

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



October 2008---WUMH News and Information

●Parity Victory!

After more than a decade of work to end insurance discrimination against Americans with mental illnesses and substance use disorders, **full mental health parity will finally become law**. On October 3, the House voted 263-171 and the President signed the bill. When enacted (the effective date for most health plans is Jan 1, 2010) the new federal parity law will:

- **End insurance discrimination** against mental health and substance use disorder benefits for over 113 million Americans, requiring full parity coverage with physical health benefits.
- **Extend to all aspects of plan coverage**, including day/visit limits, dollar limits, coinsurance, copayments, deductibles and out-of-pocket maximums.
- **Preserve strong state parity and consumer protection laws** while extending parity protection to 82 million more people who cannot be protected by state laws.
- **Ensure parity coverage** for both in-network and out-of-network services.

●Mental Illness Awareness Week

[Mental Illness Awareness Week \(MIAW\)](#) will be held across the country from **October 5-11, 2008**. During this week, millions of Americans will promote education and awareness about the needs of individuals with mental health problems, **dignity and respect** for mental health consumers, and **celebrate a new hope for recovery** that so many people are embracing and living. NAMI has several resources available to the public for this observance including an [Events, Activities, and Resource Guide](#) and promotional materials that can be distributed at different events. A complete list of resources can be accessed by clicking [here](#).

The **NAMI Wisconsin Consumer Council** would like to invite you to attend the second annual **"Healing Arts"** Show at the NAMI Wisconsin office: 4233 W. Beltline Hwy, **Madison**, 800-268-2988. For folks in the eastern part of the state there is an additional "Healing Arts" show that will be held at the Gathering Place in **Green Bay**. The art will be on display throughout the week. The Gathering Place is located at 1001 Cherry Street, Green Bay, WI 54301. Office hours for both locations are 8:00-4:00.

●WUMH offers Mental Health in the Workplace Trainings

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

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

●Thank you for participating in last year's National Depression Screening Day

With your help, we reached more than 700,000 Wisconsinites with an invitation for a free and private online screening for depression. And we broke state and national records in the process. I write today to invite you once again to join us on **October 10th** for **National Depression Screening Day 2008** with a goal to top our own record.

This year, Mental Health America of Wisconsin will offer once again a **free, confidential, and simple online screening** on National Depression Screening Day. The screening tool will be available at my website at www.lt.gov.wisconsin.gov and will provide immediate feedback to those who complete the screening as to indicators for depression and resources for treatment. Our work together last year provides a powerful launch pad for an even stronger **effort to improve employee productivity and strengthen Wisconsin's economic outlook.**

Yours truly,
Barbara Lawton, Lieutenant Governor
(The Lt. Governor is Honorary Chair of WUMH)

●Opportunity Available: serve as WUMH Co-Chair

We are looking for someone who is interested in taking an active role in WUMH as a new **Co-Chair** alongside Rebecca Cohen. If you are interested in furthering the mission of WUMH--to eliminate the stigma of mental illnesses through education, outreach, and promoting recovery--then **please let us know ASAP**. Current WUMH projects include Workplace Trainings, Media Outreach, grant seeking, and web development. Time commitment: quarterly 2-hour meetings, team meetings, various networking and project assignments. *Travel reimbursement is available. Telephone conferencing is an option.* **Please send your name and contact info** (to Marilyn Duguid, Coordinator: mduguid@wwhf.org) **with a brief explanation** of what motivates you to be involved with this work. The Executive Team of WUMH will reply to you. **Thank you!**

●Study Guide Available—Healing Trauma

The Journey of Self-Discovery: A Study Guide for Trauma Survivors, was developed by New Partnerships for Women, an organization in Madison, composed of consumers/survivors, mental health professionals, researchers, educators, and advocates. The topics, which include information about the scope of trauma, the effects of trauma, symptom self-management, meeting basic needs, and self advocacy, were all identified as key issues by consumers/survivors. It can be used in training programs or as a self study guide for individuals. **The Journey of Self Discovery** is now on **The Anna Institute website** at www.TheAnnaInstitute.org. Click on "Articles, Cuirricula, Reports"

●Report Documents Suicide

MHA, along with the Department of Health Services and the Injury Research Center at the Medical College of Wisconsin have released a Burden of Suicide report. Attached is a press release with some key findings and a link to the full report, which is at: http://www.mhawisconsin.org/Content/suicide_prevention.asp

CME/CE [AHA Recommends Routine Screening for Depression in CHD](#)

Providers should take the opportunity in any setting they see patients with **coronary heart disease**. (Circulation. Published online September 29, 2008.)

CME/CE [American Academy of Pediatrics Issues Guidelines for Depression in Teens](#)

Don't miss out on this News CME article due to expire soon.

2008 Mental Health Consumer Conference

“Breaking New Ground and Moving Forward in Recovery”

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!!

November 17th and 18th, 2008

Chula Vista Resort, Wisconsin Dells, WI

For more information about GEP and the conference: call 1-800-770-0588

● **Job Announcement**

Wisconsin Family Ties – Coordinator, Substance Use Disorder Services:

Family advocacy and support organization seeks individual with experience as primary caregiver of child with co-occurring mental health and substance use disorders **to lead development of program** providing information, advocacy and support to Wisconsin parents. **This key position works with stakeholders in the state** to improve treatment options for adolescents. Based in Madison; occasional travel and some weekend work required. **Send resume**, cover letter and references to Wisconsin Family Ties, 16 N. Carroll St., Ste. 640, Madison, 53703 or email: info@wifamilyties.org

● **New Toolkit Supports Sustainability in Community-Based Programs**

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a free toolkit, **"Sustaining Grassroots Community-Based Programs: A Toolkit for Community- and Faith-Based Service Providers"**. Sustainability is about maintaining and **continuing program services after a funding period is over** and ensuring that the organization has become a permanent part of community resources. The toolkit covers such topics as strategic planning, organizational assessment, effective marketing strategies, and fundraising. The toolkit is available **as a free download** at <http://download.ncadi.samhsa.gov/prevlinedocs/SMA08-4340.pdf>

●New Homelessness Resource Center Web Site Launched

SAMHSA's new [Homelessness Resource Center \(HRC\) Web site](#) launched recently. Targeted toward providers who work with people who are homeless, the website shares state-of-the-art knowledge, evidence-based practices, and practical resources. It provides **an interactive learning community** for researchers, providers, consumers, and government agencies at all levels. These elements are brought together to **promote recovery-oriented and consumer-centered services** for people who are homeless: <http://homeless.samhsa.gov/>.

●Upcoming Conferences/Education:

Recovery: Promoting Dreams Through Evidence-Based Practice

Fourth Annual Mental Health and Substance Abuse Services Training Conference
October 22-23 in Wisconsin Dells—visit the WUMH web site for details.

Healing Our Communities: 16th Annual Conference

Sponsored by the Department of Children and Families and American Indians Against Abuse.
October 28-30 in Baraboo. Domestic Violence, Grant Writing, Wellness, and QPR Training. For more information: Lynn Gall, Tribal Affairs, WI Dept. of Health Services at **608-267-2185**.

The Wisconsin Association of Child and Youth Care Professionals, Inc. (WACYCP) is pleased to announce its first-ever outreach training in La Crosse on: (1) **Trauma Informed Care** and (2) **Ethics and Boundaries**, on **Wednesday, October 29** at the Franciscan Spirituality Center, 920 Market Street, La Crosse. For more information contact 414-227-3130 or email jodyrhodes@sbcglobal.net.

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**.

*For more on the **Figureheads** project, please check out this website www.isanyonelisting.org; from their site: "We believe children with mental health needs are often judged harshly and not given the chance to highlight the unique talents and gifts they possess. We believe families are too often blamed for their children's mental health issues, when what they really need is understanding and support. That's what this project is about."*

●**Save the Date: WUMH Joint Advisory Board and Steering Committee meeting: Friday, December 12, 9:00-11:00am** in Madison. Agenda will feature a report on the findings of the Women, Stigma and Depression Planning Grant (from the Wisconsin Partnership Program.)

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

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.

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.