

The Pipeline

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Spring 2009

Upcoming Events

GMHCN Board Meetings

Macon, GA
July 9, 2009

St. Simon's Island, GA
August 17, 2009

Pine Mountain, GA
November 12 & 13, 2009

GA Certified Peer Specialist Training

Norcross, GA
July 27-31;
August 3-6, 2009

St. Simon's Island, GA
October 19-23;
October 26-29, 2009

Georgia Peer Support Institute Epworth by the Sea

St. Simons Island, GA
November 17-19, 2009

USPRA

34th Annual Conference
Marriott Norfolk Waterside
Norfolk, VA
June 29-July 2, 2009

GMHCN

18th Annual Conference
Peers Supporting Peers:
Head to Toe Wellness
Epworth by the Sea
St. Simon's Island, GA
August 18-20, 2009

DBSA 2009

National Conference
"Peer Connections"
Hyatt Regency Indianapolis
Indianapolis, IN
September 11-13, 2009

ADAPT's

National Action in Atlanta
<http://www.adapt.org>
Atlanta, GA
October 10-15, 2009

Alternatives 2009

Hilton Omaha
Omaha, NE
October 28 -November 1, 2009

Sharon Jenkins Tucker, Executive Director of GMHCN, awarded 2009 Clifford Beers Award at the 100th Anniversary Mental Health America Gala in Washington D.C.

Each year only one person in the country is selected for this honor. The Clifford W. Beers Award, the highest award offered by Mental Health America, is bestowed on a mental health consumer whose service and leadership best emulate the example set by founder Clifford W. Beers, to improve conditions for and attitudes toward people with mental health conditions. It has been presented annually since 1976. Each year, more and more people with mental illness are seeking out the care and supports they need. Beers' legacy is evident in the growth and development of the mental health consumer movement, where individuals become active decision makers for their own care and advocacy. Georgia has not had a Clifford Beers Award recipient since Larry Fricks won the honor in 1995.

As Executive Director of GMHCN, Sherry Jenkins Tucker helped secure two SAMHSA/CMHS Statewide Consumer Networking Grants to serve a network of over 3000 members and 35 employees. With the help of Charles Willis, whom she recruited, thousands of consumers have been trained in WRAP and peer-supported whole health and wellness. GMHCN has worked with DMHDDAD and Appalachian Consulting Group (ACG) to train and certify more than 500 (Medicaid Billable) Certified Peer Specialists. With Sherry's support, Georgia received a \$221,000 Transformation Transfer Initiative Grant from the National Association of State Mental Health Program Directors (NASMHPD) to transform its trained peer workforce to promote holistic recovery and increase life expectancy. Thanks to funding from DMHDDAD and the work of GMHCN's Peer Workforce, Sherry and her team are responsible for bringing the innovative, peer run Peer Support and Wellness Center to Decatur, developing a peer mentoring program for consumers from every regional hospital area, recruiting 70 consumers each year to work as PERMES surveyors to evaluate consumers' satisfaction with state mental health and addictive disease services, and expanding Double Trouble in Recovery from 5 to 63 meetings across Georgia. Recently GMHCN partnered with ACG and the Benson-Henry Institute for Mind Body Medicine to conduct a study of consumers using the Relaxation Response to counter stress and metabolic factors leading to early death.

Sherry fully believes that every person can recover from mental illness. Like Clifford Beers, her life has had ups and downs. Like him, she has kept working and has not let circumstances get her down. Sherry formerly served as a Behavioral Health Advocate for Legal Aid of West Virginia, and directed the West Virginia Office of Consumer Affairs. She has a master's degree in counseling, and is a Certified Peer Specialist. She is an internationally recognized WRAP facilitator, and has trained hundreds of people from as far away as Australia and New Zealand. She has been a staunch advocate for consumer choice, increased community based services, peer support, employment, civil rights protection and reducing stigma. Through hard work and vision, her efforts and advocacy have resulted in many people embracing recovery and leading fuller, more meaningful lives.



Sherry Jenkins Tucker and Dwight Yoakam, and Glenn Close and Rosalynn Carter at MHA Gala

Who was Clifford Beers?

"As I penetrated and conquered the mysteries of that dark side of my life, it no longer held any terror for me. I have decided to stand on my past and look the future in the face."

Clifford W. Beers (1876—1943) was considered the founder of the modern mental health movement. He was one of 5 children, all whom suffered psychological distress and died in mental institutions. Clifford graduated from Yale. His career path looked good. Beers planned to be a wall street financier. When his brother, whom Clifford had taken care of for several years, got ill and died in 1900, Clifford jumped out of a third story window, and ended up in public and private mental institutions for the next three years. Here he developed a plan to expose the maltreatment of people with mental illness. He even had himself transferred to the "violent wards" so he could observe conditions there. His first book, [A Mind That Found Itself](#), was published in 1908. In this autobiography, based on his experiences in private and public mental institutions, he related the many abuses and indignities he witnessed and suffered. The book had an immediate impact and gave him the opportunity to share his vision of a massive mental health reform movement. Encouraged by the success of this book, he enlisted support of medical professionals and others and set out to reform the treatment of the mentally ill. **He was the definition of an empowered consumer, and the system really needed changing.**

In 1908, he established Connecticut Society for Mental Hygiene. One hundred years ago, in 1909, founded the National Committee for Mental Hygiene, later called the National Mental Health Association, now called Mental Health America. Its goals were to improve attitudes toward mental illness and the mentally ill, improve service for the mentally ill, work for the prevention of mental illness and promote mental health. In 1920, the National Committee created a set of model commitment laws, which were incorporated into the statutes of several states. In 1930, he organized the First International Congress for Mental Hygiene. More than 3000 people met to discuss fulfilling the mission of the international mental health movement. Though he continued to suffer the ups and downs of what is now considered Bi-polar disorder, he continued to push the movement forward. By the time of his death in 1943, the National association had more than 40 state divisions and 700 chapters across the United States.

Mark Your Calendars! GMHCN Summer Conference PEERS SUPPORTING PEERS: HEAD TO TOE WELLNESS August 18—20, 2009

Registration is now available for our Summer Conference at Epworth By the Sea, St. Simons Island, Georgia. All registration forms must be received on or before August 1, 2009. Keynote speakers this year are Peggy Swarbrick, PhD, OTR, CPRP, presenting on "Wellness and Transforming Ourselves & Our Peer Services", Gayle Bluebird presenting on "Using the Arts to Create Sanctuary", and Larry Fricks presenting on "The National Memorial: Ashes to Advocacy." In addition to many interesting workshops, we will feature a Peer Support Room, Consumer Art Show and Dance. Call GMHCN at 404-687-9487 or go to www.gmhcn.org for an application.

Workshops

Peer Support Whole Health: 3 Workshop Track
 Social Security & Returning to Work—Sally Atwell
 Medicaid Buy-In
 Spirituality and Recovery—Mark Baker
 SPWI--Whole Body Wellness--Charles Willis
 Double Trouble in Recovery—Gail Herrschaft & George Burgess
 Wellness Lifestyles: Health Issues—Julie Spores
 Hands on Art Workshop—Charlotte Cameron
 Georgia Peer Support Institute Projects
 The Relaxation Response—Bob Patterson
 Haven't Got Time for the Pain—Linda Haney
 Working With People Holistically—Yvette Sangster
 Wellness & Exercise—Stuart Perry
 HIV Awareness/Prevention—Carol Bass
 Supported Employment—Mary Shuman
 Poverty, Housing & Wellness—Peggy Swarbrick
 Project GREAT—Denise Noseworthy
 Back to School—Kim Pennell
 Employment and Recovery—Rich Toscano
 Trauma Recovery--Tommy Hayes
 Comfort Rooms—Gayle Bluebird
 Peer Support & Veterans--Margaret Adams

Emory launches new study about effective treatments for Depression

How can a physician best treat a particular patient with clinical symptoms of depression? Unfortunately, there's no way to know for sure. The best the physician can do is start the patient on a course of psychotherapy or an antidepressant and wait one to two months to see if it's effective. If not, the doctor will switch the patient to another antidepressant, then to another, and perhaps another—until, hopefully, one brings his patient relief. "In cardiology, oncology, infectious disease—almost every other branch of medicine—physicians routinely use predictors of response to design their patient's treatment," says Helen Mayberg, Emory professor of Psychiatry and Behavioral Sciences and Neurology. "Mental health practitioners, however, don't have such predictors at their disposal. We have to use trial and error, which sometimes takes quite a while. In fact, 30% of patients fail the first treatment that they get. That can be devastating, since we know from other studies that the longer patients remain symptomatic, the lower their likelihood of ever achieving remission...Right now doctors have to depend on patients to describe how they are feeling and whether they think the antidepressant is working or not. We need a way to look at the brain directly to tell us how the patient is responding or how that patient will respond." Emory's Center for Intervention Development and Applied Research (CIDAR) study (funded by the National Institute of Mental Health) aims to identify specific predictors of response for common treatments of major depression. The 12-week treatment trial will enroll only patients who have never received any adequate treatment for depression. The ultimate goal for the CIDAR projects is to find a way to predict an individual's response to various treatments for depression. Researchers will use physical data on patients enrolled in the study including brain scans, blood samples, and genetic mapping. Patients will receive one of three treatments—Escitalopram (Lexapro), Duloxetine (Cymbalta), or cognitive behavior therapy (CBT)—then researchers will try to identify markers they have in common—similar brain scans, a particular genetic sequence or cortisol response. People aged 18-65 interested in participating in this study can call 404-778-6663, or visit emoryclinicaltrials.com. People in the study will receive an approved clinical treatment for depression at no cost and may help many future mental health consumers find truly effective and lasting depression treatment.

PARTNERSHIPS THAT HEAL by Linda Neiheisel, CPS

"*Real Men Give Back*" read the cake that I presented to Antonio, Bob, Clifford, Sammy and all their friends this spring at a community gathering at the Peer Support and Wellness Center. Real women do also: don't get me wrong. A fine example is yours truly baking this double chocolate cake with white butter cream frosting and staying up past midnight to squirt out my message on the cake with decorating gel as best I could. Far from being Betty Crocker, I was beside myself with admiration for the stigma-busting outcome of a simple act of volunteerism in our little neighborhood in Decatur. These four peers had volunteered to set up some cafeteria tables in the gym for the Baptist church up the street from the Peer Support and Wellness Center for the Neighborhood Associations garage sale. The PSWC had contributed some office chairs and such odds and ends, but our gift of manpower was rewarded with something that I felt was a testimony to our mission of community inclusion.

That reward was the trust of the Pastor of this church as he gifted me with the key to the church gymnasium which allows us to shoot an impromptu game of hoops (basketball) whenever we feel the need to get up and moving or just get out of the house on a rainy day. All of this because our good-will ambassadors suited up, showed up, and demonstrated their ability to give back to the community.

We are people who give back. At the Peer Support and Wellness Center we give back to the community by visiting Seniors at Assisted Livings and Nursing Homes in the neighborhood to play bingo, have aromatherapy, and even sing the old songs that make people smile. We are also partnering with a local no-kill animal shelter to help walk dogs that have to sit in cages all day, waiting for adoption. As we gain skill in working with pets we soon hope to combine this to provide "pet therapy" to our visitation project and create a healing exchange.

What about healing our bodies as well as our pocketbooks? Our partnership with the YMCA allows those peers who access our YMCA scholarship program to receive a very deep cut in membership fees. Peers who never thought they could join a gym now have access to yoga, cycling, swimming, cardiovascular workouts, power-lifting, and even a personal trainer! This fights the doomsday prediction that we will pass away twenty-five years sooner than average due to physical problems accompanying our mental health issues.

Community partnerships heal relationships and eliminate stigma. When peers with mental health diagnoses demonstrate their ability to contribute in the world community, it begs the question, "Are we people capable of civic-minded consciousness that manifests at garage sales, volunteer projects and voting booths on election day?" We are just beginning to see the possibilities of healing partnerships in the community. These partnerships heal our self images, cleanse our spirits, eliminate stigma, and nourish our communities. Come with us as we catch the spark that comes with giving back.

Georgia Mental Health Consumer Network Participates in Dedication of National Memorial at Saint Elizabeth's Hospital in D.C.

For Thousand of Patients Buried at State Psychiatric Hospitals Nationwide

As part of its Centennial Celebration and Conference, Mental Health America—in partnership with the District of Columbia Department of Mental Health and other organizations including the Georgia Mental Health Consumer Network held a dedication ceremony on June 10 at 10 a.m. for a memorial planned on the grounds of Saint Elizabeth's Hospital for hundreds of thousands of patients who were buried, many with unmarked graves, at state psychiatric hospitals nationwide. The service also dedicated a quote from Mental Health America founder Clifford W. Beers that will be part of the national memorial. The quote, "I must fight in the open," was the adamant response Beers gave to the suggestion that he launch his mental health movement anonymously. Individuals with mental illness had long been considered the lowest caste of individuals in society. Instead of hiding from the discrimination and the stigma, Beers openly confronted it.

The Gardens at Saint Elizabeth's—A National Memorial of Recovered Dignity designed by the University of Georgia's School of Environmental Design, under the supervision of Professor Scott S. Weinberg, Associate Dean and recent graduate Elizabeth Brunelli—will be woven into an existing 10-acre cemetery that inters some 4,500 psychiatric patients who died at the federal facility. Nearly half of those with military grave markers are veterans dating back to the Civil War; the rest are civilians from the District of Columbia with no grave markers. Under the plan for the memorial, metal markers from all 50 states will list the numbers buried and at which institutions surrounded by gardens and a pool of water.

Mental Health America was founded a century ago this year by Clifford W. Beers, who experienced firsthand the treatment of individuals with mental health conditions in state hospitals and whose vision and groundbreaking work transformed the face of mental health care. "It is hard to imagine a more fitting tribute to Mental Health America's centennial and to the legacy of Clifford Beers than dedicating a Beers quote for this new memorial," said David L. Shern, Ph.D. President and CEO of Mental Health America. "Like the Tomb of the Unknowns, they stand as a tribute to the hundreds of thousands lost to custodial institutions and the hope for all during our next hundred years. We must embrace our past, appreciate our accomplishments and envision a new future." "This memorial will offer the respect due thousands of individuals who were shunned in life and until now often disrespected in death, while helping to remove stigma and false beliefs," said John Allen, President of the National Association of Consumer/Survivor Mental Health Administrators, the organization that started the national memorial project.

Opened in 1855, Saint Elizabeth's was the first federally funded asylum and was originally called the National Asylum for the Veterans of the Army and Navy and Residents of the District of Columbia. Overlooking the Anacostia and Potomac Rivers, Saint Elizabeth's was designed to be a model moral treatment asylum with peaceful gardens promoted by English Quakers in the 1800s. The Quakers rejected harsh treatments such as chains and straightjackets, believing patients were inherently good regardless of their behavior and healing came from emotional and spiritual recovery which was "moral." Plans are underway for Mental Health America to sign a long-term lease of the cemetery and memorial site supported by an advisory council made up of representatives of six other national mental health organizations, including the Depression and Bipolar Support Alliance, the National Association of Consumer/Survivor Mental Health Administrators, the U.S. Psychiatric Rehabilitation Association, the National Coalition of Mental Health Consumer/Survivor Organizations, the National Alliance on Mental Illness Consumer Council and the National Association of State Mental Health Program Directors. [Tax exempt donations for the national memorial can be sent to Mental Health America; 2000 North Beauregard St.; 6th Floor; Alexandria, VA 22311. For more information about the memorial, contact Larry Fricks at 404-375-1813.]

Georgia Mental Health

Consumer Network

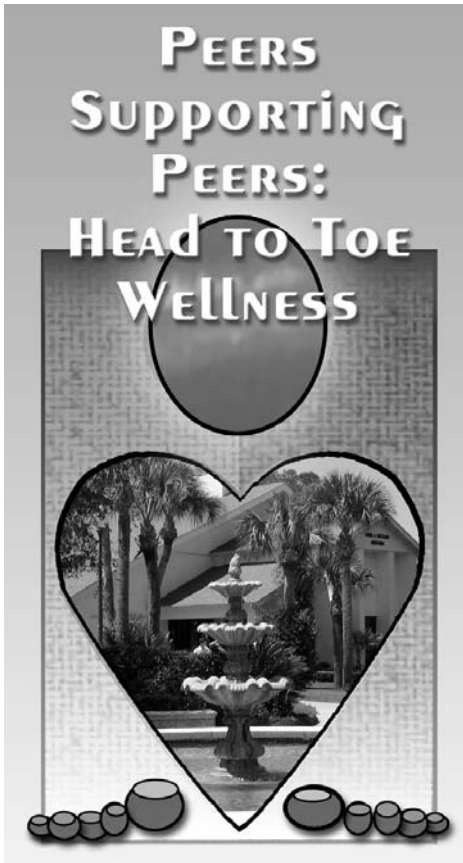
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GMHCN 18th Summer Conference August 18-20, 2009

2009 PERMES Peer-to-Peer Survey Completed

The PERMES 2009 survey data has been gathered, and the project was a great success. 70 Consumers of Mental Health and Substance Abuse services approached nearly 6000 consumers from every area of the state, and collected information about the services and supports they received last year. Region 2 was particularly efficient and was the first to complete their target goals, but all regions finished before the deadline. Congratulations to all Team Leaders and Surveyors for a job well done!

Mothers with Depression and their Adult Daughters Study seeks Participants

The Center for Psychiatric Rehabilitation is conducting a research study that explores the relationship between mothers with major depression and their adult daughters. We are especially interested in learning about the way that depression affects how mothers and daughters communicate with, support, and feel about one another. We would like to interview mothers with major depression and their adult daughter (18 years of age and older) separately. Participation in this study involves a 90 minute telephone or face-to-face interview, depending on what is most convenient for you. Each participant will receive \$30.00 for her time. All information from the interviews is strictly confidential. Go to <http://www.bu.edu/cpr/research/participate/mother-daughter-study.pdf> to read the recruitment flyer for this research study and to learn how to participate.

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."

--Abraham Lincoln

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

--Marcel Proust

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