

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



May is Mental Health Awareness Month!

● **May Activities Raise Awareness and Reduce Stigma**

May kickoff event featuring art is being held in La Crosse, Wisconsin:

This event, featuring the works of over thirty local artists, will take place **during the week of April 30 –May 6th, 2009** and will be the kick-off event in celebration of Mental Health Awareness Month.

Each of the featured artists is a person who is living with psychiatric disabilities; each uses art as a medium to maintain wellness in their journey of recovery. Independent Living Resources, Inc., invites you to participate in an **artist reception to be held on Friday, May 1st, 5pm—7pm at: The Pump House Regional Arts Center, 119 King Street, La Crosse.** Please **RSVP** your attendance to the event by calling **608-787-1111** or emailing advocacy@ilresources.org **By April 24, 2009**

● **What are you planning for next month?** We'd like to list your event on our web site. Please send event announcements to mduguid@wwhf.org and/or visit 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.**

● **Mental Health Teleconference**

Behavior Therapy for Anxiety: Introduction and Examples presented by: Hugh Johnston, M.D.

Thursday, April 30, 2009

11:00 a.m. – 12:00 p.m.

Mental Health Teleconference Procedures: *Register:* Each site has one participant register on line with Wisline at http://www.uwex.edu/ics/wlreg/wl_welcome.cfm for the teleconferences of your choice. Additional participants at the 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.htm

Contact: Kay Cram is available Tuesdays, Wednesdays, and Thursdays for questions, comments, or suggestions at: Kay.Cram@wisconsin.gov, (608)261-6743 voice, (608)266-1533 Fax, (608) 266-7376 TTY.

●NAMI Milwaukee's annual Walk

This popular event is taking place on May 16, 2009. If I can provide you or your staff with any additional information, please do not hesitate to contact me by calling 414-344-0447 or emailing peterh@namigrm.org. Thank you and we hope we can count on your support. Peter Hoeffel, Executive Director. www.namigrm.org
NAMI Milwaukee • 3732 W. Wisconsin Avenue s Milwaukee, WI 53208 s 414-344-0447 s FAX 414-344-0450

●Grassroots Empowerment Project Inc: Positions Available

GEP is excited to be seeking 3 new part time, limited term employees to work as part of a team in preparing and teaching the **National Association of Peer Specialists** training curriculum. And GEP is also looking for a **Peer Specialist Association Coordinator**. Letter and resume are **due by May 1** to: Gregory Smith, Grassroots Empowerment Project, PO Box 8683, Madison WI 53708. For info contact GEP at 800-770-0588.

●Postpartum Depression Act : *Please help out! They want to get a large list of supporters by Mother's Day.*

Melanie Blocker Stokes Mom's Opportunity to Access Health, Education, Research, and Support for **Postpartum Depression Act** or the Melanie Blocker Stokes MOTHERS Act (S. 324) would **establish a grant program to promote delivery of essential services to women** with Postpartum Depression (PPD) and their families, including home-based treatment, case management, and support services as well as encouraging National Institutes on Health to continue research on PPD to develop improved screening techniques and treatments and encouraging HHS to increase public education efforts regarding PPD screening and treatment.

The bill has passed the House of Representatives but needs support to pass in the U.S. Senate. Wisconsin is not well represented on the list of supporters yet.....**We can do better!** You can sign on by going to: <http://www.perinatalpro.com/ppdlegislation/listingofsupporters.html>

●Deadline for Mental Health Consumer Nominations is Fast Approaching

Don't forget to join with the Substance Abuse and Mental Health Services Administration (SAMHSA) to **recognize mental health consumers who give a voice to people with mental health problems**. The Voice Awards honor consumer leaders who inspire us with their contributions toward promoting the social inclusion and recovery of people with mental health problems. 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, there is still time to nominate them for a 2009 Consumer Leadership Voice Award. Nominations are open to anyone, are free, and there is no limit to the number an individual can submit. **Mental health consumer nominations are due by May 15, 2009.**

The Voice Awards will be presented at a gala ceremony in Los Angeles on October 14, 2009. Please visit the Voice Awards Web site at www.voiceawards.samhsa.gov for updates on this exciting event. The Voice Awards are **part of the Campaign for Mental Health Recovery**, a multi-year public service advertising program of SAMHSA and the Ad Council to promote

understanding and support for young adults and others with mental illnesses. Visit www.whatadifference.org to learn more.

●Information About Older Adult Consumers

Here is the link to the newsletters of the **Older Adult Mental Health Consumer Alliance**, a national organization, describing the issues of older adults with mental illnesses.

<http://www.oacmha.com/Articles.htm>

●Upcoming Conferences/Education:

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

---Creating a Trauma-Informed Care Champion Team Kalahari, Wisconsin Dells – May 11th and 12th, 2009

The Division of Mental Health and Substance Abuse Services within the Wisconsin Department of Health Services (DHS) is pleased to announce a 1½ day **conference for teams committed to trauma-informed care service transformation**. In 2007 a multidisciplinary group came together to outline possibilities for creating a more trauma sensitive human service system (please Google 'Trauma Summit 2007' for access to summary report). May's conference will be Wisconsin's next major step in bringing trauma-informed care to Wisconsin's communities. Please contact DD Network registrations@ddnetworkinc.org with any questions about conference registration. **Check DD Networks Website: www.DDNetworking.org for conference updates.**

---**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

---**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. Contact: mollycisco@msn.com

---**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

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!

Marilyn Duguid

Project Coordinator, WUMH

c/o Wisconsin Women's Health Foundation

2503 Todd Dr.

Madison, WI 53713

mduguid@wwhf.org

P 608-251-1675

F 608-251-4136

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.*