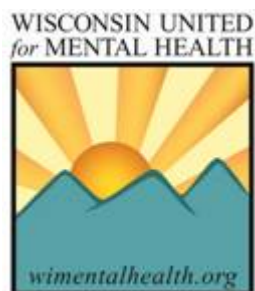


“Education and awareness about mental illnesses to reduce stigma and promote recovery.”



## June 2009 -WUMH News and Information

### ●May is a Success: Mental Health Awareness Month

**Thank you** to all of you who participated in May events across the state. From *Walks* to conferences, from recognition and award ceremonies to training events, the month of May was full of opportunities to learn about mental illnesses and support people who are in recovery.

### ●Media Guide Wins Award!

The WUMH media guide for reporting on mental illness and suicide, ***Open Minds Open Doors***, has won the Mental Health America 2009 Media Awards competition. Congratulations to the Media Team of WUMH—lead by former project staff Jane Howard—for all the hard work on the publication. (Visit [www.wimentalhealth.org](http://www.wimentalhealth.org) to view the document.) The awards ceremony will be held June 13 in Washington, D.C., as part of the 2009 Mental Health America Centennial Conference. <http://www.mentalhealthamerica.net/go/conference>

### Majority of America's 2 Million Adolescents Suffering from Depression Episodes Did Not Receive Treatment in the Past Year

*Adolescents without health insurance were less than half as likely to get treatment as those with Medicaid/Children's Health Insurance Program (CHIP) or private health insurance coverage.*

A new report which coincides with Children's Mental Health Awareness Day reveals that 8.2 percent (2 million) youths aged 12 to 17 experienced at least one major depressive episode (MDE) in the past year. Only about two-fifths (38.9 percent) of these adolescents received treatment during this period according to the report by the Substance Abuse and mental Health Services Administration (SAMHSA).

The report also found that health insurance coverage seemed to be a major factor in determining whether adolescents experiencing MDEs in the past year received treatment. Among these adolescents, those without health insurance coverage were far less likely to have received treatment (17.2 percent) than those with Medicaid/CHIP (42.9 percent) or private health insurance (40.6 percent).

**[Continue Reading](#)**

For more information, contact SAMHSA's Health Information Network or visit SAMHSA's Web site:

1-877-SAMHSA-7  
(English and Spanish/inglés y español)

[SAMHSA's Web Site](#)

More News From SAMHSA:

[SAMHSA Newsroom](#)

[Latest Issue of SAMHSA News](#)

[Press/Media Information](#)

### ●Learning From With: the Campaign for Mental Health Recovery

Please join us on **Wednesday, June 10, 2009 from 2:00 to 3:30 PM** for a community-wide

teleconference forum. The program will feature presenters who will share information about social inclusion campaigns in several parts of the United States. **Registration is not required** for this event. To participate in the forum, please follow these instructions: **Dial 1-800-779-9977--If asked for a pass code, say "ADS Center."**

During the forum, participants will **hear from individuals who have developed campaigns to reduce discrimination and social exclusion** of people living with mental illness. This forum will provide the opportunity to learn about the development and implementation of active social inclusion campaigns in Michigan, New Mexico, and Arizona and provide ideas you could use in your state and community.

For further information, please contact Campaign liaisons, [Elizabeth Edgar](#) or [America Paredes](#).

### ●Web Site of Note

The Thresholds Institute recently hosted a conference on **"Integrating Health Care to Increase Life Expectancy and Quality in Individuals with Severe Mental Illness."** The conference goals were to share research around basic science related to wellness (including metabolic disorders) and promising service models addressing the physical health care needs of persons living with severe mental illnesses; and to strengthen a coalition of scholars, advocates, consumers and providers who seek **to increase quality of life and longevity of life for persons with severe mental illness**. Visit their web site: [www.thresholds.org](http://www.thresholds.org).

### ●Video Highlights Use of Photovoice in Expressing Experience of Stigma

**"Beyond the Shadows of Stigma"** highlights works from a gallery showing produced by participants in the Photovoice course, **"Taking off the Blinders: A Project to Combat Stigma and Discrimination."** The 8-minute online video poignantly captures the essence of the Photovoice experience through interviews with participants and the works they created.

Photovoice puts cameras in the hands of individuals and asks them to produce statements made up of pictures and words that communicate their experience. This Photovoice course, developed as an intervention at the Center for Psychiatric Rehabilitation at Boston University, **supports the personal empowerment of those living with serious mental illnesses in combating stigma**. Watch the video at: <http://www.bu.edu/cpr/research/ongoing/rtc2009/photovoice/photovoice-load.html>.

### ●Latina Teens and Suicide

**Webinar: Understanding the Rise in Suicide Attempts in Latina Teens.** The Center for Health and Health Care in Schools created a webinar to help shed light on the rising trend of suicides among Latina teens. The webinar, led by Luis H. Zayas, Ph.D., director of the Center for Latino Family Research at the George Warren Brown School of Social Work at Washington University in St. Louis, **will examine the high rate of suicide attempts** by adolescent Latinas in the United States. Webinar participants will learn:

- \* the epidemiology and research on suicide attempts by adolescent Latinas in comparison to other ethnic and racial youth.

- \* about the multiple factors (individual psychology, family, social, culture, gender) that come together in Latina teenagers' suicide attempts and examine preventive interventions that can be undertaken in schools and the importance of family-centered interventions.

<https://rwjf.webex.com/rwjf/lsr.php?AT=pb&SP=EC&rID=29666017&rKey=3F43BAD860FC34B1>

## ●Action Steps to Improve Mental Health for Women

<http://mentalhealth.samhsa.gov/publications/allpubs/OWH09-PROFESSIONAL/actionsteps.aspx>

## ●Unipolar Depression in Pregnant and Postpartum Women

**Now available:** ready-to-use tools for primary care clinicians who treat pregnant and postpartum women who may be experiencing depression. The ***Algorithm for Management of Unipolar Depression in Pregnant and Postpartum Women*** and the ***Antidepressant Medication Chart*** will assist with treatment decision-making and provide information on the impact of medications on pregnancy. Contact: [www.perinataalweb.org](http://www.perinataalweb.org) and click on “Materials and Publications” or call 608-417-6060 for the items as **full color posters**.

## ●Upcoming Conferences/Education:

Visit the WUMH website calendar for a monthly listing of events, trainings and conferences across Wisconsin and nationwide [www.wimentalhealth.org](http://www.wimentalhealth.org).

### --Mental Health Teleconference: Complex Trauma in Children and Adolescents

Jennifer Wilgocki, MS LCSW, Adolescent Trauma Treatment Program, Mental Health Center of Dane County, Inc.

**Thursday, June 11, 2009, 11:00 a.m. – 12:00 p.m. Register:** Each site has one participant register on line with Wisline at [http://www.uwex.edu/ics/wlreg/wl\\_welcome.cfm](http://www.uwex.edu/ics/wlreg/wl_welcome.cfm) for the

teleconferences of your choice. Additional participants at site are listed in the miscellaneous category. **Participate:** Just before 11:00 on the day of the teleconference call the Wisline Teleconference Services at **(608) 316-0022, CODE NUMBER: 1099**. You will be immediately connected to the teleconference. **Web Site:** In addition to the link for the evaluation form, copies of the current and previous handouts and the schedule for the Mental Health Teleconference can be found at the teleconference website:

[http://dhs.wisconsin.gov/mh\\_bcmh/confandtraining/Teleconferencesch.html](http://dhs.wisconsin.gov/mh_bcmh/confandtraining/Teleconferencesch.html). For technical help with your conference, call the WisLine HelpLine: 1-800-442-4614

Kay Cram, MS, LPC--[Kay.Cram@wisconsin.gov](mailto:Kay.Cram@wisconsin.gov), (608) 261-6743

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

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

---**Infant Mental Health Summer Institute:** Sponsored by the Wisconsin Alliance for Infant Mental Health. **June 17, 2009**, Ramada Hotel in Stevens Point. Contact: 608-442-0360 or visit

[www.wiaimh.org](http://www.wiaimh.org).

---**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. Visit: [www.grassrootspower.org](http://www.grassrootspower.org) or call 800-770-0588.

---**NAMI 2009 Convention** Conference information is available at: [www.nami.org](http://www.nami.org)

**"Creating a Healthy Future For Us All"**

**July 6-9, 2009 San Francisco, CA**

--**4<sup>th</sup> 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](http://www.wwhf.org)

**---13<sup>th</sup> 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](http://www.safercommunity.net).

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*Past issues of this monthly Update are stored on our web site [www.wimentalhealth.org](http://www.wimentalhealth.org). Please send event information to the webmaster. Thank you!*

**Marilyn Duguid**

*Project Coordinator, WUMH*

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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.*