RESOURCES, GLOSSARY & REFERENCES

In this section:

- Current Wisconsin Campaigns
- Current National Campaigns
- Resources & Services for Mental Health
- Glossary of Terms
- References

APPENDIX:

Current Wisconsin Campaigns

- **Open Minds Open Doors:** Open Minds Open Doors started in Pennsylvania and was designed as a citizen call-to-action campaign. It sends the important message that people with mental illness have the same needs as everyone else, and discrimination associated with mental illnesses can stop people from living full and happy lives. Wisconsin has adopted the campaign with the launch of radio spots urging people to join the fight against stigma. Go to the Wisconsin United for Mental Health Web site, enter your name, and you can help rally support for those living with mental illness.

  Web site: http://www.openmindsopendoors.com/

  Sign Up: http://www.wimentalhealth.org/combatingstigma/stigma_awareness.php

Current National Campaigns

- **NAMI StigmaBusters:** The National Alliance on Mental Illness (NAMI) fights the stigma and discrimination associated with mental illnesses through the StigmaBusters campaign. This network strives to identify and stop the use of stigmatizing language and actions in the media through e-mail alerts and letter campaigns. In Wisconsin, NAMI StigmaBusters was instrumental in eliminating several advertisements from circulating that were offensive and perpetuated negative stigma about mental illness.

  Web site: http://www.nami.org/Template.cfm?Section=Fight_Stigma

- **ADS Center:** The Resource Center to Address Discrimination and Stigma (ADS Center) is a SAMHSA/CMHS project seeking to help people design and implement programs that will help reduce stigma and discrimination often associated with mental illnesses. The ADS Center helps individuals, organizations and governments address stigma and discrimination in all spheres of life, providing the most up-to-date information to members of the community, workplace and media.

  Web site: http://www.stopstigma.samhsa.gov/

This address also brings you to the National Anti-Stigma Campaign (NASC) Web site and the Elimination of Barriers Initiative Web site.

- **Depression is Real:** Coalition of multiple groups who have joined forces to educate the public about depression.

  Web site: http://www.depressionisreal.org

STORY IDEA

FACT: A 2006 study funded by the National Institutes of Health (NIH) and National Institute of Mental Health (NIMH) found bipolar disorder costs twice as much in productivity as major depressive disorder– approximately $14.1 billion annually.

STORY: Highlighting the economic cost of mental illness could help make people more aware of the need for adequate mental health services on a larger scale and the cost of mental health treatment for the average taxpayer.

- **What a Difference a Friend Makes**
  This initiative seeks to encourage, educate, and inspire people between ages 18 and 25 to support their friends who are experiencing mental health problems. The national prevalence of serious mental health conditions in this age group is almost double that of the general population, yet young people have the lowest rate of help-seeking behaviors. Through education and awareness programs, this campaign harnesses young people's potential to change negative attitudes toward mental illness.

  Web site: http://www.whatadifference.samhsa.gov/

- **Real Men, Real Depression Campaign**
  The Real Men, Real Depression campaign provides outreach and education for men with depression. Men experience and cope with depression much differently than women. The campaign adjusts its messages to its target audience.

  Web site: http://menanddepression.nimh.nih.gov/infopagedfb4.html?ID=1

STORY IDEA

FACT: Suicide is the second leading cause of death for people ages 15 to 34 in Wisconsin. First is car accidents.

STORY: These numbers are truly alarming and show a need for investigative reporting on why these trends exist and what the state is doing to help. What measures are taken by schools to provide counseling for mental health issues? How effective are they? Of particular interest is the prevalence of suicide attempts among American Indian youth–the highest in the state as of 2005 (Eisenberg).

MORE INFORMATION

You can find more information on current Wisconsin campaigns on the Wisconsin United for Mental Health's Web site at **www.wimentalhealth.org**

APPENDIX:

Resources and Services for Mental Health

A comprehensive list of mental health resources throughout Wisconsin and nationwide is provided.

For general information, please contact:

Wisconsin United for Mental Health (WUMH)
WUMH c/o Wisconsin Women's Health Foundation
2503 Todd Drive
Madison, WI 53713
P: 800-448-5148
http://www.wimentalhealth.org

For mental health concerns, please contact:

Mental Health America of Wisconsin
734 N. 4th Street, Suite 200
Milwaukee, WI 53203-2102
P: 877-642-4630 (Toll-free)
http://www.mhawisconsin.org

Wisconsin United for Mental Health holds that all resources in this section are current and correct up to the date of publication September 2007. If you have a question about a resource, you can contact Wisconsin United for Mental Health at 800-448-5148 or visit www.wimentalhealth.org

Local

Community Corner (Drop-In Center- Wausau)
Clubhouse program: consumer-driven service providing peer support, social interaction, vocational, recreational and re-integration services.
P: 715-845-9506

Cornucopia (Madison)
Consumer-run services
Karen Hero
P: 608-257-7489
Email: copia@sbcglobal.net

Family Resource Connection (Rhinelander)
http://www.familyresourceconnection.org

Fond du Lac Area Information & Referral
http://www.fdlfair.org/

Gathering Place (Green Bay)
Recovery center
Virginia Bryan
P: 920-430-9187
P: 920-497-9612
Email: Gather100@sbcglobal.net

Genesis 1990 (Ashland)
Recovery center
Brad Culligan or Barbara Storm
P: 715-685-0232
Email: genesisrecovery@charterinternet.com

Get-2-Gether (Rhinelander)
Consumer-run services
Kathy Meyer
P: 715-369-3871
Email: Get2gether@newnorth.net

Grand Avenue Club (Milwaukee)
Clubhouse program: consumer-driven service providing peer support, social interaction, vocational, recreational and re-integration services.
P: 414-276-6474

Harbor House (Racine)
Clubhouse program: consumer-driven service providing peer support, social interaction, vocational, recreational and re-integration services.
P: 262-636-9393

Independent Living Resources (LaCrosse)
Recovery center located in western Wisconsin; services extend to all areas of Wisconsin.
P: 888-474-5745 (Voice)
TTY: 888-378-2198
Email: advocacy@ilresources.org
www.ilresources.org

***Milwaukee County Department on Aging**
ElderLink: 414-289-6874
TTY: 414-289-8591
http://www.milwaukeecounty.org

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***Mental Health Center of Dane County, Inc.**
Nancy Pierce
P: 608-280-2700 (Voice)
TDY/TDD: 608- 280-2589
http://www.mhcdc.org

***Mental Health Coalition of the Greater La Crosse Area**
Margaret Larson, Coordinator
P: 608-782-7745
Email: Margaret.larson@mentalhealthlacrosse.org
www.mentalhealthlacrosse.org

***Milwaukee County Behavioral Health Division**
Refer to the Mental Health Association of Wisconsin Web site for the Mental Health and Wellness Resource Guide for Milwaukee County
Lynn Gram, Operations Director
P: 414-257-7490
http://www.county.milwaukee.gov/BehavioralHealthDivi7762.htm

NAMI (Washington County)
Positive Image Center
Recovery center
Mark Ritter
P: 262-306-7541
Email: namiwashington@nconnect.net
Email: positiveimage@nconnect.net

New Directions (Rice Lake)
Consumer-run services
Deb Magnuson
P: 715-234-3637
Email: hope4u@chibardun.net

Rosebud and Friends (Chippewa Falls)
Consumer-run services
Mary Borofka
P: 715-738-9910
Email: rosebudandfriends@netzero.net

Spring City Corner Clubhouse (Waukesha)
Clubhouse program: consumer-driven service providing peer support, social interaction, vocational, recreational and re-integration services.
P: 262-549-6460

Warmline (Milwaukee)
Consumer-run services
Lyn Malofsky or Becca Sniderman
P: 414-257-5775
Email: oneen@aol.com
Email: beccabecca66@hotmail.com

Wellness Shack (Eau Claire)
Recovery center
Bob Afdahl
P: 715-855-7705
Email: wellnessshack@yahoo.com
Email: boba@thewellnessshack.org

Yahara House (Madison)
Clubhouse program: consumer-driven service providing peer support, social interaction, vocational, recreational and re-integration services
P: 608-280-4700
www.mhcdc.org

Wisconsin

***Grassroots Empowerment Project**
Ten sites funded
Molly Cisco, Executive Director
P: 800-770-0588
P: 608-206-5094 (cell)
Email: mollycisco@msn.com
http://www.grassrootspower.org

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APPENDIX:

***Helping Others Prevent and Educate about Suicide (HOPES)**
Susan Conlin Opheim, President
P: 608-274-9686
http://www.hopes-wi.org

Maternal and Child Health Hotlines and Information Referral
P: 800-722-2295
Email: WisPubHealth@mch-hotlines.org
www.mch-hotlines.org

***Mental Health America of Wisconsin**
Contains Mental Health and Wellness Resource Guide for Milwaukee County
Milwaukee Office:
P: 414-276-3122
P: 877-642-4630 (Toll-free)
Madison Office:
P: 608-250-4368
http://www.mhawisconsin.org

***Disability Rights Wisconsin**
Milwaukee Office:
P: 414 773-4646 (Voice)
P: 800 708-3034 (Toll-free)
TTY: 888 758-6049
Madison Office:
P: 608-267-0214
P: 800-928-8778 (Toll-free)
TTY: 888-758-6049
Rice Lake Office:
P: 715-736-1232
P: 877-338-3724 (Toll-free)
TTY: 888-758-6049
http://www.disabilityrightswi.org/

***Wisconsin Council on Mental Health**
P: 608-267-7792
TTY: 608-266-6819
http://www.mhc.state.wi.us

***Wisconsin Family Ties**
P: 608-267-6888
P: 800-422-7145
http://www.wifamilyties.org

***Wisconsin Department of Health and Family Services**
P: 608-266-1865
TTY: 608-267-7371
Directory of Services:
http://www.dhfs.state.wi.us/data/servicesearch.asp
http://www.dhfs.state.wi.us

- **Aging and Disability Resource Centers**
http://dhfs.wisconsin.gov/LTcare/Generalinfo/RCs.htm

- **Client Rights**
http://dhfs.wisconsin.gov/clientrights/index.htm

- **Community Mental Health Program Directory**
http://www.dhfs.wisconsin.gov/bqaconsumer/aoda_MH/aodamhFacility.pdf

- **Division of Children and Family**
http://dhfs.wisconsin.gov/aboutDHFS/DCFS/dcfs.htm

- **Division of Health Care Financing**
http://dhfs.wisconsin.gov/aboutDHFS/DHCF/dhcf.htm

- **Division of Mental Health and Substance Abuse Services, Bureau of Mental Health and Substance Abuse**
P: 608-267-7792
TTY: 608-266-6819
http://www.dhfs.state.wi.us/substabuse/INDEX.HTM

- **Division of Public Health**
http://dhfs.wisconsin.gov/aboutDHFS/dp

- **Pathways to Independence**
http://dhfs.wisconsin.gov/WIpathways

***Wisconsin Department of Workforce Development (see page 36 for info on migrant, refugee and labor services)**
P: 608-266-3131
http://www.dwd.state.wi.us/

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***Wisconsin Medical Society**
P: 866- 442-3800 (Toll-free)
http://www.wisconsinmedicalsociety.org/

211/First Call for Help
211 is available in over 15 counties across Wisconsin. Check the Web site below for updates
http://www.wisconsinairs.org/211/index.html

Cope Resources
Hotline: 262-377-COPE (2673)
Teen/Home-Alone Line: 262-377-7786
Senior Support Line: 262-377-7786
http://www.coperesources.net/

Family Resource Centers
http://wctf.state.wi.us/home/FRC.htm

***NAMI (National Alliance on Mental Illness), Wisconsin**
NAMI has over 30 affiliates across Wisconsin. Check the Web site below for updates.
P: 608-268-6000
P: 800-236-2988 (Toll-free)
Email: http://www.namiwisconsin.org/
http://www.namiwisconsin.org/

NAMI Consumer Council (also on page 34)
P: 608-268-6000
Email: info@recoverywisconsin.com
www.recoverywisconsin.com

Wisconsin Independent Living Centers
Holly Laux O'Higgins, Inquiries
Email: lauxhm@dhfs.state.wi.us
http://www.dhfs.state.wi.us/disabilities/Physical/ILCs.htm

Wisconsin State Resources
Provides a list of disability-specific state and national resources
http://www.nichcy.org/stateshe/wi.htm

National Resources

American Foundation for Suicide Prevention
120 Wall St., 22nd Floor
New York, NY 10005
P: 888-333-AFSP (Toll-free)
P: 212-363-3500
Email: inquiry@afsp.org
www.afsp.org

American Psychiatric Association
1000 Wilson Blvd., Suite 1825
Arlington, VA 22209
P: 703-907-7300
Email: apa@pysch.org
www.psych.org

American Psychological Association
750 First St., NE
Washington, DC 20002
P: 800-374-2721
P: 202-336-5500
TDD/TTY: 202-336-6123
After-hours on-deadline calls only:
Rhea Farberman: 410-721-8637
Pamela Willenz: 703-524-1572
Email: public.affairs@apa.org
www.apa.org

Anxiety Disorders Association of America
8730 Georgia Ave., Suite 600
Silver Spring, MD 20910
P: 240-485-1001
Media Inquiries:
Francine Greenberg
P: 240-485-1016
www.adaa.org

Bazelon Center for Mental Health Law
1101 15th St., NW, Suite 1212
Washington, DC 20005
P: 202-467-5730
Email: webmaster@bazelon.org
www.bazelon.org/

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APPENDIX:

Depression and Bipolar Support Alliance (DBSA)
730 N. Franklin St., Suite 501
Chicago, Illinois 60610-7224 USA
P: 800- 826 -3632 (Toll-free)
www.dbsalliance.org
See also **National Depressive and Manic-Depressive Association (NDMDA)**
www.ndmda.org

Mental Health America
2000 North Beauregard St., 6th Floor
Alexandria, VA 22311
Crisis Line: 800-273- TALK (8255)
P: 800-969-6642
TTY: 800-433-5959
http://www.mentalhealthamerica.net

Mental Health Works
180 Dundas St. West, Suite 2301
Toronto, ON M5G 1Z8
P: 416-977-5580 ext. 4120
P: 800-875-6213 ext. 4120 (Toll-free)
Email: info@mentalhealthworks.ca
http://www.mentalhealthworks.ca/

NAMI (National Alliance on Mental Illness)
Includes StigmaBusters program
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201-3042
P: 703-524-7600
TDD: 703-516-7227
Member Services: (888) 999-NAMI (6264)
Hotline: 800-950- NAMI (6264)
http://www.nami.org/
StigmaBusters:
http://www.nami.org/template.cfm?section=about_stigmabusters

NARSAD: The Mental Health Research Association
60 Cutter Mill Rd., Suite 404
Great Neck, NY 11021
P: 800-829-8289
Email: info@narsad.org
www.narsad.org

National Coalition of Mental Health Consumer/Survivor Organizations
1300 L St. NW, Suite 1000
Washington, DC 20005
P: 978-590-2014
Email: info@ncmhcso.org
www.ncmhcso.org

National Empowerment Center
599 Canal St.
Lawrence, MA 01840
P: 978-685-1494 (local)
P: 800-POWER2U (769-3728) (Toll-free)
Email: info4@power2u.org
www.power2u.org

National Institute of Mental Health
Public Information and Communications Branch
6001 Executive Blvd., Room 8184, MSC
Bethesda, MD 20892-9663
P: 301-443-4513 (local)
P: 1-866-615-6464 (toll-free)
TTY: 301-443-8431
TTY: 1-866-415-8051 (toll-free)
Email: nimhinfo@nih.gov
http://www.nimh.nih.gov/

National Mental Health Consumer Self-Help Clearinghouse
1211 Chestnut St., Suite 1207
Philadelphia, PA 19107
P: 800-553-4539
P: 215-751-1810
Email: info@mhselfhelp.org
http://www.mhselfhelp.org/

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National Resource & Training Center on Homelessness & Mental Illness
P: 617-467- 6014
Email: nrtc@samhsa.hhs.gov
www.nrchmi.samhsa.gov

National Stigma Clearinghouse
245 Eighth Ave. #213
New York, NY 10011
P: 212-255-4411
Email: stigmanet@webtv.net
http://community-2.webtv.net/stigmanet/STIGMAHOMEPAGE

United States Department of Veterans AffairsNational Center for Posttraumatic Stress Disorder
Executive Division
VA Medical Center (116D)
215 North Main St.
White River Junction, VT 05009
Public Affairs Officer: Peggy Willoughby
P: 802-296-5132 ext. 5547
Email: Margaret.Willoughby@va.gov
http://www.ncptsd.va.gov/ncmain/index.jsp

SAMHSA Center for Substance Abuse Prevention (CSAP)
Acting Director: Dennis O. Romero, M.A.
P: 240-276-2420
http://prevention.samhsa.gov/

SAMHSA Center for Substance Abuse Treatment (CSAT)
CSAT staff: 240-276-2750
SAMHSA Media Relations: 240-276-2130
http://www.csat.samhsa.gov/media.aspx

SAMHSA Resource Center to Address Discrimination and Stigma (ADS Center)
This Web site connects to other national anti-stigma campaign information
11420 Rockville Pike
Rockville, MD 20852
P: 800- 540-0320
Email: www.stopstigma@samhsa.hhs.gov
www.stopstigma.samhsa.gov

Sowing Seeds of Hope- Agriwellness, INC.
1210 7th St., Suite C
Harlan, IA 51537
P: 712-235-6100
www.agriwelness.org

Suicide Prevention Resource Center (SPRC)
55 Chapel St.
Newton, MA 02458
National Suicide Prevention Hotline: 800- 273-TALK (8255)
P: 800-438-7772
P: 877-GET- SPRC
Email: info@sprc.org
www.sprc.org

University of Illinois- Chicago National Research & Training Center on Psychiatric Disability (NRTC)
Recognized stigma center
Center for Mental Health Services Research & Policy
1601 W. Taylor St.
Chicago, IL 60612
www.cmhsrp.uic.edu

World Federation for Mental Health Secretariat:
6564 Loisdale Ct.
Suite 301
Springfield, VA 22150-1812
P: 703-313-8680
Email: info@wfmh.com

International

The International Foundation for Research and Education on Depression (iFred)
2017-D Renard Ct.
Annapolis, MD 21401 USA
P: 410-268-0044
Email: info@ifred.org
www.ifred.org

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World Psychiatric Association (WPA) Secretariat:
Psychiatric hospital
2, ch. du Petit-Bel-Air
1225 Chêne-Bourg - Switzerland
Tel.:+41 22 305 57 30
E-mail: wpasecretariat@wpanet.org
http://www.wpanet.org/home.html

Recovery

Procovery with the Health Action Network
Procovery is a shift in focus toward life and health instead of illness as a path to healing built upon hope from The Power of Procovery in Healing Mental Illness: Just Start Anywhere
by Kathleen Crowley
www.procovery.com

NAMI-Wisconsin Consumer Council (also on pg 31)
Refer to NAMI-Wisconsin for contact information
http://www.namiwisconsin.org/consumer_council.cfm

Recovery Circles
www.recoverycircles.org

Recovery Circles Foundation, INC.
http://www.rcirclesfoundation.org/

SAMHSA/CMHS Web Page for Consumers/Survivors
http://mentalhealth.samhsa.gov/consumersurvivor/recovery.asp

Specific Areas

ALCOHOL AND OTHER DRUG ABUSE (AODA) RESOURCES

Prairieland Addiction Technology Transfer Center (PATTC)
Anee Helene Skinstad, Ph.D., Project Director
1207 Westlawn S
Iowa City, IA 52242
P: 319-335-5368
Email: prairielands@uiowa.edu
http://www.public-health.uiowa.edu/PATTC/

Wisconsin Association on Alcohol and Other Drug Abuse, Inc. (WAAODA)
6601 Grand Teton Plaza, Suite A
Madison, WI 53719
P: 608-829-1032
P: 800-787-9979 (Toll-free)
Email: waaoda@tds.net
http://www.waaoda.org

INFANTS, CHILDREN & FAMILIES

Wisconsin Alliance for Infant Mental Health
P: (608) 442-8036
Therese Ahlers, Director
Email: Therese.Ahlers@cssw.org
www.wiimh.org

Wisconsin Children's Trust Fund
The Children's Trust Fund's focuses on family and community empowerment against child abuse and neglect.
P: 866-640-3936 (Toll-free)
http://wctf.state.wi.us/home/Default.htm

Wisconsin Family Assistance Center for Education, Training and Support (FACETS)
P: 414-374-4645
P: 877-374-4677
http://www.wifacets.org/

Wisconsin Council on Children and Families
P: 608-284-0580

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Email: bzuccarello@wccf.org (general inquiries)
http://www.wccf.org/

WOMEN

***Wisconsin Women's Health Foundation**
P: 608-251-1675
P: 800-448-5148
www.wwhf.org

****Lieutenant Governor Barbara Lawton**
Lieutenant Governor's Taskforce on Women and Depression in Wisconsin Report, May 2006
http://www.womenstudies.wisc.edu/WSRC/FINAL%20REPORT.pdf

MEN

Real Men, Real Depression
NIMH Press Office: 301-443-4536
Email: nimhpress@mail.nih.gov
http://menanddepression.nimh.nih.gov

SENIORS

National Older Women's League (OWL)
P: 703-812-7990 ext.21
P: 703-812-0687
Email: owlinfo@owl-national.org
http://www.owl-national.org/index.htm

SAMHSA Older Americans Substance Abuse and Mental Health Technical Assistance Center
P: 888-281-8010
Email: OlderAmericansTAC@westat.com

AFRICAN AMERICAN

African American Family Services
P: 612-871-7878
http://www.aafs.net

Association of Black Psychologists
P: 202-722-0808
http://www.abpsi.org

National Association of Black Social Workers
P: 202-589-1850
http://ssw.unc.edu/professional/NABSW.html

Virginia Commonwealth University Institute for African American Mental Health Training and Research
P: 804-828-8069
http://www.has.vcu.edu/psy/iam/

LATINOS/HISPANIC AMERICANS

National Alliance for Hispanic Health
formerly COSSMHO
P: 202-387-5000
http://www.hispanichealth.org

National Latino Behavioral Health Association
Headquarters
PO Box 387
506 Welch St., Unit B
Berthoud, CO 80513
P: 970-532-7210
http://www.nlbha.org/Default.asp

UMOS
Corporate Headquarters
2701 S. Chase Ave.
Milwaukee, WI 53207
P: 414- 389-6000
P: 800-279-8667 (Toll-free)
http://www.umos.org/default.aspx

ASIAN AMERICANS/PACIFIC ISLANDERS

Asian American Psychological Association
P: 602-230-4257
http://www.aapaonline.org

National Asian American Pacific Islander Mental Health Association
P: 303-298-7910
http://www.naapimha.org

Hmong Health
Managed by the Northern Wisconsin Area Health

**Wisconsin United for Mental Health Steering Committee Members*
***Wisconsin United for Mental Health Honorary Chair*

Education Center and the Wausau Area Hmong Mutual Association (WAHMA)
P: 715-842-8390
http://www.hmonghealth.org

WI Department of Workforce Development, Migrant, Refugee and Labor Services
Mai Zong Vue
P: 608-267-7838
E-mail: maizong.vue@dwd.state.wi.us

TRAUMA

SAMHSA's Co-occurring Center for Excellence- Trauma Resources
http://www.coce.samhsa.gov/links/Trauma.aspx

SAMHSA's National Center for Trauma-Informed Care
P: 301-634-1785
Email: NCTIC@abtassoc.com

United States Department of Health and Human Services, Mental Health and Traumatic Events
http://www.hhs.gov/mentalhealth/

DOMESTIC VIOLENCE

The National Domestic Violence Hotline:
1-800-799-SAFE (7233)

National Coalition Against Domestic Violence (NCADV)
P: 303-839-1852
TTY: 303-839-1681
Email: mainoffice@ncadv.org
www.ncadv.org

Wisconsin Coalition Against Domestic Violence
P: 608-255-0539
Email: wcadv@wcadv.org
www.wcadv.org

RURAL HEALTH

Wisconsin Office of Rural Health
P: 608- 261-1883
P: 800- 385-0005 (Toll free)
http://www.worh.org/index.asp

National Rural Health Association (NRHA)
Administrative Office: 816-756-3140
Governmental Affairs: 703-519-7910
http://www.nrharural.org/

MENTAL HEALTH TERMS AND MEDICATIONS

American Psychological Association, Online Glossary
http://www.psychologymatters.org/glossary.html#o

SAMHSA's National Mental Health Resource Center
Mental Health Dictionary
http://mentalhealth.samhsa.gov/resources/dictionary.aspx

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APPENDIX:

Glossary of Terms

antipsychotic medication (conventional) Available in the 1950s, conventional antipsychotic medications have proven effective in treating positive symptoms of schizophrenia such as hallucinations and delusions (National Institute of Mental Health).

antipsychotic medications (atypical) Introduced in the 1990s, atypical antipsychotics alleviate the positive symptoms of schizophrenia (National Institute of Mental Health).

anxiety disorders Mental disorders marked by physiological arousal, feelings of tension, and intense apprehension without apparent reason (American Psychological Association).

bipolar disorder A mood disorder characterized by alternating periods of depression and mania. A person with bipolar disorder experiences alternating feelings of depression and feelings of intense energy or mania. Symptoms of the depressive stage include loss of interest in once enjoyed activities, changes in sleeping patterns, weight or appetite and fatigue or loss of energy. Symptoms of the manic stage include extreme happiness, rapid and often uncontrollable ideas, and poor judgment like extreme spending (American Psychological Association).

***chronic mental illness** Wisconsin statutes define chronic mental illness as, "a mental illness which is severe in degree and persistent in duration, which causes a substantially diminished level of functioning in the primary aspects of daily living and an inability to cope with the ordinary demands of life, which may lead to an inability to maintain stable adjustment and independent functioning without long-term treatment and support which may be of lifelong duration" (Carabell).

**This definition does not include conditions from aging, alcohol or substance dependence or diagnosis of mental retardation.*

discrimination "A behavioral response based on prejudice that can result in harm" (Corrigan, Markowitz, Watson, Rowan, & Kubiak 13- 164).

dopamine One of the neurotransmitter substances involved in central nervous system functioning, that also functions as a hormone. Its three main pathways within the brain are strongly implicated in experiences of pleasure or reward and also response to salient stimuli in general (Colman 224).

epinephrine/ adrenaline A neurotransmitter associated with psychological reactions typical of fear, anxiety and stress. Release causes increase in blood pressure, accelerated heart rate, deepened respiration, sweating, dilation of the pupils, release of sugar from stores in the liver, diversion of blood from the intestines to skeletal muscles, and closure of the sphincter of the bladder leading to retention of urine (Colman 15).

external or social or public stigma A mark of shame or discredit, "resulting from a naïve public endorsing the stereotypes of mental illness" (Corrigan and Kleinlein 12), this stigma is characterized by perceptions, attitudes and stereotypes held about people who have mental illness. Usually rooted in fear and misunderstanding, these beliefs can lead to avoidance, prejudice and discrimination.

implicit bias Bias that is unintentional or less strategic, often lying outside conscious control and awareness, and therefore more likely to predict discriminatory behaviors. Implicit bias sometimes co-exists with an egalitarian self-concept and a desire to be respectful and "politically correct" (Teachman, Wilson, & Komarovskaya 78).

integrated treatment for co-occurring substance abuse A treatment program that uniquely combines facets of treatment for mental illness and substance abuse (National Institute of Mental Health).

internal or self-stigma An internal process whereby people with mental illness apply stigma to themselves (Corrigan & Kleinlein 12). This results in shame, embarrassment and isolation.

major depressive disorder (MDD) A mood disorder characterized by intense feelings of depression over an extended time, without the manic high phase of bipolar disorder. Major depressive disorder involves feelings of irritability and sadness, as well as feelings of guilt, hopelessness and fatigue that could lead to thoughts of suicide and death (American Psychological Association).

mania/ manic episode A component of bipolar disorder characterized by periods of extreme elation, unbounded euphoria without sufficient reason, and grandiose thoughts or feelings about personal abilities (American Psychological Association).

mental disorder Health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning (American Psychiatric Association).

mental health State of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity (US Surgeon General).

mental illness Term that refers collectively to all diagnosable mental disorders (US Surgeon General).

mental health problems Signs and symptoms of insufficient intensity or duration to meet criteria for any mental disorder (US Surgeon General).

obsessive compulsive disorder (OCD) A mental disorder characterized by obsessions—recurrent thoughts, images, or impulses that recur or persist despite efforts to suppress them—and compulsions—repetitive, purposeful acts performed according to certain rules or in a ritualized manner (American Psychological Association).

panic disorder An anxiety disorder in which individuals experience unexpected, severe panic attacks that begin with a feeling of intense apprehension, fear, or terror (American Psychological Association).

phobia A persistent and irrational fear of a specific object, activity, or situation that is excessive and unreasonable, given the reality of the threat (American Psychological Association).

post-traumatic stress disorder An anxiety disorder characterized by the persistent re-experience of traumatic events through distressing recollections, dreams, hallucinations, or dissociative flashbacks; develops in response to rapes, life-threatening events, severe injuries, and natural disasters (American Psychological Association).

prejudice Endorsement of negative stereotypes (Corrigan, Markowitz, Watson, Rowan, & Kubiak, 2003, pp. 13- 164).

public stigma See external stigma

psychotherapy Any of a group of therapies, used to treat psychological disorders, that focus on changing faulty behaviors, thoughts, perceptions, and emotions that may be associated with specific disorders (American Psychological Association)

psychosocial treatment Treatment option for those with mental health disorders emphasizing a positive consumer- therapist relationship. The consumer learns skills to communicate effectively, maintain self-care and their relationships with others, and improve functioning in their daily lives. Consumers who receive psychosocial therapy are known to adhere more strictly to their medication schedule (National Institute of Mental Health).

recovery Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential (Substance Abuse and Mental Health Services Administration).

rehabilitation Program option designed to help consumers interact more effectively in their communities and daily lives (National Institute of Mental Health).

schizoaffective disorder Schizoaffective disorder is one of the more common, chronic, and disabling mental illnesses, characterized by a combination of symptoms of schizophrenia and an affective (mood) disorder. To diagnose schizoaffective disorder, a person needs to have primary symptoms of schizophrenia such as delusions, hallucinations, disorganized speech, or disorganized behavior along with a period of time when he or she also has symptoms of major depression or a manic episode. See definitions for major depressive disorder and manic episode for more information on these symptoms (National Alliance on Mental Illness).

schizophrenia/ schizophrenic disorder Chronic, severe mental disorder with symptoms broken down into three categories: positive, disorganized and negative symptoms. Positive symptoms refer to mental experiences "added to" a person when they are ill, including hallucinations and delusions. Disorganized symptoms include: confused thinking and speech, behaviors that do not make sense, altered senses to everyday sights, sounds and language, and misunderstanding feelings such as joy or anger. Negative symptoms refer to attributes that are "taken away" from the person by illness, including: emotional flatness, lack of expression, and an inability to start and follow through with daily activities (National Alliance on Mental Illness).

serious mental illness (SMI) a mental illness that is severe in degree and persistent in duration, that causes a substantially diminished level of functioning in the primary aspects of daily living and an inability to cope with the ordinary demands of life that may lead to an inability to maintain stable adjustment and independent functioning without long-term treatment and support and may be of lifelong duration. (Substance Abuse and Mental Health Services Administration)

serious emotional disturbance (SED) applies to persons from birth to age 18 who currently or at any time during the past year have had a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet diagnostic criteria and that resulted in functional impairment which substantially interferes with or limits the child's role or functioning in family, school, or community activities. (Substance Abuse and Mental Health Services Administration)

serotonin One of the major neurotransmitter substances in the central nervous system, involved in arousal, attention, NREM sleep and above all, mood. Depression and suicide are often associated with low levels of serotonin (Colman 689).

Don't see a definition you need? Please refer to SAMHSA's National Mental Health Resource Center

APPENDIX:

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