

Around the Sound



A publication of the North Sound Regional Support Network for the Mental Health Community

Volume 6: Summer 2001



The View From Here

Charles R. Benjamin
*Executive Director
North Sound
Regional Support Network*

Vision of Recovery: Vision of Hope

People can recover from mental illness, have meaningful and fulfilling lives, and make a contribution to their communities, no matter how severe their symptoms or pervasive their disabilities.

Recovery is a journey, a life process that evolves over time, with the same ups and downs as other life processes. Neither the illness nor its symptoms can be expected to disappear entirely, and the potential for relapse cannot be discounted. But it is clear that the mentally ill can recover hope, self-esteem, dreams, self-worth, pride, choice, dignity, and meaning.

In the past, mental healthcare delivery systems were based on the belief that people with severe mental illness did not recover. Then the goal was to keep the patient's condition from deteriorating too much. Consumers were encouraged to relinquish control over their lives, to accept an almost childlike dependence on the system, and were as much disabled by the anguish of despair as their illness.

During the late eighties, however, the writings of consumers began to surface. They wrote about their own and their colleagues' recovery, a deeply personal, unique process of changing attitudes, values, feelings, goals, skills, and roles. They wrote of recovery as a way of living a satisfying, hopeful, and contributing life, of developing new meaning and purpose, of growing beyond the catastrophic effects of psychiatric disability.

Influenced by these writings, a series of studies during the nineties suggested that environmental and other social factors could be almost as debilitating as the illness. In particular, a masterfully designed, three-decades-long

Continued on Page 10.



SPECIAL EDITION

Consumer-Oriented Project Awards: How They Fared!

Also in this issue:

Drum Beats: An Outsider View.....	9
NSRSN News.....	11
North Soundings	12

Consumer Digest



Sunshine, receiving the Exemplary Service Award from the NSRSN Board of Directors.

Five years ago Sunshine Allen arrived in Mount Vernon, homeless, bipolar, diabetic, and addicted to both drugs and alcohol. (See *Around the Sound*, Fall, 1999.) Three years later, with the help of Skagit Mental Health and Skagit Valley College, she graduated *cum laude*, with an AA degree in Human Services. She then attended the Consumer-to-Provider program for further training as a Supported Education Coordinator. With this training and the Consumer-Oriented Projects grant, she established the Supported Education Program at Skagit Valley College.

The mission was to help other consumers match her own achievements. From her office at the College, she began recruiting mental health consumers for enrollment as students at Skagit Valley College. To date, 13 of her recruits are now college students. Sunshine provides encouragement, helps her recruits identify educational goals, and troubleshoots barriers to their success.

Did the Supported Education Program do what she hoped it would?

"More!" says Sunshine. "This program worked out better than my wildest hopes!"

Early in the year 2000, Consumer-Oriented Project Awards were distributed for programs designed to aid consumers directly. We contacted everyone who received one of those grants and asked, "Did your project do what you hoped?" Here, almost 18 months later, is what they said.

Supported Education

Vickie "Sunshine" Allen, Coordinator

"What I love most is watching people grow," she says. "There were people I was able to help attend college who never imagined they'd be able to. They're thrilled with this opportunity and the support this program provides. One young man has been trying to attend college for several years. He had to drop out several times because of his illness, and also because of money problems. He's still paying back previous college loans, and wasn't even able to buy books. Now he has a job. He's working very hard to pay back the old school debts and get the money he needs. He's been able to get his grades back up and he's totally focused on coming back next year."

Sunshine's unique program has been recognized in unexpected places. For example, she was given the 2001 Exemplary Service Award for Best Consumer Program. She was a presenter at the Georgia State Mental Health Workers Conference in Atlanta. She was invited to address a class at Western State Hospital. But as the first year came to an end and funds were depleted, the future of Supported Education seemed uncertain at best. Support came

*"What I love
most
is watching
people grow."*

from every sector: the Consumer-to-Provider training program in Tacoma, members of her advisory board (including APN CEO Jerry LaFollette), Skagit Valley College, Chinook Enterprises, a former employer--and from her students. "I really didn't expect that. I got support like you wouldn't believe and letters from the students that just blew me away. People all around me went all out trying to get this continued." Skagit Valley College, Chinook Enterprises, and the NSRSN are funding next year's program. And how does Sunshine see it?

"I can do nothing but smile," says Sunshine, doing just that.

Up, Up, Over the Top

by Charles Albertson

I'll not stop wielding my metaphoric mop.
 Running, running, running the fray.
 I'll never stop but seize the day.
 The race is long and fraught with care,
 but I would never cheat the dare.
 To stay the way of Heaven's gate,
 I'll run and ever land too late.
 For others there have already slipped in,
 while I was spiriting my tonic and gin.
 Alcohol was my comfortable vice,
 that leveled my ego when drunk daily twice.
 Now I try again to seize the day, spiriting blues and fear away,
 by running erase the ways of old, that only brought a shiver of cold.



Copyright 1996, Charles Albertson

About the Poet

Charles Albertson is a frequent contributor to *Around the Sound*.

Here is the poet's statement from the frontispiece of his book, *The Spirit of Unrest: A Collection of Lyrics, Essays, and Poems Written In and Out of Sanity*, copyright 1997.

"For far too long the mentally unstable have been invalidated by our reasoning culture.

"Next time you are able to let your mind wander on the freeway, think of those on meager disability who are waiting in the rain for the bus."



Vision of Recovery: Vision of Hope, continued from page 1.

follow-up study examined what might account for system-wide differences in consumer recovery. It confirmed that recovery from the effects of mental illness was, indeed, *happening*. These studies provided a solid empirical basis for the "Recovery Model," an exciting revolution in mental health.

The Recovery Model can be summed up as:
 People can *recover* from mental illness, have meaningful and fulfilling lives, and make a contribution to their communities, no matter how severe their symptoms or pervasive their disabilities.

Let me hasten to add that Recovery from mental illness doesn't mean a medication-free magical cure or fully restored function. Recovery is a *process* of overcoming the negative impact of a psychiatric disability, *despite its continued presence*.

In short, the mentally ill can live their lives with joy and purpose. In the Recovery Model, each component of the Mental Health community has a specific role.

Consumers Recover.
Clinicians Facilitate Recovery.
Systems and Communities Support Recovery.

Over the months ahead, we will be training ourselves, staff, and supervisors to recognize and foster the mechanics of recovery. We will be seeking to empower our consumers by acknowledging their responsibility for their own lives.

We will be seeking to bring the most wounded, anguished, and hopeless people into the heart of our programs. We will be seeking recovery rather than "indicated

procedures." You will be hearing more and more about Recovery as an *expected* outcome for every consumer.

The Recovery Model is a shaft of light into the dark room in which all of us in the mental health community have been laboring. This light is our Vision of Hope for our future. Together we make it happen.



Tulip Tribes Advocacy Program



*Angela Waters, New Tulalip
Community Advocate*

The Tulalip grant established a community-driven advocacy and outreach program for mentally ill tribal community members. Did it do that? Indeed it did, reported Sherry Guzman, Services Planner for The Tulalip Tribes. “The Advocacy Program is a *huge* success.”

A directory of all Tribal Community Social Services was published and distributed to Tribal members. “For, for the first time, the people could see what Tribal resources are actually available to them,” Ms. Guzman says.

Fourteen Tribal members, including parents, teachers, and others, were trained in Crisis Intervention and Client-Centered Referrals. Two advocates were hired who partnered with these “Family Support Teams” to go out into the community, address the needs of individuals, and bring all the Tribe’s resources to bear on the problems they found.

“It worked better than we hoped,” exclaimed Ms. Guzman. The outreach workers dedicated themselves to overcoming all barriers between the people and the services or resources they needed. This included getting prescriptions filled, getting people to appointments, filling out complex forms, contacting specialists, finding someone a place to live, arranging interventions—“whatever was needed.”

In at least one instance, the program was directly responsible for saving a life. During an outreach visit, an elderly man was discovered alone and near death in his home, without food or needed medication. Program workers moved quickly to get him the attention he needed. Today he is well, getting the medical attention and medications he requires. Perhaps as important, he’s no longer isolated, but secure in the knowledge that he is a valued member of his community. “His” team even found him a job!

The program cuts across demographic and departmental boundaries, reaching out to children, elders, families, and individuals. It was able to focus Tribal resources on any kind of mental health need in any combination of co-occurring problems. “It made a big difference.” Because of the program’s success, it is being continued by the Tribe.



Central Elementary Family Resource Center

The Family Resource Center provides mental health counseling, support, and consultation to educators and parents of autistic and/or behaviorally and emotionally challenged 5th and 6th graders. The Family Resource Center also provides parenting classes, staff trainings and consultations, social skill-building classes for children, and family consultations.

But now it’s summer. School is out. Principal Rich Rule retired, and all the staff connected with the program are on vacation until September.

No one was available to tell us if their project met their expectations. Look for a full report in the next issue of *Around the Sound*.



Edmonds Consumer Group

Terry Clark, *Compass Health Site Coordinator*



Above: *Edmonds Consumer Group on an outing, shown with the Spirit of Puget Sound Dinner Train.*

Members of the Edmonds Consumer Group enthusiastically agree that their project has been very successful. The amazing growth of the Group (from the initial four founders to an active, supportive membership of 77) bears that out. Here is a member's eye view of what the project accomplished.

The opportunity to meet other people with mental illness is extremely valuable. "You see they're not so bad." The Edmonds Consumer Group establishes its own rules, working together to "decide things for ourselves." The Group is a diverse community, working together for a common cause. There are frequent outings. "You see how you can handle the world out there instead of just sitting in your room."

Members feel pride in their advocacy and individual accomplishments. "Linda [a member's mom] became a real advocate since coming to our group." They appreciate the staff, too. "The staff are really important. Rick and Scott are wonderful."

Meals and snacks are a popular part of the program, and improves the quality of some members' nutrition. "There's more variety than I usually have." Food is also an important part of community. "I like to come early and help set up the food. It reminds me of when I used to help my grandmother."

The group offers educational opportunities, such as learning the computer, guest speakers, and research projects.



Hope-Esperanza Project – Outreach to Migrant Farm Workers

Josefa Gonzalez, *Project Director*

This grant was designed to provide culturally appropriate, bilingual, mental health outreach, education and referral services in migrant farm worker camps in Whatcom and Skagit counties. Did it work well?

"Oh, yes!" says Josefa. "The migrant workers are proud people, but many are desperately poor. During my visits, I would also bring donated food and clothing. I would go to the women, and by casually talking with them in their own language, I was able to learn about the troubles in the community, and which families needed help. The food and clothing were a way to make the connection with those families. Then, once I connected, I could make the referrals to mental health, alcohol/drug treatment, services for domestic violence, and other services available in the community. And remember that these are *migrant* workers. The people move from one camp to another. When people learn about services in one community, they tell others in the next community. Every seed we planted is reseeded itself all over the state."





STD Peer Counselors, left to right: Alan Dittmore, Kristi Thornton, and Wally Elliot.

Peer Leaders/Educators

*Jessica Burt MPH
Snohomish Health District*

Seven peer leaders/educators were recruited and trained to teach other consumers about HIV/STDs (sexually transmitted diseases), hepatitis, and other major communicable illnesses, such as tuberculosis. This project provides monthly outreach to the Compass Drop-In Center. Peer Educators have developed and now distribute their own marketing materials. Was it worth it? Here are comments from recruits Kristi Thornton, Alan Dittmore, and Scott Vanney, representatives of the program peer counselors:

“The program helped me see people as *people* with needs. It helped me suspend some of my judgements about people with STDs.”

“It feels good to give information to the mental health community.”

“It has helped to increase my confidence in front of groups.”

“I feel like I’m doing my part to make my community a better place.”

“It’s increased my awareness about STDs, and I’m not as embarrassed to talk about them as I used to be.”



Above: Paul and Nadia Woodcock, Program Instructors.

Family to Family Training

Nadia and Paul Woodcock, Program Instructors

Nadia and Paul Woodcock first became acquainted with NAMI and the Family to Family classes when their son was diagnosed with a serious mental illness. “We were completely ignorant,” says Nadia. “The diagnosis came out of left field. We knew nothing about brain disorders.” The classes provided a wealth of information, a chance to adjust, and the opportunity to meet others in similar circumstances. The program’s problem-solving components were also helpful. “Probably 98 or 99 percent of those coming to the classes benefit significantly, and they say so.”

Nadia says that it’s easy to feel isolated. “People have been dealing with the problems alone.” The program provides an opportunity for networking and sharing research on the latest developments in treatment, as well as information about local providers.

There’s nothing easy about dealing with the mental illness of loved ones, however, especially children. “The harsh reality doesn’t go away,” says Nadia. “They’ll be in the hospital six months, back in school or at a job six months, and then back in the hospital.” But Nadia says, “Now we are connected. We can help with advocacy, the office, and with the classes. We have information and we have direction. We are very grateful.”



Alzheimer Education

*Josselyn Winslow, Executive Director
Alzheimer Society of Washington*

This three-year program provides two nine-week series per year to educate and support people in the early stages of Alzheimer's disease or other dementing illnesses and their caregivers. People with early memory loss and their caregivers arrive and leave together, but spend most of their class time in separate groups. Refreshments and socialization are part of each class. Classes address such topics as coping with memory problems, daily living skills, stress management, legal and financial considerations, and planning for the future. At the end of the course, the group continues to meet monthly for support.

Caregivers usually make the first contact, though occasionally a person with early memory loss attends alone. People with memory loss (especially men) have a terrific period of adjustment. Some are unwilling to face the problem or talk about it. Program staff help them to accept their diagnosis and, while still able, participate in planning for their futures.

Madaleine Lippert and Sandy Stork, both experienced and respected geriatric mental health specialists, bring exceptional expertise to the program. "Wonderful people," says Ms. Winslow, "with top-notch skills." She also says, "We're thrilled. This program is the most positive thing we've ever been able to do. It



*Above: Stan and Chris Moisey
Program Participants.*

really helps people with memory loss and it's a fantastically supportive program for caregivers." 

Peer Counseling

Jeff Dyer, Counselor, Community Mental Health Services

In this project, four mental health consumers were hired as Peer Counselors for 10 hours a week each. The program was designed to assist 24 consumers, "but they actually helped 32 - 30% more than our target," says clinician Ellie Thompson. Jeff Dyer, counselor, says, "The peer counselors helped with grocery shopping, house cleaning, or socialization--whatever was needed to help the consumer achieve his or her goal."

"It did everything we expected and much, much more," say Sandi Bell, Katherine Shartzter, and Sharon Shattuck, peer counselors. They are proud of results that are nothing less than exciting. For example, Sandi took a 47-year-old client to her very first movie *ever*. The peer counselors coached another client with agoraphobia, who learned to ride the public bus system, and enrolled in Skagit Valley College through the Supported Education Program. Yet another, encouraged by peer counselors, overcame isolation and helplessness, now pays her own bills, manages her own checking account, and has effectively removed herself from an abusive marriage, filing for the divorce herself. "Peer counselors are resources we didn't even know we had," says Jeff. The program sunset on June 30, but has been so fruitful that CMHS is seeking funding to continue it. Sandi, Katherine, and Sharon are so enthusiastic about their results, they've formed a women's PTSD group, and are continuing as volunteer peer counselors. 



*Above, left to right: Peer counselors
Sharon Shattuck, Jeff Dyer, Sandi Bell,
and Katherine Shartzter.*



Left to right: Kathryn Donohue, Bartt Reynolds, and Sarah Stanley, Cookie Creations owners.

Cookie Creations

Karen Thompson, Vocational Trainer

van for the business, plus a computer and computer training. Is it helping? “Yes!,” says Karen Thompson. The van provides delivery capacity, transportation for sales calls, and enables them to sell cookies directly from the van. Sales have increased as much as three-fold, primarily from new grocery store accounts. The van also enables them to serve their growing list of mail-order customers by delivering shipments to UPS. “We ship anywhere,” says Karen. (Jeff Nelson, Mariners pitcher, is a Cookie Creations mail-order customer.) The new computer enables them to do their own books and payroll, create advertising and recruitment brochures, and make the package labels that inform customers that purchasing Cookie Creations cookies provides employment for people with special needs. They have five new owners, and are looking to recruit more to keep pace with growing business. “The van and computer are key,” says Karen. “We’re confident about pursuing new accounts.”

Note: Shortly before press, we learned that a local salesman took some cookies and a brochure to a convention. Since then they’ve been flooded with mail orders, and are now overnight shipping cookies throughout the nation.

Cookie Creations is a consumer owned and operated bakery. Their grant bought a delivery

Swinomish Indian Tribal Community Project

Diane Vendiola, CMHS Tribal Mental Health Program Coordinator

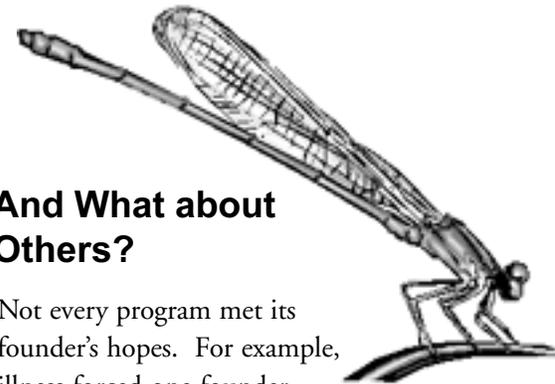


This project was under way before the Consumer Oriented Project Awards were even conceived. With the help of a Skagit Mental Health psychiatrist, a local therapist, and Tribal Elders, the Tribe combined traditional cultural life-ways with mainstream mental health concepts. That amazing combination

was documented and published as *A Gathering of Wisdoms: A Cultural Perspective*. This book is an internationally hailed blueprint for mental health systems in Tribal environments.

The Tribe is using its grant to update the book, incorporating important new insights. The update is a labor of love, involving the entire Swinomish Community and Dr. Jennifer Clarke, original program coordinator. “We’re on schedule,” says Diane, who in addition to her official position as Tribal Mental Health Program Coordinator, is herself a respected Swinomish elder.

The book is now being reviewed by Tribal elders and community leaders, who are developing the spiritual component. “The book will be published in November, and the Tribe is planning a big celebration dinner.”



And What about Others?

Not every program met its founder’s hopes. For example, illness forced one founder to withdraw. For a manufacturer, the market did not seem to sustain the product, and the founders discontinued it at program sunset. Loss of key personnel halted one program, and another has experienced a delay in implementation. These were four good programs that met with the kind of unfortunate circumstances that could happen to anyone.

In every other project, however, the results reported are far in excess of anyone’s expectations, proving once and for all that the opportunity to be of service exists abundantly and pays in solid gold.

DRUM BEATS

Pam's Journey: An "Outsider" View

Pam S. Hestikind, Compass Health

The hotel at the Skagit Valley Casino Resort was *wonderful*. The lobby was cozily elegant, comfortably encircling a fireplace with a lit fire. Through glass doors, above the trees surrounding the hotel, I saw a hawk, searching out his breakfast. Clayton Small walked by in a light Stetson, bold plaid shirt and a black belt with silver tacks. His long, black-jean clad legs ended in black cowboy boots. I was *thrilled*.

The conference opened with a prayer by Della Hill, Tulalip Tribal Elder. Ray Fryberg followed, with drums and songs vibrating through the conference room and through my body. It was a beautiful way to start the program. Each Indian nation represented was welcomed. Opening speakers were friendly, informative, respectful, and *strong* in their cultural beliefs. Everywhere I looked there were hugs galore!

Lunch in the auditorium was delicious! An array of cold sliced meats, greens, potato and pasta salads, and fresh fruit. I counted 25 round tables in the auditorium, each easily seating eight. I sat with five other women. There were two medical assistants from the Lummi Nation, and Nora, a Spokane Tribal member and mental health assistant. Nora, mother of nine and grandmother of five, completed her Master of Social Work degree in June. What an accomplishment! Another Native American woman from Ferndale was born in North Dakota to the Turtle Mountain Tribe. She now works in Smokey Point with DSHS. More hugs galore. How proud these people were! I was so impressed. They spoke from their hearts, holding their hands over their hearts.

Dinner found me back in the auditorium, circling

another table. Clayton spoke while we finished dinner--a very powerful and positive speaker, a healer of men. By the time he finished, though, I was ready to leave. It had been a long day. We were all tired, and had been sitting much too long. But before I could go, another man was introduced, one not on our printed schedule. He was from the Lummi Nation, and his name was Richard Marshall. His Indian name was Swil Kanim. He was the BEST, grabbing us from the first word he spoke. He was funny, warm, intelligent, and played the violin so sweetly I had a hard time holding back tears. Afterward, he held a drawing to give away five CDs of his violin music. I was one of the winners!



*Clayton Small, Keynote Speaker,
Year of the Tribal Child*

I went to bed at 11:23 – way past my normal bedtime. I wished I had my stereo so I could listen to my new CD. With my mind reeling, full of loving thoughts, I fell asleep. In the morning when the phone rang to wake me, I was still tired, but also eager to begin the day. At breakfast, I was extremely pleased to be with the same women as the day before.

The final event of the conference was lunch. Nora gave me her business card with her email address. I told her I would write to her.

The closing speech was presented by Diane Vendiola, Director, Swinomish Tribal Mental Health and co-author, *A Gathering of Wisdoms*. The closing prayer was given by Diane's son, Rudy. When Rudy was in college, he learned Indian songs, drums, and dances from Navaho and Pueblo Indians. The last song was called a *Journey* song, because we were all leaving on our own journeys. Everybody stood up, moved back tables, and formed a huge circle. We stepped clockwise to the beat of Rudy's drum. All of a sudden, women started coming back counter-clockwise, forming two facing, concentric circles. At each step, we took a new person's hands. I was overwhelmed, again holding back tears. All around the room, I greeted everyone. What a powerful, uplifting way to end!

This conference gave me so much. I was humbled, ashamed, respected, loved, happy, and in awe of a culture I now want to learn more about. I feel totally blessed to be able to attend The Year of the Tribal Child conference, and I will return next year.

Thank you.

UP, UP, OVER THE TOP

by Charles Albertson

I'll not stop wielding my metaphoric mop.
 Running, running, running the fray.
 I'll never stop but seize the day.
 The race is long and fraught with care,
 but I would never cheat the dare.
 To stay the way of Heaven's gate,
 I'll run and ever land too late.
 For others there have already slipped in,
 while I was spiriting my tonic and gin.
 Alcohol was my comfortable vice,
 that leveled my ego when drunk daily twice.
 Now I try again to seize the day, spiriting blues and fear away,
 by running erase the ways of old, that only brought a shiver of cold.



Copyright 1996, Charles Albertson

About the Poet

Charles Albertson is a frequent contributor to *Around the Sound*. Here is the poet's statement from the frontispiece of his book, *The Spirit of Unrest: A Collection of Lyrics, Essays, and Poems Written In and Out of Sanity*, copyright 1997.

"For far too long the mentally unstable have been invalidated by our reasoning culture.

"Next time you are able to let your mind wander on the freeway, think of those on meager disability who are waiting in the rain for the bus."



Vision of Recovery: Vision of Hope, continued from page 1.

follow-up study examined what might account for system-wide differences in consumer recovery. It confirmed that recovery from the effects of mental illness was, indeed, *happening*. These studies provided a solid empirical basis for the "Recovery Model," an exciting revolution in mental health.

The Recovery Model can be summed up as:

People can *recover* from mental illness, have meaningful and fulfilling lives, and make a contribution to their communities, no matter how severe their symptoms or pervasive their disabilities.

Let me hasten to add that Recovery from mental illness doesn't mean a medication-free magical cure or fully restored function. Recovery is a *process* of overcoming the negative impact of a psychiatric disability, *despite its continued presence*.

In short, the mentally ill can live their lives with joy and purpose. In the Recovery Model, each component of the Mental Health community has a specific role.

Consumers Recover.
Clinicians Facilitate Recovery.
Systems and Communities
Support Recovery.

Over the months ahead, we will be training ourselves, staff, and supervisors to recognize and foster the mechanics of recovery. We will be seeking to empower our consumers by acknowledging their responsibility for their own lives.

We will be seeking to bring the most wounded, anguished, and hopeless people into the heart of our programs. We will be seeking recovery rather than "indicated

procedures." You will be hearing more and more about Recovery as an *expected* outcome for every consumer.

The Recovery Model is a shaft of light into the dark room in which all of us in the mental health community have been laboring. This light is our Vision of Hope for our future. Together we make it happen.



NSRSN NEWS

Annette Calder, NSRSN Employee of the Quarter, January - March, 2001



Annette Calder, Planning Department and Clinical Quality Management support staff, was named employee of the quarter for January through March 2001. Her attention to detail and organizational skills have made her an invaluable asset to the agency. Her outstanding collaborative skills bring great success to trainings presented in coordination with outside agencies. Annette brings a ready smile and positive attitude to everyone she meets.

Judy Susia, NSRSN Employee of the Quarter, April - June, 2001



Judy Susia, Consumer Affairs and Contracts Compliance support staff, was named employee of the quarter for April - June, 2001. Judy's warmth and compassion when fielding crisis calls is second to none. She offers the same caring attitude when offering technical assistance to co-workers. Judy's organizational skills are crucial to the success of conferences she helps to organize. Her writing expertise and desktop publishing skills promote a professional image in all communications she is involved with.

MHD Contract Approved

The NSRSN Board of Directors has approved the new MHD/NSRSN contract for mental health services to the five-county North Sound Region (Island, San Juan, Skagit, Snohomish, and Whatcom counties). Board approval followed close scrutiny by the NSRSN Contracts Compliance Department.

Trauma-Based Disorders Mini-Conference

On June 29, 2001, the NSRSN presented a "mini-conference" for elected officials, administrators, clinicians, advocates and consumers on PTSD and traumatic disorders. Mark Backlund, M.D., presented information about the incidence, effect, diagnosis, and treatment of trauma-based disorders within cost parameters of a community mental health system. The information was then discussed in small groups, where recommendations were developed.

A strong model was "The Oregon Plan," which included not only individual therapy, but also a selection of "early intervention" measure, such as a web site, a "warm" line, respite and "safe" houses, and trauma-aware foster families. Also discussed was a standardized tool for diagnosing trauma-based disorders, and training in its use by existing case managers and clinicians. The group also identified "pre-therapy" treatment for consumers, to include socialization, grounding tools, and education. It was determined by the group that appropriate treatment is possible in a public mental health environment, and can be expected to reduce costs in the long run. A task force is being appointed to follow up on recommendations of the group.

About *Around the Sound*

Around the Sound is published by the North Sound Regional Support Network. Views expressed are those of the authors, not necessarily representing the policy of the NSRSN. Materials may be reproduced without further permission, if credited, except for copyrighted items.

To join our distinguished list of subscribers, to request other information about mental health activities in the North Sound Region, or to send letters or articles for possible publication in future issues, please write to:

Editor, *Around the Sound*
North Sound RSN, 117 North First, Suite 8
Mt. Vernon WA 98273
Email: aroundthesound@nsrsn.com

All letters and articles become the property of *Around the Sound* and may be edited prior to publication.

North Soundings

Public Meetings in the North Sound Area

Meeting/Event

August

September

October

NSRSN Advisory Board

Tue. 8/14, 1:00 PM

Tue. 9/18, 1:00 PM

Tue. 10/16, 1:00 PM

NSRSN Board of Directors

Thur. 8/23, 1:30 PM

Thurs. 9/27, 1:30 PM

Thur. 10/25, 1:30 PM

Island County MH Advisory Board

Mon. 8/27, 3:00 PM

Mon. 9/24, 3:00 PM

Mon. 10/22, 3:00 PM

San Juan County MH Advisory Board

Mon. 8/20, 11:30 AM

Mon. 9/17, 11:30 AM

Mon. 10/15, 11:30 AM

Skagit County MH Advisory Board

Mon. 8/13, Noon

Mon. 9/10, Noon

Mon. 10/8, Noon

Snohomish County MH Advisory Board

Mon. 8/13, 5:45 PM

Mon. 9/10, 5:45 PM

Mon. 10/8, 5:45 PM

Whatcom County MH Advisory Board

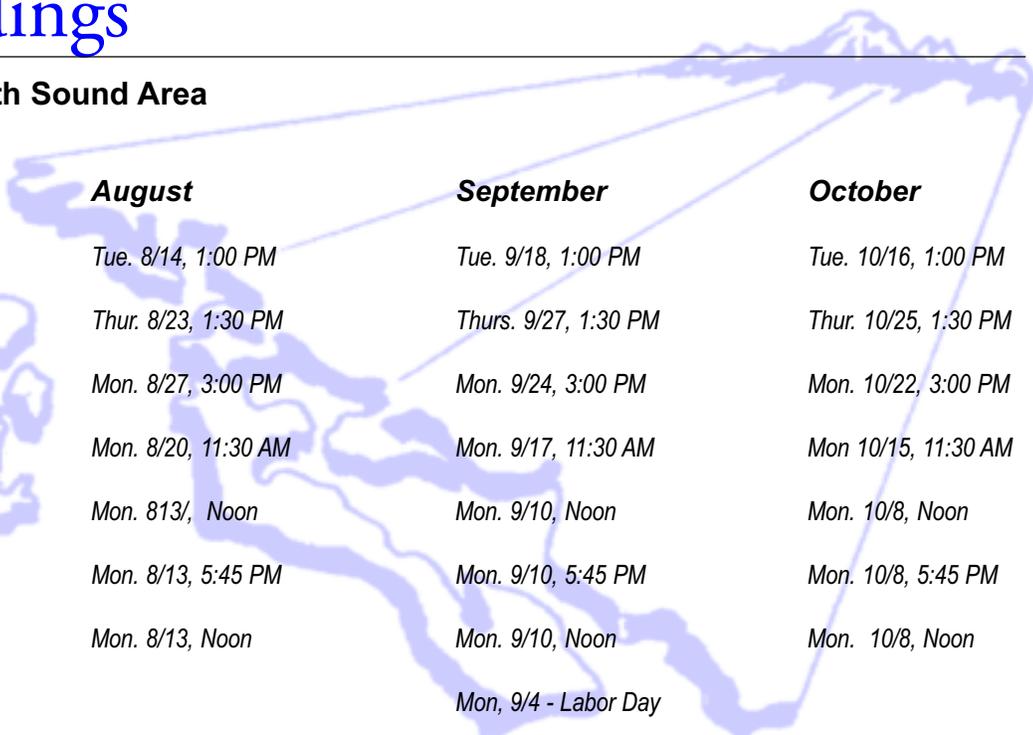
Mon. 8/13, Noon

Mon. 9/10, Noon

Mon. 10/8, Noon

Holidays – NSRSN Office Closed

Mon, 9/4 - Labor Day



PRSRT STD
US POSTAGE
PAID
CMI

North Sound Regional Support Network
117 North First Street, Suite 8
Mount Vernon WA 98273