

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



May 2009---WUMH News and Information

●May is Mental Health Awareness Month

Please send event announcements to our web site at www.wimentalhealth.org. Events help to raise awareness about mental illnesses and the experiences of people who have them—powerful ways to reduce stigma. May 16—NAMI Walks in Milwaukee. Contact www.namigrm.org.

●Mental Health America: We Want You to Live Your Life WellSM

These uncertain times are adding to already high levels of stress from work and family demands, causing more difficulties for Americans. During these difficult times, Mental Health America wants you to know that there are tools that can buffer the effects of stress and help you cope with the many challenges you face.

This May, in honor of Mental Health Month, we are launching Live Your Life WellSM, which features 10 specific tools grounded in decades of research that can build resilience, protect your health and improve well-being. You can access this valuable material by visiting www.LiveYourLifeWell.org.

●E-mail Service for Mental Health Professionals

Want to subscribe to a service that will send you a bimonthly listing of upcoming programs in the fields of mental health, substance abuse, social work, counseling and more? This University of Wisconsin Continuing Education Department will send you an email with courses of interest. To subscribe send a blank email to: join-social-worker@lists.wisc.edu.

●NAMI Wisconsin Names New Director

Lannia Syren has been chosen as the new Executive Director of NAMI Wisconsin, based in Madison. Lannia has a strong and varied background in non-profit and human service work. She has worked as a counselor, case coordinator and as the Executive Director of Big Brothers, Big Sisters of Northeastern Iowa. You can meet her at the annual NAMI conference May 29-30 (co-hosted by NAMI Dane County) to be held in Madison. For more information go to www.namiwisconsin.org.

●Champion in Women’s Health—Named by the Wisconsin Women’s Health Foundation When you see Luann, be sure to congratulate her!

Luann Simpson, MSW, CAPSW, Consumer Advocacy Team Program Coordinator, Racine. As Consumer Advocacy Team Program Coordinator, Luann Simpson, MSW, CAPSW, advocates on behalf of mental health consumers and their families on all levels of advocacy (legislative, systems, one-on-one) and promotes self-advocacy through education and empowerment. In addition, she's a positive role model for persons when they are in the inpatient unit of the hospital because she herself is a mental health consumer in recovery, living with Bipolar Disorder. Luann has worked in a variety of health care settings, including inpatient mental health and Hospice. Luann is a support group facilitator and peer educator for NAMI-Racine. Luann is an active member of the statewide Recovery Implementation Task Force, the Inpatient Recovery Task Force, the Racine County Human Development Committee, the WFHC All Saints Mental Health and Addiction Care Recovery Committee, the NAMI-Wisconsin Consumer Council. Luann graduated from the UW-Parkside, cum laude with a BS in Psychology and Sociology. Luann received a Master's Degree in Clinical Social Work from the UW-Milwaukee and is a Certified Advanced Practice Social Worker.

●**Beyond Parity: Primary Care Physicians' Perspectives On Access To Mental Health Care**

A study in Health Affairs report by Peter J. Cunningham: About two-thirds of primary care physicians (PCPs) reported in 2004–05 that they could not get outpatient mental health services for patients—a rate that was at least twice as high as that for other services. Shortages of mental health care providers, health plan barriers, and lack of coverage or inadequate coverage were all cited by PCPs as important barriers to mental health care access. The probability of having mental health access problems for patients varied by physician practice, health system, and policy factors. The results suggest that implementing mental health parity nationally will reduce some but not all of the barriers to mental health care. www.healthaffairs.org

●**Upcoming Conferences/Education:**

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

---Mental Health Summit: The Journey Continues: May 15, 2009, Eagle River, WI. For more information please contact: 715-369-6955 or email: famparts@newnorth.net. Register by May 1.

---NAMI Wisconsin Annual Conference—May 29-30, 2009, held in Madison, WI. “Mind, Body, Spirit—One Journey” Visit www.namiwisconsin.org for more information.

---Sex, Drugs and Rock n Roll: Addiction, Compulsion and Craving: June 1, 2009, Wausau; Dr. David Mays presents.

---Growing Up the Hard Way: Mental Illness and Children at Risk: June 2, 2009, Wausau; Dr. David Mays presents. For information on both of these, contact: UW-Extension, 800-725-9692 or www.dcs.wisc.edu/pda.

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

---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 or call 800-770-0588.

---NAMI 2009 Convention Conference information is available at: www.nami.org
"Creating a Healthy Future For Us All"
July 6-9, 2009 San Francisco, CA

---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.

●Save these Dates: 2009 WUMH Joint Advisory Board and Steering Committee Meetings: 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 and any other 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.*