

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



## **November 2009 WUMH News & Information**

### **●New Date for Senate Committee Hearing on SB 362:**

*Senate Committee on Health, Health Insurance, Privacy, Property Tax Relief and Revenue  
Tuesday, November 10, 2009, 10:00 am, Room 411 South, State Capitol in Madison.*

The Assembly Committee on Health and Healthcare Reform held its hearing on AB 512 on October 28, and the hearing went very well. In addition to the wonderfully comprehensive testimony provided by the bill authors, Rep. Sandy Pasch and Sen. Dave Hansen, the committee heard from consumers, health plans, administrators, clinicians, advocates ... and, of course, a few opponents. **Special thanks to all of you** who took the time to come to Madison, to register your support, to submit written testimony, or to make phone calls to your legislators. **Let's do it again in the Senate on November 10!**

#### **For more information contact:**

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### **●50% of People with Depression also Smoke:**

**Dr. Eric Heiligenstein** of the University of Wisconsin helps smokers with mental-health and addictive disorders. He has found that eighty percent of alcoholics light up, nearly 90 percent of people with schizophrenia or bipolar disorder are addicted, and **half of those with depression smoke**. Meanwhile, only 19 percent of the general state population smokes. Dr. Heiligenstein has developed an innovative program--the **Wisconsin Nicotine Treatment Integration Project (WINTIP)**. The group, for which Heiligenstein is medical director, has been working with healthcare providers across the state to help treat Wisconsin smokers with mental-health and substance-abuse issues. According to Heiligenstein, “More than 3,500 Wisconsinites with mental-health and addictive disorders die from tobacco each year. **They're dying at two to four times the rate of other smokers**, and losing a decade or two of life.”

Wisconsin has comprehensive mental-health and substance-abuse programs in every county. WINTIP plans to train these treatment providers to **help patients quit smoking**. The initiative is funded by the Wisconsin Department of Health Services and coordinated by the UW Center for Tobacco Research and Intervention. Dr. Eric Heiligenstein can be reached thru WITIP manager, David Macmaster, **(608) 393-1556**.

## ● **Mental Health America Fights Stigma:**

**Mental Health America** has launched a new campaign: **Bring Change to Mind**. The tag line is "change a mind, change a life." Here is some information from their web site: "1 in 6 adults and almost 1 in 10 children suffer from a diagnosable mental illness. Yet, for many, **the stigma associated with the illness, can be as great a challenge as the disease itself**. This is where the misconceptions stop. This is where bias comes to an end. This is where we change lives. Because this is where we **Bring Change 2 Mind**." When you visit the site ([www.bringchange2mind.org](http://www.bringchange2mind.org)), you'll find taped vignettes by people living with mental illnesses along with the people who live with them and love them. Actress Glenn Close is pictured above with her sister, Jessie. You can read more about them in the article below. [http://www.huffingtonpost.com/glenn-close/mental-illness-the-stigma\\_b\\_328591.html?alacarte=1](http://www.huffingtonpost.com/glenn-close/mental-illness-the-stigma_b_328591.html?alacarte=1)

## ● **NAMI 2010 National Convention is Open for Business:**

Although **June, 2010** might seem like a long time from now, it's never too early to make plans to attend this very special event. The 2010 National Convention will be held **June 30 - July 3** at the completely renovated Washington Hilton in **Washington, DC**. For more information, a preliminary convention schedule, hotel reservation information, and a convention registration form, visit the [Convention Web site \(www.nami.org/convention\)](http://www.nami.org/convention). And, remember, you'll save big bucks the earlier you register.

The 2010 National Convention Committee is now **accepting proposals for workshops** to be presented at the convention. Workshops are 75 minutes in length and will be presented on Friday or Saturday, July 2nd or 3rd. The submission process for workshops is (<https://convention.nami.org/PresentationRequest.aspx>). The deadline for submitting a proposal is **December 1, 2009**. Workshop presenters are eligible for a discounted registration fee.

## ● **Revised Recovery Workbook Now Available:**

[The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disability Revised Edition](#) includes a section related to "**Physical Wellness and Recovery**," an updated bibliography, and a list of companion **resources to further the exploration of recovery** for people with psychiatric disabilities. The Publications Division of the Center for Psychiatric Rehabilitation offers an array of books and products related to recovery. For a **complete list of recovery products**, visit the Center's website at [www.bu.edu/cpr/products](http://www.bu.edu/cpr/products). For questions, contact Sue McNamara at [suemacs@bu.edu](mailto:suemacs@bu.edu) or by phone at (617) 358-2574.

## ● **Films Raise Awareness about Mental Illnesses**

For a view of **stigma-fighting** film clips produced in the United Kingdom, check out the following site.

<http://www.time-to-change.org.uk/online-films>

**Closer to home: *No Kidding, Me Too!*** is a film that will take the viewer into a world that most know nothing about but have endless prejudices against it. It's purpose is to **remove the stigma attached to brain disease** through education and the **breaking down of societal barriers**. The goal is to empower those with brain disease to admit their illness, seek treatment, and become even greater members of society. Those suffering from brain diseases including

anxiety disorder, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder, social anxiety disorder, specific phobias, depression, bipolar disorder, schizophrenia, anorexia nervosa, bulimia nervosa, binge eating, pyromania, kleptomania, compulsive gambling, addictions, paranoia, multiple personality disorder, gender identity disorder, Down's syndrome, psychosomatic disorder, tic disorders, and others. [nkm2.org](http://nkm2.org)

### ●Psychiatric Drugs Linked to Weight Gain in Children:

The Associated Press recently reported that children on widely used psychiatric drugs can quickly gain an alarming amount of weight, with many gaining nearly 20 pounds in 11 weeks. Weight gain is a known side effect of the antipsychotic drugs that are prescribed for bipolar disorder and schizophrenia but also increasingly for autism, attention-deficit disorder and other behavioral symptoms. The study appears in the latest issue of the **Journal of the American Medical Association**. Some of the drugs are linked with increases in cholesterol. The number of children on these drugs (Abilify, Risperdal, Seroquel and Zyprexa) has increased to more than 2 million annually. The FDA has not yet approved Seroquel or Zyprexa for use with children.

### ●Upcoming Conferences/Education:

Visit the WUMH website calendar for a monthly listing of events, trainings and conferences across Wisconsin and nationwide [www.wimentalhealth.org](http://www.wimentalhealth.org).

--**Latino Conference on Mental Health: "Healthy Mind, Healthy Body."** This is a **free** event with all workshops in **Spanish**, will be held on **December 5** at Bethel Lutheran Church in **Madison**. Call to pre-register: **608-265-6634**. Organized by the Latino Health Council of Dane County.

--**1<sup>st</sup> Biennial National Latino Mental Health Conference: "Fortificando Nuestras Competencias Culturales."** This conference will be held in Miami, Florida on **November 8-10**. For more information, visit: [www.nrchmh.org](http://www.nrchmh.org). or visit the NAMI Multicultural Action Center at [www.nami.org/multicultural](http://www.nami.org/multicultural)

--**20th Children Come First Conference: Ready, Set, Relationship!** Keynotes: Dr. Barry Duncan & Lucille Eber, Plenary: Luthe Family. **30+ Break-Out Sessions, a Youth Track and More! November 16 & 17, 2009**, at the Kalahari Resort & Convention Center in the **Wisconsin Dells** area. For more info please visit: [www.wifamilyties.org](http://www.wifamilyties.org)

--**The STAR Method of Geriatric Mental Health: Part 1, December 3, and Part 2, December 8, in Madison, WI.** Classes are being offered through the UW-Extension. More information: 608-262-1397 or 800-725-9692. Fee: \$120 per day. Visit: [www.dcs.wisc.edu/classes/aging.htm](http://www.dcs.wisc.edu/classes/aging.htm)

--**Substance Abuse and Co-Occurring Mental Illness** will be held on **December 7** followed by **Suicide and Violence** workshop on **December 8**. Both courses held at the **American Club in Kohler, WI**. (One hour north of Milwaukee, one hour south of Green Bay.) Offered through the UW-Extension. More information: 608-262-7942 or 800-725-9692. Fee: \$140 per day. Visit: [www.dcs.wisc.edu/pda/aoda](http://www.dcs.wisc.edu/pda/aoda) or [www.dcs.wisc.edu/pda/mental-health](http://www.dcs.wisc.edu/pda/mental-health)

**Save the Date: Upcoming WUMH Joint Advisory Board and Steering Committee Meeting: *December 11, 2009.***

**Fridays, 9 am-11 am** in Madison; teleconferencing available. Please **RSVP** with Marilyn Duguid, info below.

***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](http://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.*