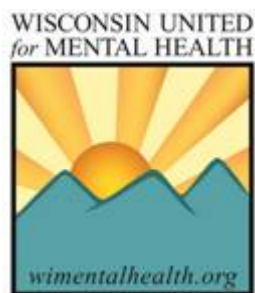


“Education and awareness about mental illnesses to reduce stigma and promote recovery.”



[November 2008---WUMH News and Information](#)

● Save the Date: WUMH Joint Advisory Board and Steering Committee meeting:

Friday, December 12, 9:00-11:00am in Madison. Agenda to come in early December. (minutes from the September meeting are **attached**.)

● NAMI Wisconsin Consumer Council Has Vacancies

The NAMI Consumer Council currently has vacancies. This is a **volunteer position** on the council which speaks for the consumer membership of NAMI at the **NAMI Wisconsin State Board of Directors**. We meet several times a year to create an **authentic voice for consumers** within NAMI. We are an active, working council and have several projects going on in conjunction with NAMI Wisconsin. It is crucial that NAMI has a strong, inclusive voice to guide policy making and implementation. We need your input to create a fair and truly representative Consumer Council.

To apply: Send resume of your experience including consumer leadership activities, along with a short letter of interest and intention to:

NAMI WI Consumer Council
Attn: Misty Barnhill, Chair
2600 Crest Lane #305
Waukesha, WI 53188
MistyinWaukesha@yahoo.com

We would like to fill all positions **as soon as possible**. There are also opportunities for **consumers to get involved** in the projects we're working on. These projects include: Legislative training, promoting WRAP, Convention planning, Hearts and Minds program, and Outreach to local affiliates via presentations. www.namiwisconsin.org

● Solicitation of Proposals for Family/Consumer Support and Education

Proposal A: Children/Youth and Family Support and Education

Proposal B: Adult Consumer and Family Support and Education

You are invited to submit a proposal to the Wisconsin Department of Family Services (DHS) for a Family/Consumer Support and Education Request for Proposal (RFP). Funds are being provided for services, supports, and education throughout Wisconsin for children/youth and their families. The final Application/Proposal is **due Wednesday November 14, 2008 at 4:00 PM CST**.

You will find the proposal on the department website by following the link below:

<http://dhs.wisconsin.gov/rfp/> Questions regarding this RFP should be directed to Marie Danforth, e-mail marie.danforth@wisconsin.gov or (608) 266-2861. The TTY number is (608) 888-1255.

●WUMH offers Mental Health in the Workplace Trainings

November 10 in Milwaukee – Contact Danna Rhinehart for more information at: drhineha@milwjobs.com

November 18 in Eau Claire – Contact Randi Johnson for more information at: johnsonr@workforceresource.org

December 11 in Milwaukee – Contact Marilyn Duguid for more information at: mduguig@wwhf.org

●New Report Examines Mental Health Self-Disclosure

The Center for Mental Health Services recently released a new monograph entitled “[Self-Disclosure and its Impact on People who Receive Mental Health Services.](#)” The negative public attitudes associated with mental illnesses are one of the most persistent problems individuals face. The research on **addressing discrimination and prejudice** has shown that individual's attitudes improve when they have direct contact with persons with mental illnesses, when they can get to know people beyond labels and myths. Such approaches rely on individuals disclosing their past mental health service use.

This report examines **the power of self-disclosure**, the benefits and costs associated with revealing one's mental health problems, and **issues of disclosure in employment** settings and by mental health providers. Recommendations are offered to further examine this topic and considerations are presented for individuals who are contemplating self-disclosure. To download a copy of the report or to order a print version, please access the following Web link; <http://mentalhealth.samhsa.gov/publications/allpubs/sma08-4337/>.

●SAMHSA's Resource Center to Promote A c c e p t a n c e , D i g n i t y a n d S o c i a l i n s i o n A s s o c i a t e d w i t h M e n t a l H e a l t h (A D S C e n t e r)

The ADS Center is a program of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS) Office of Consumer Affairs. We invite you to share this information with your friends and colleagues who share your interest in **confronting prejudice and discrimination associated with mental illness** and to post this information in your own newsletters or listservs. **Visit the ADS Center** on the Web at <http://www.promoteacceptance.samhsa.gov>.

●Stigma Research of Note:

Bluthenthal R., Jones L., Ellison M., Koegel P., Minnium K., Lucas-Wright A., Wells K. [Witness for Wellness: A Community-University Participatory Research Mental Health Initiative.](#) *AcademyHealth Meeting.* 2004 : San Diego, CA.

Chung. B et al. [Talking wellness: a description of a community-academic partnered project to engage an African-American community around depression through the use of poetry, film, and photography.](#) *Ethnicity & Disease.* 2006; Volume 16,67-78.

Golberstein, E., Eisenberg, D. Gollust, S. [Perceived stigma and mental health care seeking.](#) *Psychiatric Services.* April 2008;59:392-399.

Schmetzer A., Lafuze J., and Jack M. [Overcoming stigma: Involving families in medical student and psychiatric residency education.](#) *Academic Psychiatry.* May-June 2008;32(3):265

Spagnolo, A., Murphy, A. and Librera, L.A. [Reducing stigma by meeting and learning from people with mental illness](#). *Psychiatric Rehabilitation Journal*. 2008; Volume 31, No. 3,186-193.

●Upcoming Conferences/Education:

19th Children Come First Conference

Sunday, **November 9th thru Tuesday, November 11**, 2008, at the Kalahari Resort in the WI Dells. This year's conference features Sunday as a day for relaxing with family and friends, spending time at the water park, networking, an indoor tail gate party and more! **Keynotes:** Pete Feigal, and Dr. Antoinette Kavanaugh. With Special Appearances by: **Figureheads** and the **Tilting At Windmills Theater Company**. For more information please **contact:** Deenah Givens, Event Coordinator, Wisconsin Family Ties, **800-422-7145**.

2008 Mental Health Consumer Conference "Breaking New Ground and Moving Forward in Recovery" November 17th and 18th, 2008 Chula Vista Resort, Wisconsin Dells. A conference by and for Consumers of Mental Health Services. Sponsored by Grassroots Empowerment Project (GEP) Mental Health Service Providers are absolutely encouraged to attend and learn with us!! For more information about GEP and the conference: call 1-800-770-0588.

"Creating Strength-Based and Trauma Sensitive Care: Preventing the Need for Coercive Interventions-Part II: Learning from Real Experiences" November 17, 2008 (all day) Conference Center of Mendota Mental Health Institute, Madison, WI. For more info contact: **Marie Danforth at 608-266-2861**.

Past issues of this Monthly Update are stored on our web site www.wimentalhealth.org. Please send event information to the webmaster. Thank you!

Marilyn Duguid, RN

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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.

***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.*