

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



March 2009---WUMH News and Information

●Start Planning Now for May Activities:

2009 Mental Health Month Toolkit Now Available! Mental Health America is pleased to provide affiliates with a comprehensive toolkit for **May is Mental Health Month** education efforts as we launch a new national campaign that shares the message that, while everyone experiences times of stress in their lives, there are effective, evidence-based tools that one can use to support optimal mental health. Download the affiliate toolkit: http://www.mentalhealthamerica.net/affiliates/resources/Live_Your_Life_Well.pdf. In this kit, you will find key messages, FAQs, brochure (on pages 7-14), fact sheets, radio Public Service Announcements (PSAs), localizable press release, media pitch letter, drop-in articles (short and long) and a sample mayoral proclamation. Be sure to visit our [online store](#) in March to purchase printed fact sheets, brochure and merchandise (fan, photo magnet, stress card, and post-it notes). If you have questions about Mental Health Month, please contact Arlene Remick, Senior Director, Public Education at (703) 797-1945 or aremick@mentalhealthamerica.net. The theme of the 2009 Mental Health Month observance, **Live Your Life Well,SM** marks the beginning of an exciting new focus in our public campaign.

●Eating Disorders is Focus of Bill of Rights

Please join us at the Capitol on **Tuesday, March 17th from 10:00am-12:00 noon** in the **North Hearing Room**. A panel of experts from the **eating disorders treatment and recovery community**, led by our legislative sponsors Senator Alberta Darling and State Assembly representative Sandy Pasch, will speak out about the **Bill of Rights for Eating Disorders**. Whether you can or cannot join us in person, please register on our website and let us know what you can do to help make this Bill of Rights a reality. Please contact Joan Riederer for more info: Riederer_j@sbcglobal.net .

The **National Eating Disorders Association and the Academy for Eating Disorders** have made it their mission to launch the Worldwide Charter For Action on Eating Disorders. This is a nationwide effort to convene all individuals affected by eating

disorders: legislators, medical and behavioral health professionals, patients, families, friends, and the education system to make a statement about eating disorders and advocate for the rights of people with eating disorders. We need you there at the Capitol to **show your support of this Bill and be part of this amazing nationwide effort.** Visit the Rogers Memorial Hospital website www.rogerseatingdisorders.org to learn more about the Bill and to register as a supporter of this Bill of Rights.

● Applications Due by March 18 for Consumer Champions

The Bureau of Prevention, Treatment and Recovery (BPTR) Consumer Affairs project is seeking to create a statewide pool of **consumer peer co-trainers** known as **“Person Centered Planning/Trauma Informed Care Champions”**. Person centered planning and trauma informed care principles are essential building blocks in creating an **environment that supports Recovery** for individuals. Up to 20 persons will be chosen through an application process. Expectations of the chosen partners will include:

- 15 hour “Train the Trainers” event on **April 22 and 23, 2009**, in Stevens Point, WI to learn how to present a one day training for consumers **“A Recovery Approach to Person Centered Planning”**
- 1 day national overview of person centered planning on **April 28th, 2009**, in Madison ,WI
- 2 day **“Creating Trauma Informed Systems of Care”** conference, **May 11 and 12th, 2009**, in WI Dells.
- Availability to co-present at a minimum of 2 regional trainings in 2009 (possibly extended through 2011).
- Participate with your regional team to be an ambassador for Recovery utilizing the principles of person centered planning and trauma informed care.
- Attend 1 day “Support” retreat to review progress of initiative in late summer 2009.

The project will support the attendance at these events with **payment for all expenses as well as a stipend for time**. A dedicated coordinator will be available to help with communication and details of ongoing events.

Application for Recovery and Trauma Informed Champions in a Person Centered Environment: Contact Wendy Warren at:

Wendy Warren, BPTR, PO Box 7851, 1 West Wilson, Rm. 437
Madison, WI 53707-7851 or By FAX – 608-267-9392
Email wendy.warren@dhs.wisconsin.gov

***Applications due back by March 18th, 2009**

**** Applicants will be informed of their acceptance by April 3rd, 2009**

●Wisconsin Budget Includes Funds for Mental Health Care for Female Prisoners

http://hosted.ap.org/dynamic/stories/W/WI_BUDGET_MENTAL_HEALTH_WIOL-?SITE=WIMAD&SECTION=HOME&TEMPLATE=DEFAULT

●4th Annual Wisconsin Adult Sibling Conference –April 23 in Appleton

Upcoming adult sibling **conference** through FVSSN-Fox Valley Sibling Support Network. This is an amazing conference **for adult siblings of those with special needs and/or illnesses (mental or physical)**. The hardest part about marketing events through FVSSN (Fox Valley Sibling Support Network) is that it's fairly easy to reach those with the disabilities or special needs but it's very **hard to find the siblings**. This is a unique, fun opportunity. There is a **Walk & Talk Resource Fair** during this conference. For more information, contact the Fox Valley Sibling Support Network at www.FVSSN.org or call 920-968-1742.

●Web Sites of Note:

- Disability Management Employer Coalition: www.dmec.org
- Disability accommodations: www.equipforequality.org
- Integrating healthcare services: www.depression-primarycare.org
- Mental health in the workplace: www.workplacementalhealth.org

●Workshop Ideas - Call for Presenters

Bureau of Prevention Treatment & Recovery **Annual Conference, October 27 & 28th, 2009**, Paper Valley Hotel in Appleton. **Theme: “Celebrating Success During Challenging Times.”** We are **seeking ideas and suggestions** for the full “integrated” conference and plan to have a track of workshops that appeal directly to consumers, and are presented or co- presented by consumers. **Please submit your ideas or a more detailed plan by March 30, 2009. Contact:** Wendy Warren, Consumer Relations Coordinator, 1 West Wilson PO Box 7851 Madison, WI 53707, 608-266-5427 wendy.warren@wisconsin.gov

●Employment and Disabilities

The US Bureau of Labor Statistics is now keeping data on the unemployment rate for people with disabilities. Be sure to check out the website:

<http://www.bls.gov/cps/cpsdisability.htm>

Mental Health America's Centennial Conference *Celebrating the Legacy, Forging the Future*

June 10-13, 2009

[Register today](#) for Mental Health America's Centennial Conference where you will gain insights from experts in policy, military mental health, advocacy, research and media that will increase your power to forge the future of mental health. Take advantage of [discounted Early Bird Registration rates](#) before April 1st!

Tipper Gore

Leading Mental Health Advocate, and Honorary Chair of Mental Health America's Centennial Celebration

Robert Boorstin

Director of Corporate and Policy Communications, Google; Former Presidential Speech Writer and experienced pollster

Chris Jennings

Former Senior Health Policy Advisor to President Bill Clinton and President, Jennings Policy Strategies, Inc

Joanne Silberner

Health Policy Correspondent, National Public Radio (NPR)

Ronald Kessler, Ph.D.

The World's Preeminent Mental Health Researcher and Professor, Health Care Policy Harvard Medical School, Dept. of Health Care Policy

Ross Szabo

Director of Youth Outreach, National Mental Health Awareness Campaign and author, *Behind Happy Faces; Taking Charge of Your Mental Health A Guide for Young Adults*

Brig. Gen. Loree Sutton, M.D.

Special Assistant to the ASD/Health Affairs Director, Defense Center of Excellence for Psychological Health and Traumatic Brain Injury

Matt Kuntz

Executive Director, NAMI Montana and honored guest on President Obama's "Whistle Stop Tour"

Read more about our speakers and sessions at www.mentalhealthamerica.net/go/conference

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

---Alcohol and Drug Problems in Late Life: March 26, 2009, in Madison

Contact: 800-442-4617 or register at 608-262-1397.

---**Dr. Robert Anda - the ACE Study:** relationship between emotional experiences of children and physical and mental health: **March 30th, 2009, Noon – 1PM**

University of Wisconsin's Health Science Learning Center, 750 Highland Avenue

Free and Open to the Public. For more information, contact: Elizabeth Hudson, LCSW, Trauma Services Coordinator, 608.266.2771, elizabeth.hudson@wisconsin.gov

---**Mental Illness and Asperger Syndrome in Children: April 6-7, 2009, to be held in Middleton, WI.**

Contact: Spectrum training Systems, Inc, 920-749-0332 or www.SpectrumTrainingSystemsInc.com

---**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.

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

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

● **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.

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 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. 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.*