

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



## September 2008---WUMH News and Information

### ●WUMH Joint Advisory Board and Steering Committee meeting:

**Friday, September 12, 9:00-11:00am** in Madison at the Wisconsin Women's Health Foundation, 2503 Todd Drive. 608-251-1675. (June meeting minutes attached....Agenda available next week—contact [mduguid@wwhf.org](mailto:mduguid@wwhf.org) )

### ●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 by September 11**. 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](mailto: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!**

### ●Suicide Prevention Summit II—How to Save a Life

Safe Communities/HOPES Suicide Prevention Summit will be held **Monday, September 8**, at American Family Training Center in Madison. Visit the website for registration information. **Still time to register!** Cheryl Wittke, Executive Director, Safe Communities, [www.safercommunity.net](http://www.safercommunity.net). Or call 608-256-6713.

### ●Upcoming Teleconference on Maternal Mental Health

**September 11, 2008, 1:00-2:30 pm** Title: Maternal Mental Health, Maternal-infant Attachment and Child Development: Important Aspects to Consider in Early Intervention Practice Description: This presentation will review how maternal mental health relates to parent-child attachment and affects child developmental in children with special needs. Implications for practice in early intervention will be discussed. Detection, screening and referral for depression and post-traumatic stress disorder will be covered. Findings from a community-academic research partnership to implement mental health screening of mothers who have children enrolled in the Birth to 3 Program will be shared. Materials: Pending. When available, materials will be posted on the DHS site:  
<http://dhs.wisconsin.gov/bdds/b3etn/index.htm>

## ●Addressing the Challenges of Medical Providers in Treating Persons with Mental Health Issues

**Teleconference** by SAMHSA Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health <http://promoteacceptance.samhsa.gov/> (the ADS Center.) **Date: Tuesday, September 16, 2008** Time: **1:00 PM - 2:30 PM**. 1-800-540-0320.

**Please note:** Registration for this teleconference will close at 4:00 p.m., on Friday, September 12, 2008. We will email the telephone number for the training teleconference to all registered participants on Monday, September 15, 2008.

# 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 & learn with us*

**November 17<sup>th</sup> and 18<sup>th</sup>, 2008**

Chula Vista Resort

Wisconsin Dells, WI

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

## ●October 5—NAMIWalk

Please join us for our **3<sup>rd</sup> NAMIWalks**. Each year we get bigger and better....thanks to you! We are pleased to have Susan Dreyfus as our honorary chair. Susan is committed to eliminate the fear and stigma that has categorized mental illness for too long and has been an advocate to see that people with mental illness are honored, and are able to receive the treatment they deserve. You can find details at [www.namidanecounty.org](http://www.namidanecounty.org)

## ●4th Annual Behavioral Risk in the Workplace Conference

**March 18-19, 2009**, Riviera Resort & Spa, Palm Springs, CA.

Plan to attend this annual conference focused specifically on behavioral health. The 2009 Behavioral Risk in the Workplace Conference, ***Optimizing Productivity Through Behavioral Interventions***, is a two-day intensive conference that delves into nearly **every aspect of behavioral workplace risk**. It provides actionable ideas, practical advice, and proven strategies to help you succeed in managing and preventing behavioral risk. For more details and to register, visit [Behavioral Risk in the Workplace conference site](#). The **Partnership for Workplace Mental Health** is proud to be a strategic supporter of the Behavioral Risk in the Workplace conference.

**New Mental HealthWorks Available** - The latest issue of [Mental HealthWorks](#) is now available online! This latest issue features the following articles:

- Kansas City Law Firm Looks at Depression Initiative Four Years Later
- Lawyers Begin to Recognize Depression in their Ranks
- Employers Identify "Behavioral Risk" As Growing Concern
- Alcohol Problems Seen Most Often in Hospitality/Construction Industries, But There's a Solution

### ●Free Resource Available to Families, Consumers and Providers

Magellan Health Services **new online learning tools support individual resiliency and recovery**. Magellan believes that all people have qualities that enable us to rebound from adversity, trauma, tragedy or other stresses and to go on with life with a sense of mastery, competence and hope. This is also known as resiliency. Magellan's commitment to recovery demonstrates the belief that all people living with behavioral health conditions have the capacity to learn, grow and change and can achieve a life filled with meaning and purpose. Magellan Health Services, Inc. has launched a new online learning center designed to reinforce resiliency and recovery principles. The Magellan **Resiliency and Recovery e-Learning Center enables consumers, families and providers** to effectively apply the principles of hope, choice, empowerment and education to achieve individual behavioral health goals.

Available at [www.MagellanHealth.com/training](http://www.MagellanHealth.com/training), the e-Learning Center is a free resource that currently hosts 10 interactive "e-courses" in **English and in Spanish**, offering in-depth strategies and techniques for promoting resiliency and recovery. The e-courses include testimonials of personal experiences that provide motivation and each can be completed in 30– 45 minutes.

### ●Professional Development and Continuing Education

**The Impact of Common Geriatric Conditions on Mental Health**. September 25, at the Pyle Center, UW-Madison. This is the first seminar in the education certificate program in Mental health and the Older Adult. Fee: \$120. Contact UW Extension for more info: 608-262-1397.

**A Mental Health Ministry in Faith Communities:** Attend this day-long event to learn about the role of spirituality and holistic health in the care of persons with mental illnesses. **October 7 in Milwaukee**. Fee; \$10. Sponsored by *Faith in Recovery, Inc.* and the *Charles E. Kubly Foundation*. For more info: [www.faithinrecovery.org](http://www.faithinrecovery.org). or call 414-329-9100.

### ●Disability VOTE—Primary Election Day

On **September 9** the officials who make decisions about your life and our community are up for re-election. Join your voice with others. The **Wisconsin Disability Vote Coalition** [www.disabilityvote.org](http://www.disabilityvote.org) has info in the candidate's positions and how and where to register. Call the **Disability Rights Wisconsin** hotline for more info 1-800-928-8778 or TTY 1-800-758-6049.

### ●Rally for Recovery in September/Recovery Month Celebrated Across the State

8th Annual **Alliance for Recovery Advocates** Rally for Recovery, sponsored by the Wisconsin Association on Alcohol and Drug Abuse (WAAODA). **September 20**, noon to 4pm at Elver Park in Madison. Contact: Catina McAlister at [waaoda@tds.net](mailto:waaoda@tds.net) or visit <http://www.waaoda.org> call 608-829-1032. Events during the month are scheduled in **Milwaukee, Madison, Wisconsin Rapids, Rhinelander, Green Bay, and Wausau**.  
<http://www.recoverymonth.gov/2008/events/eventlist.aspx?ID=55>

### ●Two Upcoming (Soon!!) Conferences:

#### **From Darkness to Light: Crisis to Recovery**

Crisis Intervention Conference

**September 25-26** in Wisconsin Dells—visit the WUMH web site for details

#### **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.

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●**Save the Date: WUMH Joint Advisory Board and Steering Committee meeting:**  
**Friday, December 12, 9:00-11:00am** in Madison.

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*Past issues of this Monthly Update are stored on our web site [www.wimentalhealth.org](http://www.wimentalhealth.org). Please send event information to the webmaster. Thank you!*

**Marilyn Duguid, RN**  
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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.*