

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



WUMH News and Information ☐ November 16, 2008

WUMH December 14: Joint Advisory Board and Steering Committee Meeting

****New Time: 9:00am to 11:00 am****

Special Presentation on Mental Health in the Workplace. Watch for further details.

Minutes from the October Steering Committee Meeting are attached with this email.

Congratulations to Grassroots Empowerment Project!!

“The SAMHSA Resource Center to Address Discrimination and Stigma Associated with Mental Illness- **National Anti-Stigma Campaign** is pleased to inform you that you have been selected as a recipient of a state implementation grant. We congratulate you on your efforts and your winning proposal!”

The winning proposal outlines the intent of Grassroots Empowerment Project to challenge the myths and misconceptions regarding mental illness and seek to replace them with a strong belief that with quality services and supports people with mental illness can and do recover. This will be done will through the use of film and facilitated discussions during the Wisconsin Film Festival as well as classroom settings within the University of Wisconsin system. Watch for more information as the project develops. This is a 12-month grant. Way to go!!

The Division of Mental Health and Substance Abuse Services:

The Unit of Consumer Affairs is sponsoring a one day Peer Specialist Consultation meeting, **December 12, 8:30-3:30** in Madison at the American Family Training Center. A variety of potential stakeholders interested in **Peer Specialist Certification** are invited. The meeting is **free**, a light breakfast snack and lunch/beverages will be provided. There is funding available to pay mileage and hotel the night before for those consumers / family members who need this in order to attend. **Please contact:** Wendy Kilbey Warren, Consumer Relations Coordinator Division of Mental Health Substance Abuse Services PO Box 7851 1 West Wilson, Rm. 437 Madison, WI 53707 phone: 608-266-5427 warrewk@dhs.state.wi.us

NAMI Launches Veterans Resource Center:

This week, NAMI launched its [Veterans Resource Center](#), an online portal to mental health resources for America's veterans, active duty service members, and their families.

From the Los Angeles Times: 1.3 billion mental health days

October 2, 2007, By Denise Gellene

Mental disorders account for about a third of sick days, roughly equal to those caused by back and neck pain, according to the most comprehensive report yet on the effect of illness on disability. Adult Americans with depression, anxiety or other psychological disorders annually miss 1.3 billion days of work, school or other daily activity--back and neck pain cause people to miss 1.2 billion days, the report said.

Mental disorders had a bigger effect than expected, researchers said, **yet they are often left unrecognized and untreated**. "If we treated the mental disorders, we could wipe out a lot of the impairment," said senior author Ronald C. Kessler, a professor of healthcare policy at Harvard Medical School. "It is ironic we spend the least on musculoskeletal disorders and depression when they have the most impact on people's lives and disability."

The study was based on the National Comorbidity Survey-Replication, a nationwide survey of 9,282 adults that is sponsored by the National Institute of Mental Health. More than half of American adults have chronic health conditions, researchers found. Some work; others are too impaired to.

Among mental disorders, depression accounted for the most sick days, 387 million. Other reasons included **social phobia**, 214 million days; **post-traumatic stress disorder**, 113 million; **generalized anxiety disorder**, 110 million; **bipolar disorder**, 103 million; **panic disorders**, 101 million; **substance abuse**, 93 million; **agoraphobia**, 37 million; and **separation anxiety disorder**, 20 million.

December 19---Annual Meeting of Mental Health America



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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.*