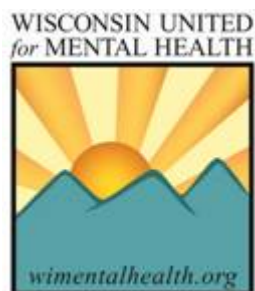


“Education and awareness about mental illnesses to reduce stigma and promote recovery.”



July 2009--WUMH News and Information

● **New Statewide Consumer Network**

An invitation from Molly Cisco, Director of **Grassroots Empowerment Project** to join Wisconsin's first unified **statewide mental health consumer network**, on-line.

<http://groups.google.com/group/united-we-stand-wi>. Welcome to the new public group dedicated to people with lived experience of mental illness and recovery living in Wisconsin. Please pass this information on to anyone who you think would be interested.

The purpose of this public group is:

- To promote recovery for ourselves and others*
- To announce new events and training opportunities*
- To share information on issues that we find important to our recovery*
- To share ideas and opinions on the issues*
- To work together to improve the services we receive*

● **“Healthy Minds” Program Available for Public Television**

Please contact the **Madison office of Wisconsin Public Television (WPT)** and ask them to carry the program: “Healthy Minds,” this fall. The “Healthy Minds” program is an educational show about mental health issues with the goals of helping to remove the stigma of mental illness and demonstrating that with help, there is hope. **Contact the WPT office at 608-263-2121 or 800-422-9707**. As of now, the station reportedly does not plan to carry this program. **Please call today**.

● **Celebrate the 19th Anniversary of the Americans with Disabilities Act (ADA) July 26, 2009**

The DBTAC – Network of ADA Centers is pleased to announce the release of the **2009 Americans with Disabilities (ADA) Anniversary Tool Kit**. Together with our Affiliate Networks and Partners, we have accomplished significant results toward voluntary ADA compliance. The Tool Kit captures our collective achievements and **offers informative materials** designed to help you plan and publicize your ADA activities during the ADA Anniversary and throughout the year.

The Tool Kit includes:

- Overview of the Americans with Disabilities Act and the ADA Amendments Act of 2008
- ADA - Findings, Purpose, and History
- The Americans with Disabilities Act from a Civil Rights Perspective
- Americans with Disabilities Act Resources and Publications
- Americans with Disabilities Act and Olmstead Resources
- ADA Amendments Act of 2008 (ADAAA) Summary and Resources
- Statistics You Can Use

The 2009 ADA Anniversary Tool Kit can be **downloaded** at <http://adaanniversary.org/>.

●Update on “The Loony Bin”

We really appreciate the leadership taken by local NAMI advocates in addressing the issue of this offensive and stigmatizing “fun house attraction” in the Wisconsin Dells. The Executive Director of the WI Dells Visitor & Convention Bureau replied that the owners of the Loony Bin have pledged to **revamp their attraction at the close of the 2009 season**....we'll be watching for the new “grand opening” next spring. Thank you to everyone who wrote, called or emailed the “fun house” owners and the Convention Bureau.

●Announcing the Wisconsin Peer Specialist Association

The **Peer Specialist Association** will hold its first meeting on **July 25 & 26, 2009, in Wausau**. All graduates of Peer Specialist training programs throughout the state are invited, but must register. The meeting will be held at the Best Western Midway in Wausau. Examples of the training programs would be: DBSA, Recovery Innovations (META), National Peer Specialist Association (NAPS), Consumers as Providers (CAP), Veterans Administration or the Wisconsin BPTR Core Training. **For more information, contact** : Alyce M. Knowlton-Jablonski, *Coordinator, Wisconsin Peer Specialist Association Initiative, Grassroots Empowerment Project, Inc.*, 926 South 16th Avenue, Wausau, WI 54401-5772. **(715-298-2553/715-212-3677)** or Esimon4995@hotmail.com

●Linking Physical and Mental Health

DHS and the University of Wisconsin Population Health Institute, recently released a report documenting the findings from 2006 and 2007 Wisconsin Behavioral Risk Family Survey (BRFS) data. The report examines the **links between mental health conditions and chronic disease risks**, functioning, and quality of life among Wisconsin adults. Spurred by the findings of Ron Manderscheid (which showed that people with mental illnesses had a life expectancy 25 years shorter than average), the CDC and Center for Mental Health Services added questions to the BRFS to estimate the **“years of potential life lost” for people with mental illness** due to a chronic physical condition. Mental health screening questions were added to the BRFS to measure anxiety and depression and non-specific stress. Significant findings included the “odds ratio” which showed that people with severe stress are 2.4 times more likely to smoke and 2.9 times more likely to have obesity. **The report has implications for supporting integrated, holistic care.** For a full copy of the report, go to: <http://dhs.wisconsin.gov/stats/brfs.htm>. For questions regarding analysis, please contact Tim Connor at tgconnor@wisc.edu

●Stigma: Alive and Well

Despite decades of anti-stigma campaigns, people may be more fearful of those with mental illness than ever. New research, however, is pointing the way toward real progress. Read the article -- type in the address below.)
<http://www.apa.org/monitor/2009/06/stigma.html>

[The military's war on stigma](#)

●Congratulations to Long-time Wisconsin Consumer Advocate and Leader

Molly Cisco, Executive Director of Grassroots Empowerment Project (GEP) was **appointed to** the Steering Committee of the **National Coalition of Mental Health Consumer/Survivor Organizations**. **Congratulations to you, Molly!!** We appreciate your strong, clear voice and dedication. Here is the website:<http://www.ncmhcsso.org/>

●WUMH Stigma Reduction Projects

Our work for this year continues. We are in the middle of two major projects, one is related to ***Mental Health in the Workplace***. We are producing **web-based training** modules using the materials from the presentations we have done on this topic in the past. One of the workplace training modules will focus on **tips for managers and supervisors**. Another web-based training we are creating is directed at the primary healthcare environment. Did you know that approximately 80% of psychotropics are prescribed by primary care physicians? Persons with mental illnesses often report feeling stigmatized because of their illnesses—that their symptoms may be minimized or misunderstood. The module we are creating will **raise awareness** about communication styles, treating the whole person, and consumers/patients as informed self-advocates. Read more about our current activities in the **attached minutes from the June 12 WUMH Quarterly meeting**.

●Upcoming Conferences/Education:

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

--Wellness Best Practices & Proven Strategies Conference/Expo

August 4 and 5, 2009. Pewaukee, WI. Conference presented by the Wisconsin Safety Council. Other sponsors include MHA-Wisconsin and Rogers Memorial Hospital. **David Shern, Director of MHA** (national) will be presenting on ***FundaMental Health***. **Fee and info at (800)236-3400 x3**.

--**4th Annual Dialogue**: Crafting a Healthier Workforce: *Defining the Impact of Mental Health and Learning What We Can Do to Effect Change*. **September 15, 2009, 8:00 am- Noon**, Monona Terrace in Madison. For info visit www.wwhf.org or call 608-251-1675.

--**September 25 NAMI-WI event in Madison**. As an effort to de-stigmatize mental illness, the former prime minister of Norway, Kjell Magne Bondevik, speak about his personal experience with mental illness. Event will be held in **Madison, 9:00-11:00 am**. For more info contact: NAMI Wisconsin at 608-268-6000 or email lannia@namiwiscosnsin.org.

---**13th Annual Crisis Intervention Conference**: Making Connections to Create Solutions. **September 24-25, 2009**, at the Chula Vista Resort in Wisconsin Dells. Presented by the Bureau of Prevention Treatment and Recovery of DHS.

--**Suicide Prevention Summit III—How to Save a Life**. Friday, **October 2, 2009, 8:00 AM – Noon** at American Family Insurance Training Center in Madison. www.safercommunity.net.

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

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

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

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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.*