to reflect the Army's younger and male-heavy demographics. The Centers for Disease Control and Prevention said the suicide rate for U.S. society overall was about 11 per 100,000 in 2004, the latest year for which the agency has figures.

The new rate of 20.2 compares with 18.8 per 100,000 in 2007, 17.5 in 2006 and 9.8 in 2002 — the first full year after the start of the war in Afghanistan. The true incidence of suicide among veterans is not known, according to a report last year by the Congressional Research Service. Based on numbers from the CDC, the VA estimates that 18 veterans a day — or 6,500 a year — take their own lives, but that number includes vets from all previous wars.

http://www.usatoday.com/news/washington/2009-01-29-army-suicides_N.htm USA Today
January 30, 2009

Suicide Prevention Effort Celebrates 10 year Anniversary!

HOPES (Helping Others Prevent and Educate About Suicide) is celebrating their 10 year anniversary! HOPES members are a driving force behind suicide prevention efforts in Dane County and statewide. <http://www.hopes-wi.org/>

Division Administrator Retires: Long-time Mental Health Advocate

Sinikka Santala will retire from Department of Health Services on February 13, 2009. Sinikka has been a great ally for mental health consumers within the state throughout her 26 years of state employment. She will be well remembered for her dedication to the development of Community Support Programs, Comprehensive Community Services, integrated family services and crisis intervention services. Our best wishes for a wonderful retirement.

2009 Voice Awards: Have You Completed a Nomination?

Do you know of a film or TV show that was released after October 1, 2007 that **portrays people with mental illnesses in a dignified**, respectful, and accurate manner? You should nominate this film or TV show for a 2009 Voice Award.

Similarly, if you know of **mental health consumers** who have led efforts to promote social inclusion, demonstrated that recovery is real and possible, and made a positive impact on their workplaces, communities, and/or schools, **please nominate them** for a 2009 Consumer Leadership Voice Award. Additional consideration will be given to nominees who have made a positive impact within special populations such as culturally diverse groups, young adults ages 18 to 24, and those who have worked to prevent suicide.

The 2009 Voice Awards will be presented at a gala ceremony in Los Angeles on October 14, 2009. Nominations are open to anyone, are free, and there is no limit to the number an individual can submit. Entertainment industry nominations will remain open until **March 15, 2009**. Mental health consumer nominations will remain open until **May 15, 2009**.

WUMH 2009 Projects:

In the year ahead, WUMH will continue **education and outreach efforts in the workplace** with a focus on strategies for supervisors. Identifying **Workplace Best Practices** (for creating mental-health friendly environments) will also be a priority. In addition, watch for more information on our initiative to address the stigma of mental illnesses in the primary care setting. Co-Chairs Rebecca Cohen and Patty Branton will lead the WUMH coalition and are supported by a consistent core of volunteers.

Criminal Conduct And Substance Abuse Intervention:

Data Driven Cognitive-Behavioral Approach For Facilitating Change In Offender Supervision And Treatment

Date: March 3, 10, 17, 2009 - (2 Hours each of those days)

Times: 2:00 - 4:00 PM EST

Location: Online Webinar - On Your PC

This March 3, 10 & 17, Dr. Ken Wanberg, Ph.D. will conduct an online webinar on "**Criminal Conduct and Substance Abuse Intervention**". A robust live and interactive program complete with participant assignments between sessions, it is designed to support the work of correctional treatment and reform of patients. It will take individual looks at Behavioral Therapy and Cognitive Therapy as well as review the merger of the two. Participants will be in a position to integrate concepts and skills of CBT into a model that provides a map for guiding judicial clients through the process of cognitive and behavioral change with a goal of preventing relapse and recidivism.

For complete program details and to register, [click here](#). Or [download registration form](#) and fax to 678-605-0271. If you need assistance call us at +1-770-416-1395 or email yvette@joyfields.org. **Sponsored by** CorrectionsPro

Childhood Experiences and Physical and Mental Health (ACE Study)

Dr. Robert Anda speaks about the ACE Study

March 30th, 2009, Noon – 1PM

University of Wisconsin's Health Science Learning Center

The ACE study reveals a powerful relationship between our emotional experiences as children and our physical and mental health as adults. It documents the conversion of traumatic emotional experiences in childhood into organic disease later in life. The ACE Study makes it clear that time does not heal some of the adverse experiences we found so common in the childhoods of a large population of middle-aged, middle class Americans. One does not 'just get over' some things, not even fifty years later.

- What:** Dr. Robert Anda, MD, MS, the Co-Principal Investigator of the Adverse Childhood Experiences (ACE) Study, will present information to a diverse audience of academics, clinicians, program participants.
- Where:** Health Science Learning Center, 750 Highland Avenue
(Parking is limited to the hospital parking ramp)
- Who:** Open to the public
- When:** March 30th, 2009 Noon – 1PM
- Cost:** Free!
- Sponsor :** University of Wisconsin - School of Medicine and Public Health

<http://www.cdc.gov/nccdphp/ACE/>

<http://www.cestudy.org/index.html>

For more information, please contact:

Elizabeth Hudson, LCSW, Trauma Services Coordinator

DHS - Bureau of Prevention Treatment and Recovery
608.266.2771 (phone)
elizabeth.hudson@wisconsin.gov

SAMHSA's Road to Recovery Update:

Mark Your Calendars: Road to Recovery Kicks Off on March 4, 2009

On March 4, *Recovery Month* commences the 2009 *Road to Recovery* with its opening **Webcast**, *The Road to Recovery: Together We Learn, Together We Heal*. The season will continue with Webcasts on the first Wednesday of each month, April through September, and the final wrap show in November. *Road to Recovery* Webcasts dates and abstracts are available at <http://www.recoverymonth.gov/2009/multimedia/>.

Give People a Voice for Recovery

Do you know someone who is celebrating recovery from substance addiction? Let them know that they have a voice! Because the successes of individuals in recovery are often overlooked by society, **Voices for Recovery** gives people the opportunity to **share their stories** with others and provides education for the general public about treatment for alcohol and drug addiction.

Help us to continue to grow in our efforts to improve the lives of individuals and their families affected by alcohol and drug use disorders!

National Alcohol and Drug Addiction Recovery Month, celebrating 20 years of observance in 2009, is an initiative of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment. For more information about **Recovery Month**, visit <http://www.recoverymonth.gov>.

Dear Partner for a Safer Community:

JOIN US!

Safe Communities' 10th Annual Breakfast and Forward Focus Planning Session

Wednesday, March 4, 2009

7:30 – 11 AM

Evjue D, Goodman Community Center

149 Waubesa Street, Madison

Breakfast is on us this year – thanks for everything you do!

The Safe Communities Annual Meeting (www.safercommunity.net) is scheduled for Wednesday, March 4, 2009. To celebrate 10 years of service, we will be engaging the people interested in our success in creating our next ten years with a forward focus session! Cheryl Wittke and the planning team have asked Scott Savage, an independent consultant, to help us conduct and prepare for the meeting. The planning team has designed a survey to help us prepare for the session. We are asking each member of Safe Communities to complete this survey by Tuesday, February 10, 2009. The survey will be collected and collated by Scott Savage Consulting, LLC.

Please follow this link to complete the survey:

https://www.surveymonkey.com/s.aspx?sm=nytBW3JkPUXeimnqxeiBGQ_3d_3d

Your input is so important! As a valued member of Safe Communities, we hope you can complete the survey and join us March 4th. Please RSVP by responding to this email by **February 23rd** so we can have a count for breakfast and plan the morning. Questions? Please contact Cheryl Wittke at 256-6713 or cwittke@safercommunity.net.

● **Upcoming Conferences/Education:** *Visit the WUMH website calendar for a monthly listing of events, trainings and conferences across Wisconsin and nationwide.*

---**Strategic Collaboration: Working Together to Improve Collective Support for Individuals and Families: March 3, 2009**

---**The Color of Emotions: Mental Health Care for Minority Elders: March 5, 2009**

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

Contact: www.dcs.wisc.edu/pda for more information on these courses (above). All day-long trainers will be held in Madison.

---**NAMI Wisconsin Annual Conference—May 29-30, 2009**, held in Madison, WI.

“Mind, Body, Spirit—One Journey” Visit www.namiwisconsin.org for more information.

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

● **Save these Dates: 2009 WUMH Joint Advisory Board and Steering Committee Meetings: *March 13, June 12, September 11, and December 11.***

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

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

Marilyn Duguid, RN

Project Coordinator, WUMH

c/o Wisconsin Women's Health Foundation

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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.*