



Words of Wellness



The newsletter of the Collaborative Support Programs of New Jersey Institute for Wellness and Recovery Initiatives • www.cspnj.org • Volume 2, Number 1 • July 1, 2008

UPCOMING TRAININGS FROM OUR INSTITUTE

All of the following trainings are presented free of charge by our institute to the mental health recovery community. Trainings do fill up, and advance registration is requested.¹ When you register, you will receive a confirmation which will include directions to the training location.

1. **Wellness 101** by John Garafano Jr. BS, CPRP
Wellness is a conscious, deliberate process that requires you to make choices for a more satisfying lifestyle. A wellness lifestyle includes a balance of health habits, including physical, emotional, intellectual, social, environmental, and spiritual dimensions. Come explore your wellness dimensions.
 - July 18, 1:00-3:30pm, Eatontown
 - July 25, 1:00-3:30pm, Clifton
 - July 31, 1:00-3:30pm, Lumberton
2. **Taking Action to Exercise Your Self-Esteem** by Jeanne Rohach, BA, and John Garafano, Jr., BS, CPRP
In this workshop, participants will learn the definition and characterizations of a healthy self-esteem as well as techniques for improving self-esteem. Participants will be introduced to exercises and methods. Learn and experience how utilizing coaching principles can create action toward a healthy self-esteem.
 - August 8, 10:00am-3:00pm, Eatontown
 - August 15, 10:00am-3:00pm, Lumberton
 - August 22, 10:00am-3:00pm, Clifton
3. **The Role of Mindfulness in Enhancing Personal Wellness** by John Garafano, Jr., BS, CPRP
This workshop will introduce participants to the practice of Mindfulness. Participants will have the opportunity to learn about and discuss how Mindfulness can positively impact personal wellness. The presenter will share how Mindfulness has been used as a personal

wellness tool. This session will uncover the role of Mindfulness in improving one's sense of self and its role in improving overall well-being.

- September 12, 10:00am-3:00pm, Eatontown
- September 19, 10:00am-3:00pm, Clifton
- September 26, 10:00am-3:00pm, Lumberton

OTHER UPCOMING TRAININGS

CSPNJ's Financial Fitness Self-Help Center is a program designed to bring information about economic issues to the mental health recovery community. Areas addressed by the center include:

- budgeting and savings
- credit repair
- investing
- home buying
- starting a business
- taxes
- any other financial product or service.

The center conducts trainings on the 2nd and 4th Wednesdays of every month, from 3-4pm, at 8 Spring St., Freehold. These trainings are free and open to the community. Contact zreyes@cspnj.org. Upcoming topics include:

- July 9, Developing a Savings Plan
- July 23, Developing a Retirement Plan
- August 13, Investing 101

The Educational Assistance Resource Network (EARN) of Central New Jersey will offer a monthly program regarding resources to help people with psychiatric disabilities return to college. Open to anybody interested. RSVP not necessary. Light supper will be served. 2nd Thursday of every month (through December), 4:30pm. Moving Forward Self-Help Center, 35 Elizabeth St. New Brunswick. 908-889-2563. mullenmi@umdnj.edu.

The **National Association of Peer Specialists** will conduct its annual conference on August 20-22 in Philadelphia. www.naops.org.

¹ Send an e-mail to jgarafano@cspnj.org

The Depression and Bipolar Support Alliance

(DBSA) will offer 2 courses as part of its “Continuing Education for Peer Specialists”:

- August 12, “The Complementary Roles of Peer Specialist and Professional Staff”
- October 14, “Moving from Peer to Peer Provider”

Both will be presented as “webinars²” from 3-4:30pm. Details are at www.softconference.com/dbsa/slist.asp?C=1798. They will also be offered to the New Jersey mental health community at no charge, for any attendees who wish to call in from a single group in Freehold, by the Consumer Provider Association in NJ³. Contact harrybcoe@aol.com.

The ***National Empowerment Center*** announces that Alternatives 2008, the national mental health conference organized by and for mental health consumers and survivors, will be in Buffalo, New York on October 29 through November 2. www.power2u.org/alternatives-2008/.

The ***New Jersey Psychiatric Rehabilitation Association*** will conduct its annual conference on November 13-14 at the Hilton Hotel, Woodbridge. www.njpra.org. Scheduled keynote speakers are:

- Darby Penney (11/13), President and Executive Director of the Community Consortium (www.community-consortium.org/bd-dp.htm).
- Lori Ashcraft (11/14), executive director of Recovery Opportunity Center (www.recoveryopportunity.com).

The ***New Jersey Self-Help Group Clearinghouse*** conducts free monthly trainings⁴ at various locations around the state. Topics include developing a self-help group and advanced or fine-tuning facilitation skills. 800-367-6274. www.njgroups.org.

ABOUT THIS NEWSLETTER

As part of our commitment to bringing information about wellness and recovery to New Jersey’s mental health community, this institute is launching a new, regular (at least one a month) newsletter. Our purpose is to bring useful information to all of

our readers, whether pursuing recovery themselves, supporting recovery in clients or family members, helping to administer and change our mental health and related services system, or researching the field and educating future practitioners. This first article is intended to tell our readers about what we plan for this newsletter.

We will start by introducing the format. Every issue of this newsletter will be distributed by e-mail. Beginning in July, a permanent archive of the full text of every issue will be maintained on our website. We will also maintain a “permanent index” on the site, so that our readers can locate articles easily by topic.

We have some goals and guidelines of philosophy that we want to follow in publishing this newsletter, and we want to share them with you:

First, this newsletter is written to all people involved in mental health recovery. Although there may be occasional content that will be more aimed at practitioners or at people pursuing recovery, we intend to address the whole community. We will try to honor that philosophy in the topics we select and in the language we use.

Second, this newsletter will focus on adults pursuing mental health recovery in New Jersey. We recognize that our community is broader than only adults with mental health issues, and broader than the confines of New Jersey. We certainly welcome readers (and content) from our larger community, including communities outside of New Jersey.

Third, we want this newsletter to be useful. We will maximize content that our readers can apply and share. We will include information learned from peer-reviewed sources, but this will not be by any means an academically focused publication. We will also try very hard to keep the language we use clear and understandable.

Fourth, we embrace two philosophies emphasized by Dori Hutchinson, Sc.D., who was a keynote speaker at our 2008 Wellness and Recovery conference:

1. “Wellness is not a mental health issue, it is a human issue.” This translates to a concept that everybody involved has experience pursuing and maintaining wellness, and each may have valuable insights to share with the community.

² A live course you can access from anywhere, for a fee using a telephone only, a PC equipped with sound system only, or simultaneously from a PC and a telephone

³ www.cpanj.org

⁴ Mostly on Saturdays.

Everybody, of course, has the maximum stake in their own health and wellness.

2. Things can occur at a person level, a program level, and a system level, and often repeat across levels.” We expect that the person-program-system paradigm will echo through the issues of this newsletter.

Finally, because this newsletter is:

1. produced and distributed by an agency that embraces Psych-iatric Rehabilitation,
2. by an editor and co-editor who both are Certified Psychiatric Rehabilitation Practitioners,

we will infuse philosophies and values consistent with psychiatric rehabilitation throughout the content. Examples of those values are:

1. All people can grow and change.
2. All people can recover.
3. Recovery is a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, and/or roles.⁵
4. Recovery can occur even though symptoms may reoccur.⁶
5. Recovery is not a linear process.⁷
6. Recovering from the consequences of being ill is often more difficult than recovering from the illness itself; recovery does not mean that one did not have a mental illness.⁷

“THE 10 IN 10 CAMPAIGN”

In September, 2007, the Federal Center for Mental Health Services (CMHS) sponsored a National Wellness Summit for People with Mental Illness. The purpose of the summit was to gather a broad

⁵ Anthony WA (1993). Recovery from Mental Illness: The Guiding Vision of the Mental Health Service System in the 1990s. *Psychosocial Rehabilitation Journal*;1993, 16(4), 11–23.

⁶ Anthony WA. (1994). The recovery vision. *The Journal of the California Alliance for the Mentally Ill*, 5(3), 5.

range of stakeholders to develop plans to deal with the gravely shortened life expectancies and quality-of-life associated with living with a serious mental illness (SMI). By some estimates, people with SMIs have an average of 25 “years of life lost” versus the general population. Many of the papers presented at that summit are visible on a single repository website, www.bu.edu/cpr/resources/wellness-summit/index.html.

Among items discussed at the conference were:

- Ways to Improve Data Gathering in order to Help Hold State and Other Systems Accountable for Health Improvement Outcomes
- Health Risk Factors and Barriers for People With SMIs
- Training Interventions for People with SMIs, People Who Provide Services to Those with SMIs, and the Larger Healthcare Community
- Key Principles of, Elements of, and Barriers to Wellness
- Promoting Wellness on an Individual Level
- The Health Promotion Efforts of the National Council for Community Behavioral Healthcare
- Promoting Wellness at Academic and Research Settings
- Integrating Physical and Mental Healthcare
- Federal Initiatives on Improving Health.

One of the more exciting outcomes of the conference was the development of “The Pledge for Wellness” (see box above/left). The last sentence of the pledge serves to give us the popular name of “The 10 in 10 Campaign.” Individuals and organizations have been encouraged to support the vision and take the pledge. Many of the various organizations that serve or represent us on a national level have done so, including:

- SAMHSA⁷ Center for Mental Health Services
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
- Boston University’s Center for Psychiatric Rehabilitation
- The Copeland Center
- Depression and Bipolar Support Alliance (DBSA)

⁷ Substance Abuse Mental Health Services Administration

THE PLEDGE FOR WELLNESS

We envision

a future in which people with mental illnesses pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.

We pledge

to promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 year time period.

- Mental Health America (MHA)
- National Alliance on Mental Illness (NAMI)
- National Association of State Mental Health Program Directors (NASMHPD)
- NASMHPD Research Institute
- National Coalition of Mental Health Consumer/Survivor Organizations
- National Council on Community Behavioral Healthcare
- US Psychiatric Rehabilitation Association (USPRA).

A full list, along with the steps for pledging, are at www.bu.edu/cpr/resources/wellness-summit/pledge.html.

In New Jersey, the current listed supporters are:

- Collaborative Support Programs-NJ
- University Behavioral Healthcare's Center for Excellence in Psychiatry

We hope other agencies, individuals, and government entities choose to make the pledge. We ask all those in the New Jersey mental health community who do so to inform us, so we can update our readers.

It seems apparent that "taking the pledge" is the first step in a long journey. Agencies will need to grapple with difficult issues, such as:

- Is it worth making a large commitment to this pledge, when the specific "10 in 10" goal may be unrealistic?
- What do our staff and members need to know to make this a reality, and how do we get and disseminate that knowledge?
- How do we help all involved implement a wellness focus on an individual level *and at the same time* support the organizational efforts and initiatives?
- How do we implement wellness-related initiatives in a time of inflation and limited funding growth?
- How do we deal with conflicts that may arise between an existing medically oriented service approach and one focused on wellness? Obvious conflicts in this domain may come up in supporting people who make medication changes driven by wellness goals, and in transitioning traditionally medical service elements, such as hospitals or PACT.⁸
- How do self-help groups and centers deal with conflicts between "group will" and wellness?
- How do we help people who are pursuing mental health recovery overcome years of poor

health habits with resulting debility and risks factors?

- How do we help every member of our community overcome a history of being encouraged to place more importance on symptom management than on wellness?

We obviously have no easy answers to these dilemmas. We assert that the answer to the first question is "yes," that the effort itself is worthwhile even if the quantified outcomes do not reach "10 in 10," and that this is a dialog that should be taking place in every entity. We commit to using this newsletter as a vehicle for keeping the recovery community aware of progress, and provided with ideas for working towards the "pledge for wellness" goals.

HEAT RISK REMINDER

As most of our readers are aware, the antipsychotic medications many people use to treat mental health disorders create an increased risk of heat-related symptoms, due to a side-effect that reduces the body's ability to control its own temperature. This characteristic is true both of the older antipsychotics and the newer "novel" ones. This can result in heat exhaustion or heat stroke, with serious or fatal consequences. People taking these medicines need to:

1. follow common-sense methods to avoid overexposure to heat and direct sunlight. Good examples related to outdoor exercise might include:
 - not exercising during mid-day
 - carrying water/remaining hydrated
 - wearing cool clothes, a hat, and sunscreen
 - modifying exercise plans during warm spells
 - exercising with a friend, who can get help in an emergency
2. seek medical attention immediately if they experience heat-related symptoms
3. obtain a brochure describing these heat risks and preventive steps in more detail. This brochure can be downloaded in English and Spanish at www.state.nj.us/humanservices/dmhs/publications.html.

Remember:

- Registrations for our trainings to jgarafano@cspnj.org .
- Newsletter subscription requests, comments, and content to nleditor@cspnj.org .

⁸ Programs of Assertive Community Treatment