



February 15, 2013

Issue 7, Volume 2

WEEKLY NEWSLETTER

Behavioral Health Resource for Local Trainings, Events, Program Information, and More!



Dover Behavioral Health System
Caring, Consistent, Collaborative Healthcare

2nd Annual Across the Lifespan Conference On-Call and Crisis Intervention

This educational opportunity examines mental health and wellness across the lifespan surrounding on-call and crisis intervention. Participants, through such programs as the Therapeutic Crisis Intervention System, Eastern Shore Operations Center, and Eastern Shore Mobile Crisis, will learn de-escalation and intervention techniques as well as the importance of correctly diagnosing mental illnesses in order to better prevent and manage crisis situations.

**FREE training session for 6 Continuing Education Credits
Complimentary Continental Breakfast provided.**

When & Where: Friday, April 19, 2013 • 8:00am-4:00pm • Chesapeake College
Cadby Theatre • Kent Humanities Building • Rts 50 & 213, Wye Mills, MD

How to Register: www.crisisacrossthelifespan.eventbrite.com

REGISTRATION DEADLINE: 4/5/2013

Pre-registration is required.

TRAINING AGENDA		
8:00 – 8:30AM	Registration & Networking	
8:30 – 9:00AM	Welcome Message and Introductions	Holly Ireland & William Weaver
9:00 – 9:15 AM	Introduction to Disaster Planning	Holly Ireland
9:15 – 10:30AM	Therapeutic Crisis Intervention and Youth	Karen McGee, MSW, RCCPA and Katie Pittsinger, LCSW-C Board of Child Care – Eastern Shore
10:30 – 10:45AM	BREAK	
10:45 – 11:00AM	Question and Answer Session Therapeutic Crisis Intervention and Youth	Karen McGee, MSW, RCCPA and Katie Pittsinger, LCSW-C Board of Child Care – Eastern Shore
11:00– 12:00	Eastern Shore Operations Center	Lynn Gurley, LCSW-C Mid-Shore Mental Health Systems, Inc.
12:00 – 1:00PM	LUNCH*	
1:00 – 2:15PM	Crisis Survival Skills	Carol Masden, LCSW-C and Tina Brown, LCSW-C Affiliated Santé Group's Eastern Shore Mobile Crisis
2:15 – 2:30PM	BREAK	
2:30 – 3:30PM	The Mental Health Masquerade	Jaclyn Weston, BSN, BA, RN-BC Shore Behavioral Health Services
3:30 – 4:00PM	Q&A and Wrap Up	

* Lunch is not provided, however, the college campus cafeteria will be open.

Training Sponsored by: Mid-Shore Mental Health Systems, Inc. & Dover Behavioral Health System

28578 Mary's Court, Suite 1
Easton, MD 21601

Phone: (410) 770 - 4801
Fax: (410) 770 - 4809

Visit Our Website:
www.msmhs.org

"Like" us on  : www.facebook.com/midshorementalhealthsystemsinc

If you wish to cancel your subscription to this newsletter, email us here: 



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PUBLIC NOTICE

Mid-Shore Mental Health Systems Inc. is seeking proposals for Mental Health Services for Assertive Community Treatment. Interested parties may pick up the "request for proposals," effective immediately, at MSMHS office, 28578 Mary's Court, Suite 1, Easton, MD 21601 or e-mail a request for the RFP to ehorney@msmhs.org. The Pre-Bid Conference is scheduled for Wednesday, February 27, 2013. ADA/EOE compliance required.



Hosted by the
Eastern Shore
Dental Society

**Volunteer Today!!
Donate Today!!
Spread the word Today!!!**

Eastern Shore Mission of Mercy 2013



March 15-16, 2013

**An amazing two-day,
totally free,
adult dental clinic
at the
Wicomico Civic Center,
Salisbury, MD**

WHAT: A totally free, adult only, dental clinic providing dental care without any insurance or co-pay or cost.

All patients seen on a first come, first served basis.; no appointments at all. Treatments will be limited to permit many patients to receive something!

WHEN: Friday and Saturday, March 15 & 16, 2013.

The clinic will open at 6:00am each day.

WHERE: The Wicomico Youth & Civic Center, 500 Glen Ave., Salisbury, MD 21804

**NO CHILDREN
PERMITTED ON SITE;
MAKE CHILD CARE
ARRANGEMENTS IN
ADVANCE!**

**[www.easternshore
missionofmercy.org](http://www.easternshoremissionofmercy.org)**

443-365-5776



Donations

We are writing today to tell you how a very simple device saved a very special person. Recently, a patient at Shore Health experienced unexplained fainting episodes. The episodes were persistent enough that he could no longer risk his life, and the lives of others, by operating a motor vehicle. Unfortunately, he earned his livelihood as a driver, which caused him and his family considerable distress.

Thanks to the help of a very special device called a **Holter monitor**, it was discovered that the patient needed a pacemaker. The patient wore the small, credit card sized Holter monitor for 30 days. His heart rate and rhythm were recorded continuously. It was quickly discovered that at times, his heart failed to beat. The patient is alive and well today thanks to the Holter monitor and Shore Health Cardiovascular Services.

February is American Heart Month.

We are hoping you will help us "save a heart" by funding 10 new Holter monitors costing \$45,000, a small price for the lives they will save. Click here to [Donate Now](#).

If you prefer to mail your tax deductible gift, please send your check made payable to: Memorial Hospital Foundation, PO Box 1846, Easton MD 21601. If you have any questions, please contact us at 410.822.1000, ext 5481.

Thank you for your thoughtful gift.

Best regards,



Gary Jones, RCP, FACCA
Director
Cardiovascular and Pulmonary Services
Shore Health System



Bruce Helmly, MD, FACC
Chesapeake Cardiology
Chief of Medical Specialties
Shore Health System



Job Opportunity

[EASTERN SHORE MOBILE CRISIS SERVICES IS EXPANDING!](#)

Thanks to the Health Enterprise Zone (HEZ) grant award, Eastern Shore Mobile Crisis will be starting a Dorchester/Caroline specific team. As a result, we are seeking Mobile Crisis Specialists:

Seeking **FULL TIME, PART TIME, PRN** licensed individuals and individuals on the path to imminent licensure to respond to crisis calls in 4 counties on the Eastern Shore of Maryland. Applicants must possess a minimum of an MSW or Master's in Counseling or be within 8 months of graduation with MSW or Master's in Counseling. Applicants need to have relevant experience providing onsite crisis intervention support, transitional support, referrals and follow-ups. Offices are located in Cambridge and Salisbury. Flexibility of scheduling available as we provide services 9am-midnight, 7 days/week. Salary commensurate with experience. Contact Carol Masden at cmasden@santegroup.org or Tina-Marie Brown at tbrown@santegroup.org



STATE OF MARYLAND
DHMH



Maryland Department of Health and Mental Hygiene
Mental Hygiene Administration

Spring Grove Hospital Center • Dix Building
55 Wade Avenue • Catonsville, Maryland 21228

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary
Brian M. Hepburn, M.D., Executive Director

To: Maryland Providers

From: Joshua M. Sharfstein, M.D., Secretary, Maryland Department of Health and Mental Hygiene

Re: Veteran's Health Training

Date: February 8, 2013

Dear Provider,

The state of Maryland has made veterans' health a top priority. Our veterans bring tremendous strengths to our communities, but some are also facing unique health and behavioral health challenges.

Last October, I sent an online survey to licensed behavioral health and primary care professionals asking about their preparation to address veterans' issues and their interest in future training. I was delighted to receive completed surveys from more than 3,000 professionals. Based on these responses, the University of Maryland and the Department of Health and Mental Hygiene have developed a one-day training program addressing the topics that providers rated of greatest interest and need.

The March 22nd training program should strengthen your capacity to work with veterans and their families, addressing such important topics as PTSD, Traumatic Brain Injury, and their co-morbidities; women veterans' health; child and family adjustment issues; sleep disorders and nightmares; and suicide prevention. Providers will learn new clinical strategies as well as acquire brief screening tools and resources to address these issues. Nationally-recognized speakers from the Center for Deployment Psychology, the Center for the Study of Traumatic Stress, Walter Reed National Military Medical Center, and my Department will share their expertise with providers at three training sites.

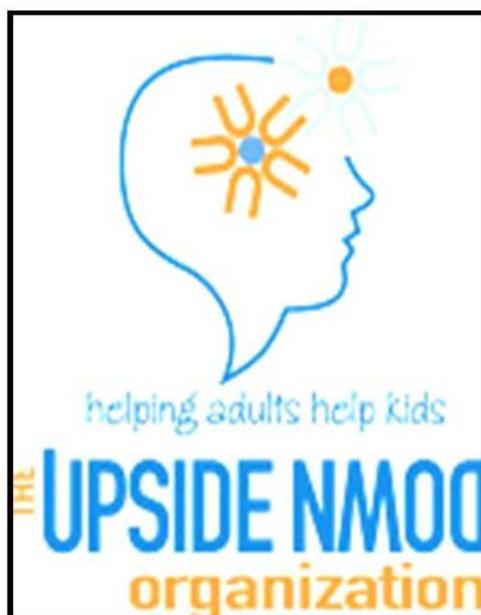
I encourage you to click on the following link to learn more about the training and to register for the conference, which will provide 6.5 CEUs: <http://tinyurl.com/mdveteransregistration>.

Thank you again for your commitment to Maryland veterans and their families.

**Beyond Poverty: Brain-Inspired Ways to
Understand and Respond to Poverty
&
Child Abuse and the Brain: The Developmental
Impact of Trauma in Childhood**

Presented by Frank Kros, MSW, JD

Hosted by CASA of Queen Anne's and Kent Counties



Date: March 15, 2013

**Centreville United Methodist Church
608 Church Hill Road
Centreville, MD 21617
Fellowship Hall**

Time:

**9:00-12:00 pm Beyond Poverty
12:00-1:00 pm Lunch on your own
1:00-4:00 pm Child Abuse and
the Brain**

Cost: FREE

6 Hour CEUs Available

*Made possible through a grant from the Governor's
Office of Crime Control & Prevention*

Limited seating

RSVP by March 7, 2013

Lisa Michaels 410-758-8610

casework@casaqackent.org

Registration Required

Registration Form

Name: _____

Organization: _____

Address: _____

Phone: _____ Email: _____

March 15, 2013
Centreville United Methodist Church
Centreville, MD 21617

9:00 a.m. – 12:00 p.m. Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Poverty

12:00 p.m.-1:00 p.m. Lunch on your Own

1:00 p.m. – 4:00 p.m. Child Abuse and the Brain: The Developmental Impact of Trauma in Childhood

*6 CEUs Social Work: _____ Counseling: _____
Certificate of Attendance: _____

Fee: FREE

Please return this registration form by **March 7th** to:

CASA of Queen Anne's and Kent Counties
ATTN: Lisa Michaels
P.O. Box 744
Centreville, MD 21617 Or by email casework@casackent.org



THE COPPER RIDGE INSTITUTE

AFFILIATED WITH THE
JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE

Dementia Care Grand Rounds Online: Evaluation and Management of Pain in Dementia

Allan Anderson, MD

When

Wednesday March 6, 2013 from
11:00 AM to 12:00 PM EST

[Add to Calendar](#)

Where

This is an online event.

*To attend this program in-person at
our facility in Sykesville, Maryland,
please send your name and contact
information to:*

crgrandrounds@emacommunities.org

The Copper Ridge Institute
710 Obrecht Road
Sykesville, MD 21784

Join us to hear board certified geriatric psychiatrist, Dr. Allan Anderson, discuss the evaluation and management of pain in moderate to severe dementia. Dr. Anderson is the Medical Director at the Samuel and Alexia Bratton Memory Clinic at The Gardens of William Hill Manor, and Assistant Professor of Psychiatry & Behavioral Sciences at the Johns Hopkins University School of Medicine.



Continuing Education is available for activity professionals, nurses, social workers, and psychologists.

Please click below for more information or to register!

[Get more information](#)

[Register Now!](#)

Questions? Please contact us at 419-795-8808 ext. 1141,
or email crgrandrounds@emacommunities.org



THE COPPER RIDGE INSTITUTE

AFFILIATED WITH THE
JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE

Save the Date!

Full-Day Continuing Education Offering: **Caring for Persons with Dementia**

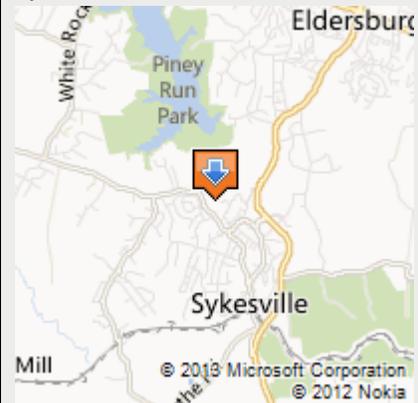
When

Thursday May 16, 2013 from 8:30 AM to 5:00 PM EDT

[Add to Calendar](#)

Where

The Copper Ridge Institute
710 Obrecht Road
Sykesville, MD 21784



[Driving Directions](#)

Due to popular demand, the Institute is now offering a day-long continuing education program. This intensive course is open to all long-term care and healthcare professionals.

Early Registration Discount will be available until April 25!

Continuing education available for assisted living managers and administrators, nursing home administrators, and social workers.

Please click below for more information!

[Get more information](#)

[Register Now!](#)

Coming June 21, 2013:

Full-day course on activity programming!

More information to follow.

Questions? Please contact us!

Allison Ciborowski
The Copper Ridge Institute
ciborowa@emaseniorcare.org
410-795-8808 x 1116

Medicaid Eligibility, Enrollment, and Outreach: Changes Coming to the HCH Community

Wednesday, February 27, 2013
3:30-5:00 PM (EST)

[Register Now!](#)

This webinar will identify the Affordable Care Act's policy changes related to eligibility and enrollment and the areas of flexibility that states have for making further changes, provide examples of enrollment best practices being implemented in health centers, and outline public resources available to help with outreach and enrollment activities.

The Affordable Care Act gives states the option to expand Medicaid to nearly all individuals with incomes up to 138% of the federal poverty level (\$15,000/year for an individual), with open enrollment starting on **October 1, 2013**, in those states that have opted to expand.

While homeless service providers have encountered barriers to enrollment in the past, new rules for streamlining and simplifying the process are mandatory for all states, regardless of their decision about expansion. Hence, both eligibility and enrollment are being expanded and improved, which is a great benefit for those experiencing homelessness and the providers that assist them.

Presenters:

Barbara DiPietro, PhD; Director of Policy, National Health Care for the Homeless Council; Baltimore

Anne Marie Costello, Technical Director, Division of Eligibility, Enrollment & Outreach, Centers for Medicaid and CHIP Services, Centers for Medicare and Medicaid Services (CMS); Baltimore

Kevin Malone, Public Health Analyst, Office of Policy Planning and Innovation, Substance Abuse and Mental Health Services Administration (SAMHSA); Rockville, Maryland

Jessica Kendall, MPH; Outreach Director, Enroll America; Washington, D.C.

Health Care for the Homeless is building a future without homelessness. Support our work at www.hchmd.org.

Thank you,

The BRSS TACS Team



BRINGING RECOVERY SUPPORTS TO SCALE
Technical Assistance Center Strategy (BRSS TACS)

UPCOMING WEBINAR

Peer Involvement in Integrated Physical and Behavioral Health Services: Promoting Wellness through Recovery-Oriented Care

Presenters

Peggy Swarbrick, Ph.D., OT, CPRP
*Institute for Wellness and Recovery
Initiatives, Collaborative Support
Programs of New Jersey*

Deborah Strotz, MPA
*Four Corners Primary and Behavioral
Health Care Integration (PBHCI)
Program*

Marty Adelman, CPRP
Council of Community Clinics

Jill Reiss, MPH
Council of Community Clinics

Lucia Montiel
Council of Community Clinics

Register Today for **SAMHSA'S Free Webinar!**

February 28, 2013, 1:00-2:30pm Eastern Time

[Register Now!](#)

Integrating behavioral health and physical health care improves access to both primary care and behavioral health services. People with mental and substance use disorders often have co-occurring chronic medical conditions and complex health needs. Physical illnesses adversely affect quality of life and recovery, as well as relationships, employability, and participation in community life. Fully integrated medical and behavioral health care establish effective linkages between physical and behavioral health services within a single location. The purpose of this webinar is to outline the principles of recovery-oriented integrated health care and to discuss the roles of peers in integrated health services. The webinar will strive to achieve the following objectives:

1. Emphasize the role of health and wellness in recovery from mental and substance use disorders
2. Present information about the role of peers in recovery-oriented integrated health services
3. Promote an understanding of a recovery-oriented system of health care
4. Present examples of innovative integrated health services supported by SAMHSA's PBHCI program

Who should attend

Policy-makers, system and program administrators, providers, and people in recovery who want to learn more about recovery-oriented integrated health care.

[Register Now!](#)

All BRSS TACS webinars are recorded, closed captioned, and available for viewing at your convenience. Contact Rebecca Stouff at rstouff@center4si.com to receive the links to the archived webinars.

Thank you,
The BRSS TACS Team



The Maryland Developmental Disabilities Administration
and the Maryland Center for Developmental Disabilities Present:

March Autism Training Series Event

Positive Behavior Supports



When

Wednesday March 20, 2013 from
9:00 AM to 4:00 PM EDT

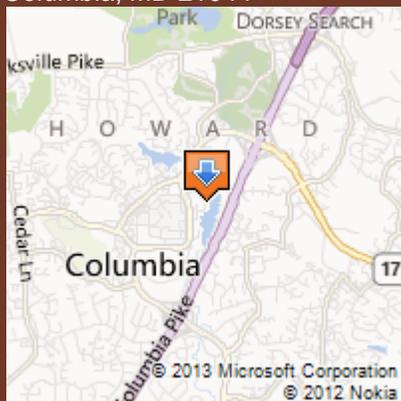
[Add to Calendar](#)

Registration begins at 8:30 a.m.

Where

**Sheraton Columbia Town Center
Hotel**

10207 Wincopin Circle
Columbia, MD 21044



[Driving Directions](#)

Greetings!

Positive Behavior Support (PBS) is an important approach to assisting people with behavior and communication issues. This session will address key issues in PBS for people with Autism Spectrum Disorders. It will provide practical examples of how PBS can be used to reduce problem behavior and increase quality of life.

Using a format shown to be quite favorably received across several states, Dr. David Rotholz will cover topics such as:

- What is PBS?
- How does PBS differ from behavior management?
- How does PBS build upon a foundation of applied behavior analysis?
- How is PBS included in person-centered planning?
- What are the values inherent in PBS?

This session also focuses on skill areas to provide a practical understanding of: reinforcement (positive and negative), functional assessment of behavior, the role of choice making, the A-B-C paradigm, the crucial role of effective teaching, replacement behavior, functional skills, and the competing behavior model. After a section on data collection and analysis for evidence-based decision making, discussion centers on putting it all together for meaningful outcomes for the person.

PLEASE NOTE!

This statewide event will be held in the Columbia location only.

Registration is free.

Continental breakfast and lunch will be provided.

CEU's will not be offered

Register Now!

If you should have any questions or need special accommodations please contact Aisha Mason at the mcdd@kennedykrieger.org.

Sincerely,

Aisha Mason

MCDD

mcdd@kennedykrieger.org

443-923-9555

Through this training, participants will be able to:

1. Describe how positive behavior support differs from behavior management
2. Explain why a proper functional assessment of behavior is essential to positive behavior support
3. Explain the key roles of effective communication in positive behavior support
4. Describe the key role that replacement behavior serves and how it differs from "desired" behavior

ABOUT THE SPEAKER



Dr. David Rotholz began his career in the field of intellectual and developmental disabilities as an undergraduate in behavioral science. This experience with children with severe disabilities served as a foundation for his ensuing work with children with autism, graduate training in applied behavior analysis, statewide system change in positive behavior support, and most recently national assessment of state policy and practice in behavior support.

Dr. Rotholz is currently the Executive Director of the Center for Disability Resources and Associate Professor of Clinical Pediatrics at the University of South Carolina School of Medicine. In this capacity for the past decade he has directed a multi-component system change effort in positive behavior supports, including development of the first published competency-based curriculum in positive behavior supports (i.e., AAIDD Positive Behavior Support Training Curriculum), statewide training of approximately 2,000 community program supervisors, enhancements to the Medicaid Intellectual Disabilities/ Related Disabilities (ID/RD) Waiver in South Carolina, and an innovative quality assurance process.

Dr. Rotholz has served as associate editor of the journal *Intellectual and Developmental Disabilities* and on the editorial review boards for the *Disability and Health Journal*, *The Behavior Analyst*, *Education and Treatment of Children*, *Journal of Applied Behavior Analysis*, and *Focus on Autism and Other Developmental Disabilities*

Dr. Rotholz received his B.A. in Behavioral Science from the State University of New York at Plattsburgh and his M.A. and Ph.D. from the University of Kansas in Developmental and Child Psychology. He received his Board Certification in Behavior Analysis in 2005 and has been a licensed psychologist in Minnesota and Massachusetts. Prior to his move to South Carolina, Dr. Rotholz held positions at the University of Minnesota, the New England Center for Autism and the May Institute.



SAMHSA's New Publications

[View All New Products](#)

[**You're in Control: Using Prescription Medicine Responsibly: Not Worth the Risk \(Poster\)**](#)

Empowers college-aged youth to take control and make smart decisions about their medications by recognizing the risks of prescription drug abuse and using medications responsibly. Includes resources to learn more and to find treatment. Poster measures 11x17. Inventory#: SMA12-4678B3POSTER

[**You're in Control: Using Prescription Medicine Responsibly: Not Worth the Risk \(for College Students\)**](#)

Educates college-aged people about the risks with using prescription drugs or over-the-counter drugs nonmedically. Explains how to keep them safely away from other students and offers tips for how to cope with the stress and pressure of college demands. Inventory#: SMA12-4678B3

[**Talking to Your Kids About Prescription Drug Abuse: Not Worth the Risk \(for Parents\)**](#)

Arms parents with the information they need to explain the dangers of prescription drug abuse to their teens. Describes the risks of nonmedical prescription drug abuse and offers practical advice to parents for talking with their teenagers. Inventory#: SMA12-4676B1

[**Prescription Drugs: They Can Help But Also Hurt: Not Worth the Risk \(for Teens\)**](#)

Explains to teens the dangers of misusing and abusing prescription drugs and over-the-counter drugs. Reviews some of the myths of prescription drug abuse, lists warning signs of substance abuse, and explains what to do if someone has a problem and needs help. Inventory#: SMA12-4677B2

[**You're in Control: Using Prescription Medicine Responsibly: Not Worth the Risk \(Flyer\)**](#)

Empowers youth to take control and make smart decisions about their medications by recognizing the risks of prescription drug abuse and using medications responsibly. Includes resources to learn more and to find treatment. Inventory#: SMA12-4678B3FLYER

Link to Us

Get and use our easy-to-use widgets, APIs, and banners on your website to offer your visitors access to free behavioral health resources.

[View Tools and Widgets](#)



[Publications](#) | [SAMHSA News](#) | [Update My Profile](#) | [Unsubscribe](#) | [Contact Us](#)



Substance Abuse & Mental Health Services Administration
1 Choke Cherry Road | Rockville, MD 20857 | 1-877-SAMHSA-7 (1-877-726-4727) | <http://www.samhsa.gov> | [Privacy](#)

SAMHSA is a public health agency within the U.S. Department of Health and Human Services. Its mission is to reduce the impact of substance abuse and mental illness on America's communities.

This email was delivered to ehorney@msmhs.org.



In This Issue

[Kathleen Sebelius article](#)

[Podcast on School Safety](#)

[Ask the Doctor](#)

[SAMHSA Webinar](#)

[Caregivers Mini-Conference](#)

[Kathleen Sebelius article](#)

Kathleen Sebelius: Bring Mental Illness Out of the Shadows

On Monday, February 4, U.S. Department of Health and Human Services Secretary Kathleen Sebelius authored an article featured on [USAToday.com](#):

Fifty years ago Tuesday, President John Kennedy shattered the national silence when he delivered a [message to Congress](#) in which he called for a bold new community-based approach to mental illness that emphasized prevention, treatment, education, and recovery. In the half century since, we've made tremendous progress as a country when it comes to attitudes about mental health. But recent events have reminded us that we still have a long way to go to bring mental health fully out of the shadows.

[Continue Reading Secretary Sebelius' Article on USAToday.com](#)

Workplace Giving

Donate to NAMI Maryland through your workplace giving campaign:

8568- The United Way
4186- Md Charity Campaign and Central Md Private Sector
80114- CFC of the Chesapeake Bay Area and National Capital Area.

Podcasts on School Safety Available from the US Department of Justice, Community Oriented Policing Services (COPS).

The COPS Office has made a significant investment in school safety programs and strongly believes that the role of police in our nation's school should be to serve as both a protective source of security as well as a gateway for identifying children in need and connecting them with necessary support services. In this podcast series, renowned guests from a variety of disciplines discuss the issues surrounding school safety. One of the guests includes:

Mr. **Ron Honberg**, National Director for Policy and Legal Affairs and Ms. **Darcy Gruttadaro**, Director of Child & Adolescent Action Center at the **National Alliance on Mental Illness** discuss the resources available for persons suffering from a mental illness.

All podcasts are available on the [COPS website](#).

February 22nd Conference Call on Art Therapy as a Wellness and Recovery Tool

NAMI's "Ask the Doctor" call featuring Shannon Flynn Lewis, MA and hosted by NAMI's Medical Director, Dr. Ken Duckworth, M.D., on Friday, February 22, from 11:00 a.m. to 12:30 p.m.

To access the toll-free call, please dial:
Phone Number: 1-888-858-6021
Access Number 309918#

Join us as Shannon takes us through the history of art therapy as a therapeutic discipline and how art therapy is used now in the context of mental health and substance abuse treatment.

Shannon Flynn Lewis has degrees in Psychology, Art Therapy and Counseling. Shannon has worked for the past 20 years at the NIMH with people living with schizophrenia, and has also practiced as an art therapist and counselor.

SAMHSA's Center for Substance Abuse Treatment Webinar on: Patient Privacy and Confidentiality in the Changing Health Care Environment

HIPAA, 42CFR Part 2 and Health Care Reform
February 28, 2013
1:00 pm - 2:30 pm EST
Presenter: Karla Lopez, Staff Attorney Legal Action Center

The Legal Action Center is the only non-profit law and policy organization in the United States addressing the needs for persons with substance use disorders. They are national subject matter experts on federal regulations governing confidentiality of alcohol and drug abuse patient records (42C.F.R. Part 2) and the Health Insurance Portability and Accountability Act (HIPAA) privacy regulations. For further information: mHUDSON@jbsinternational.com

CAREGIVERS MINI-CONFERENCE

Baltimore County Department of Aging CAREGIVERS PROGRAM presents a half-day educational event for family caregivers of older adults

SATURDAY, April 13, 2013
9 a.m. - 1 p.m.
Parkville Senior Center
8601 Harford Road, Parkville MD 21234

No pre-registration required - For more information, call 410-887-4724. Complimentary lunch served at noon.

- Topics Include:
- * Resources To Make Your Caregiving Easier
 - * Promoting Your Emotional Health
 - * Talking About Sensitive Subjects With Your Loved One
 - * Understanding Challenging Behaviors

National Council

NOTES FROM LINDA, PRESIDENT & CEO



Mental Health and Addictions Policy and Practice Excellence

Washington D.C., Friday, February 8, 2013; 11:00 AM

Smoking is up close and personal for me and I have been humbled by how difficult it is to stop. I come from a family of smokers and married into a family of smokers. Both my grandfather and father died of lung cancer. Among my earliest childhood memories, is being woken each morning by my father's coughing and the ever-present pack of Camels next to my grandfather's favorite chair. It was easy to start smoking in high school; in fact, didn't all the cool kids smoke? And yes, I believed it increased my concentration and made me a sharper college girl. And I admit to raising my sons in a house filled with smoke, my husband and I both smoking away despite the clear evidence about the dangers.

I smoked steadily and almost non-stop for more than 25 years and quit over and over again for another 10. And my husband still struggles; hypnosis, patches, medications and nagging are all part of the arsenal in fighting the tobacco addiction. People with mental illness and substance use disorders are no different than my family; we share this particular battle. And we need the help and understanding of peers and healthcare professionals.

As healthcare professionals, we are called to foster healthy, supportive environments for the people we serve, and to provide every opportunity to live healthy, productive lives. But how can we fully realize this responsibility when traditional treatment approaches ignore risky behaviors? How can we expect people to quit smoking when cessation services can be so difficult to access? These are questions we must ask ourselves if we are fully committed to improving health outcomes.

It is no secret that tobacco use poses a serious threat to the overall health of Americans. Tobacco-related disease is the leading preventable cause of death in the US, causing more than 430,000 deaths annually. It is estimated that 200,000 of those deaths occur in people with mental illnesses and addictions. **That's right, close to half of all annual deaths due to tobacco-related disease occur in populations with behavioral health disorders.** This is not surprising given that adults experiencing a psychiatric illness consume over 34% of all cigarettes smoked, and smoke 2-4 times the rate of the general population while receiving far less cessation support. The traditional healthcare culture does little to improve these statistics. Tobacco use is rarely documented in health records, smoking prevalence rates are relatively high among behavioral health staff, and only 1.5% of persons treated by a psychiatrist receive resources related to cessation.

The silver lining is that promising practices and evidence-based solutions to this healthcare crisis exist, and every person with a behavioral health condition should have an opportunity to quit smoking and engage in smoke-free environments. For the past three years we have seen new practices for tobacco cessation being successfully implemented in SAMHSA's primary and behavioral health care integration (PBHCI) grantees and among our member organizations. We know these strategies work. The National Council is dedicated to disseminating these efforts, and through our partnership with the Behavioral Health & Wellness Program at the University of Colorado, we are prepared to take action.

With the support of Pfizer and the Smoking Cessation Leadership Center, the National Council will be offering various educational opportunities over the next two years for healthcare agencies, providers, and consumers of services. Here are just a few:

- **Tobacco Cessation Sessions at National Council Conference:** At this year's [Mental Health and Addictions Conference](#), April 8th-10th in Las Vegas, Chad Morris, PhD, and Cindy Morris, PhD, from the University of Colorado will offer two free sessions open to those who will be attending the conference, and those who would just like to attend the sessions: The Key to Reducing Unnecessary Death and Disability will provide evidence-based training in how to screen, assess, and treat tobacco dependence and share 10 steps toward success in bringing behavioral health agencies, hospitals, and residential treatment settings tobacco free. Meeting Workforce Wellness Demands- Introduction to the Peer-to-Peer Tobacco Recovery Program will focus on peer-driven services to reduce the death and disability related to tobacco use.
- **Regional Trainings on Evidence-Based Strategies:** Healthcare providers will have the opportunity to attend one of four regional trainings that will correct many of the misconceptions or "clinical lore" about tobacco, share knowledge about the most recent evidence base regarding prevention and cessation assessment, treatment, policy, and community referrals, and build rapid improvement plans tailored to agency readiness for change and need. The locations of these free trainings will be announced later in the year.
- **A Webinar Series on Tobacco:** This webinar series is intended for behavioral health and primary care clinicians, as well as consumers, and will focus on effective techniques and strategies to support people in quitting the use of tobacco.
- **Individual Technical Assistance:** Behavioral health agencies will have the opportunity to participate in one-on-one consultation with experts in the field of tobacco control and prevention. Consultants will provide technical assistance on areas such as workflow analysis, implementation of rapid improvement projects, and tobacco-free policy implementation.

Many of the National Council member organizations have been actively engaged in tobacco cessation initiatives within their communities and have been leading this effort in the behavioral health field. But we must all work together to realize this endeavor. Whether you are a provider, consumer, or family member, I encourage you to join the National Council in making tobacco cessation not only a priority, but a necessity within your community.

I welcome your thoughts on this important matter. As always, you can reach me at LindaR@thenationalcouncil.org or 202.684.7457. In addition, Mohini Venkatesh is our staff lead on this initiative. Please do not hesitate to contact her at MohiniV@thenationalcouncil.org or 202.684.7457 ext. 230. Together we can break the mold and make cessation programs and smoke-free policies an expectation for the entire behavioral health community.

Best Regards,

Linda Rosenberg, MSW
President and CEO
National Council for Behavioral Health

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH



MENTAL HEALTH FIRST AID

PRESS RELEASE

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Sen. Stabenow Introduces Excellence in Mental Health Act *Legislation Recognizing Behavioral Health's Central Role in Community Health & Safety*

Washington, DC (Feb. 7, 2013) — Senator Debbie Stabenow (D-Mich) introduced the Excellence in Mental Health Act today. This legislation would support the nation's community mental health and addictions system by establishing national standards and oversight for Federally Qualified Community Behavioral Health Centers (FQCBHCs). For the 1 in 5 Americans living with mental illnesses and addictions, this would mean greater access to the services and treatments needed to keep them healthy and safe in their communities.

"Behavioral health has long been left out of the federal dictionary," said Linda Rosenberg, president and CEO of the National Council for Behavioral Health. "As a result, mental health and addiction providers cannot receive the critical federal funds that support other safety net providers. They share the unique responsibilities of the safety-net — but none of the supports."

Community mental health and addiction providers struggle to meet the existing needs of vulnerable Americans because of cobbled funding streams and insufficient resources.

In a statement made at the Capitol today, Rosenberg said, "Over the 30 years I've worked in behavioral health, I have heard an untold number of stories about real people who need care, but go without. I've seen ERs so mired down by the needs of people with mental illnesses and addictions that it interferes with their ability to serve their primary function. I've talked with family members who have knocked on every door and still don't know where to get help for their loved ones. The Excellence in Mental Health Act would help right this wrong."

The National Council looks forward to working with Senator Debbie Stabenow to ensure passage of the Excellence in Mental Health Act to create a new federal definition and standards for FQBHCs and to improve access to mental health and addictions care for the millions who need it.

The National Council for Behavioral Health is the unifying voice of America's community mental health and addictions treatment organizations. Together with our 2,000 member organizations, we serve our nation's most vulnerable citizens — the more than 8 million adults and children living with mental illnesses and addiction disorders. We are committed to ensuring all Americans have access to comprehensive, high-quality care that affords every opportunity for recovery and full participation in community life. The National Council pioneered Mental Health First Aid in the U.S. and has trained nearly 100,000 individuals to connect youth and adults in need to mental health and addictions care in their communities. Learn more at www.TheNationalCouncil.org.