



Oregon **Peer Delivered Services News**

OREGON HEALTH AUTHORITY
ADDICTIONS & MENTAL HEALTH DIVISION

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Welcome Linda Hammond, AMH Interim Director by Shawn Clark, Peer Delivered Services Coordinator

If passion, directness, accessibility, a sense of humor and an English accent are what you want to see in the AMH Interim Director, you have it in Linda Hammond. In addition, she has an extensive “record of getting things done.” As the head of the Oregon State Hospital (OSH) Replacement Project, her accomplishments include building OSH and implementing the hospital’s new electronic health record.

Linda's familiarity with government functions, including working relationships with state and legislative leadership, will serve AMH well. Her knowledge of health system transformation and AMH system change is perfectly timed with AMH’s current needs. Richard Harris, the outgoing AMH Director said, “Considering Linda’s wealth of talent and expertise, she is an ideal leader to see these projects through completion and face those yet to come.”

I met with Linda to discuss peer delivered services. She demonstrated her passion for peer delivered services by quickly stating, “Peer delivered services should always be in the mix of services offered. We must support and nurture the development of those services.” She expanded her commitment to the people using AMH services by insisting, “We must never lose the gift of consumer voice, information and influence.” As a woman who “walks her talk,” she is committed to participating in meetings regarding peer delivered services.

Linda, we welcome you.

Access to Recovery (ATR): Recovery Mentors Accessed by Samantha Byers, ATR Coordinator



Danni Swafford, Operations Manager of Addictions Recovery Center, said, “Access to Recovery funding and services are appreciated in Jackson County.” I also spoke with one client, “Amy,” and here is what she had to say about the program: “I desperately needed drug treatment, but did not have health insurance. I had no transportation to travel ten miles to and from treatment



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"To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and to never stop fighting"
e.e.cummings

"All can be great, because all can serve." ~ Martin Luther King Jr.

groups. And to make matters worse, I've been experiencing poor vision because I can't afford the glasses I need to see clearly. All that changed, thanks to the ATR program!!! The funds they provided allowed me to attend alcohol and drug outpatient treatment. I was given monthly bus passes to get to treatment, and other recovery activities. Lastly, they funded up to \$300.00 for vision care needs and now I have a new pair of glasses so I can finally see where I'm going in life!!! How cool is that!!! I am so grateful. And I'm remaining clean and sober."

AMH received the Access to Recovery (ATR) grant, a four-year, three million dollars per year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The grant will serve at least 9512 individuals with substance dependency. ATR emphasizes individual choice. The person in recovery from addiction decides what service they believe will aid their recovery. In Amy's case, she needed glasses and transportation to help support her recovery.

Providing peer or recovery mentoring is one of the foundations of the grant. Mentors and coaches provide support, help the individual navigate the social service system and serve as examples of hope to those in early recovery. There are over 30 recovery mentors providing services to those receiving ATR services.

Paul Potter is the ATR Manager and Samantha Byers is the ATR Coordinator. If you have any questions, please contact Paul at 503-945-9709 or Sam at 503-947-5540.

Heroes in our Midst: Judy Rinkin by Kris Anderson, Oregon Family Support Network

When talking about peer-delivered services for family members in Oregon, it is impossible to have a conversation without mentioning Judy Rinkin. Judy is currently the AMH Family Partnership Specialist. Judy has been a mentor and trailblazer for all of us in this field.

Approximately 25 years ago, Judy and her husband Mike were looking for help for their teenage son's mental wellness challenges. Help was hard to find, and few people seemed to understand their family's struggles. Judy and Mike found help with the National Alliance on Mental Illness (NAMI), and became "Family to Family" instructors.

Judy looked for additional help, and became connected with the fledgling National Federation of Families for Children's Mental Health, where she remains known and respected as a pioneer in parent support peer-delivered services. Judy founded Oregon Family Support Network (OFSN), a state chapter of The Federation in 1991. Judy and OFSN were leaders in legislation that removed the need for Oregon's families to give up custody of their children so they could access residential treatment.

Judy strives to ensure AMH receives input from families and young people at all levels in the course of business with the children's mental health system. Judy

shares how pleased she is with the progress made in Oregon, and acknowledges that system change has happened. However, she is also one of the first to note, “we still have a ways to go”

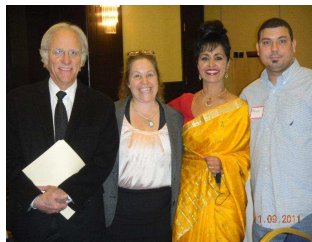
Thank you Judy for all you have done in the past, do day by day, and plan to do in the future.

Hope

On December 22, 2011 the Substance Abuse and Mental Health Services Administration (SAMHSA) announced a new working definition of recovery from mental disorders and substance use disorders. SAMHSA dialogued with consumers, persons in recovery, family members, advocates, policy makers, administrators, providers, and others to develop the definition and guiding principles for recovery. They recognized that "there are many different pathways to recovery and each individual determines his or her own way." The new working definition is as follows:

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Oregon is the home of several national and international organizations that inspire HOPE. We plan to highlight one in each Newsletter. This quarter we look at ASHA International.



Pictured l to r: Chris Gordon, M.D.; Deborah Delman; Gayathri Ramprasad; Marco Gonzales, PS

ASHA International's mission is to promote personal, organizational and community wellness through mental health education, training and support. ASHA International is a 501(c) 3 non-profit organization based in Portland, Oregon.

Since the launch of its programs in 2006, ASHA International has promoted mental health awareness, and reached out and touched the lives of more than 25,000 people, nationally and internationally, with a resounding message of hope and healing.

In 2011, ASHA International:

- Presented **Wellness Workshops** to 300 people
- Educated 400 mental health professionals and administrators through our **Cultural Competency Training**

- Provided 200 hours of *Peer Mentoring* to empower individuals and families struggling with mental disorders to overcome barriers to recovery and achieve wellness
- Extended our *outreach to the South-Asian community* locally and internationally through mental health forums, radio and TV programs
- Launched our brand new website www.myasha.org

To learn more about ASHA International and its signature campaign *Healthy Minds, Healthy Lives*, please visit www.myasha.org. To read the **Story of ASHA International**, please visit <http://www.myasha.org/about-us/our-story/>. To sign-up for ASHA International's *Healthy Minds, Healthy Lives* newsletter, please visit <http://www.myasha.org/get-involved/sign-up-for-our-newsletter/>

ASHA International

P.O. Box 91232 Portland, OR 97291

Gayathri Ramprasad, MBA, CPS, Founder & President

Education

WRAP® (Wellness Recovery Action Plan)

by Mike Hlbechuck, Oregon State Hospital Dep't of Recovery Services

Oregon State Hospital (OSH) is engaged in a broad expansion of Wellness Recovery Action Planning (WRAP®). WRAP® is a self-directed tool people can use to improve their mental health recovery. As stated on the Copeland Center for Wellness and Recovery website, "WRAP® is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP is designed to: decrease and prevent intrusive or troubling feelings and behaviors; increase personal empowerment; improve quality of life; and assist people in achieving their own life goals and dreams." Visit <http://copelandcenter.com/> to learn more about WRAP®.

Two trainings of Seminar I WRAP® were delivered in the fall of 2011 in Salem. Rick Snook, OSH Recovery Specialist and a graduate of Seminar I, said of the training, "I thought it was one of the best things I've seen happen at OSH in terms of building bridges to the community with and for our patients." Ginny Rake added, "I thought it was very well presented, informative and, for me, life changing."

The long-range goal of the WRAP expansion at OSH is to make WRAP® training available to all patients who select to write a WRAP® plan. OSH has a three-year contract with Copeland Center for Wellness and Recovery for training which will be provided to staff, patients and community partners. It is designed to develop 30 trained WRAP® Facilitators and 18 Advanced WRAP® Facilitators.

Certification of patients and staff as Advanced WRAP® Facilitators will sustain this project.

Trainings and Events

Alternatives Conference 2012

Peerlink is proud to announce we will be hosting Alternatives 2012 in Portland, Oregon on October 10 – 14, 2012. For information go to <http://www.peerlinktac.org/>

Project ABLE is conducting a Wellness Peer Coaching training March 6-8, 2012. **This is an approved AMH PDS training.** This training is free of charge to individuals on the Oregon Health Plan and \$100 for all others. Registration closes March 1. For registration and information contact Nancy Snider at 503-302-5269 or nsnider@projectableoregon.org .

Intentional Peer Support Training: is an approved AMH PDS training

For information go to chooserecovery@yahoo.co or call Angel Moore @ 503-319-6671.

The 10th Annual NAMI Northwest Walk is on Sunday, May 20, 2012.

Noon registration for the 1 PM walk @ Vera Katz Eastbank Esplanade, Portland. We are honored to have Dave Dahl, founder of Dave's Killer Bread, as our honorary walk chair this year.

"Poverty and Mental Illness" with Amy Zulich and Donita Diamata PeerLink Webinar on Thursday February 16, 2012 11:00 a.m. - 12:00 p.m To receive an invite to register for these events, send an e-mail to: rsvppeerlink@gmail.com with the title of the webinar as the subject.

Personal Responsibility

Oregon is home to several Peer Delivered Service Wellness and Recovery Newsletters which focus on Personal Responsibility. We plan to highlight one in each Newsletter. This quarter we look at Peerlink.

Peerlink: A WELLNESS NEWSLETTER YOU WILL WANT TO RECEIVE

Peerlink National Technical Assistance Center

A newsletter made possible by grant funding from SAMHSA.
3534 SE Main, Portland , OR 97214
www.peerlinkac.org

"Obesity. High cholesterol. High blood pressure. Everyone knows these are some of the risk factors for a heart attack. But did you know that fully half of all heart attack victims have absolutely NO advance warning symptoms? That's right. The first health disease symptom they experience is the actual heart attack: and did you know there's a little-known risk factor that doesn't even show up on ANY of the traditional tests? That's right. It doesn't show up on any blood test. You can't detect it with a stethoscope or EKG. And it doesn't show up on any high-tech medical scans, either.

I find the information interesting and as in this case applicable to me. More importantly the "advice" is doable."
~ Shawn Clark

So what is this hidden heart attack tripper? Simply this:

Several university studies have found that people who interrupt conversations are at a greater risk for heart problems. In fact, one study at Duke University found that people who interrupt are up to 7 times more likely to get heart disease!

Why is this so? The researchers theorize that people who interrupt are excessively competitive and controlling -- two hallmarks of "Type A" personality traits.

Now here's the amazing part: These high-risk people can lower their risk without totally altering their personalities and without any drugs, exercise or dietary changes. All they have to do is practice being good listeners.

In one study, the test subjects focused on being silent while others talked. Result: They lowered both their blood pressure and their stress hormone levels".



Peer Delivered Services on the AMH Web

You'll want to bookmark this site and check it often—this is where AMH Peer Delivered Services will be highlighted on the web: <http://www.oregon.gov/OHA/addiction/peer.shtml>

AMH Approved Peer Delivered Services Curricula

The application process and form as well as the currently approved curricula are on the AMH PDS web page:

<http://www.oregon.gov/OHA/addiction/peer.shtml#amh>. There are currently 18 approved PDS curricula:

- 9 adult mental health curricula
- 7 adult addictions curricula
- 1 for parents and caregivers of children in the behavioral health system
- 1 for young adults in transition (age 18 to 25)
- 2 for both adult mental health and addictions
- 1 training in Spanish and English for immigrant families

Correction to the November 2011 AMH PDS Newsletter:

AMH has approved the "Entre Dos Mundos Support Group Program". It is a program that is a partnership between the Center for Family Development and the Amigos Multicultural Services Center.

Support

Oregon is home to hundreds of Peer Run and Peer Delivered Service Programs. The focus of most of the programs is to provide support for recovery. We plan to highlight at least one in each Newsletter. This quarter we look at Benton County Peer Wellness Program.

The Benton County Peer Wellness Program by Jim Whipple, Spotlight on Recovery Newsletter

The Benton County Peer Wellness program consists of seven peer specialists working with mental health and medical staff in a Federally Qualified Health Center. Peer Specialists are people who identify as people who are or have received mental health services. Each peer specialist was trained with the AMH approved Benton County Curriculum. The training, and our program, has a decided wellness focus. We treat people as humans first. We learn to laugh, have fun and more importantly, we learn we *deserve* to laugh, have fun and enjoy a truly meaningful life in which we may realize our hopes and dreams.

We offer one-on-one peer work with clients of Benton County Mental Health, helping to clarify goals and making sure the person is the driving force behind the goals written by the case manager. People may also create a personal action plan or Wellness Recovery Action Plan (WRAP®).

We have four free support groups: LOTUS (mental health support group), Dual Diagnosis Anonymous, Mindfulness and Asperger's Social Group. The groups are open to the public. The Oregon Peer Employment Network is also open to the public for career planning, job search and job training skills. Detailed information and contacts are located at the Benton County Peer Wellness Program website.

[Peer Wellness Program webpage
http://www.co.benton.or.us/health/publichealth/peer_wellness.php](http://www.co.benton.or.us/health/publichealth/peer_wellness.php)



Self-advocacy

I encourage everyone to visit the website below. David has worked and presented in Oregon. He is funny and more. The healing in people sharing their stories is remarkable and the power of humor in reducing stigma astounding.
~ Shawn Clark

Using Stand-Up Comedy To Fight Stigma and Build Confidence

Stand Up For Mental Health (SMH) teaches stand-up comedy to mental health consumers and recently did training in Clackamas County.

SMH portrays people with mental health issues as **brave, funny, strong, capable, and resilient**. Students learn to embrace their “craziness” and laugh at

“Knowledge is a polite word for dead but not buried imagination “
e.e.cummings

Art, not psychology, is the language of emotions

~ Walter Kaufmann from “Critique of Religion and Philosophy

"The world is
mud-luscious
and puddle-
wonderful"
e.e.cummings

it...and their audiences are laughing right along with them. For more information go to his website <http://www.standupformentalhealth.com>. To enjoy great art and music from the **Vision of Hope Project** go to this link: <http://www.youtube.com/watch?v=JgmcfKdzQpA&feature=related> .

*[Note from Shawn Clark: the work of the **Creative Minds Changing Minds** viewed in silence moved me and than moved me to dig out the brushes and paint. In my case, it was to paint a wall and look to other's work to make it a piece of art. Go to*

<http://www.mirecovery.org/Pages/CreativeMindsChangingMinds.aspx/>

Jim Whipple (see the Benton County article in this issue) has "a project that aims to find the meaning of recovery through a weekly email newsletter and associated website". Check out the Spotlight at www.spotlightonrecovery.org.



Link for "Combating Stigma within the Michigan Mental Health System: Toolkit for Change"

http://www.mirecovery.org/Portals/0/Pages/Challenge_Stigma/CombatingStigmaaToolkitforChange/Toolkit_Draft_FINAL_080811_rev.pdf

Self and System Advocacy: Your Input is Requested

AMH is in the process of finalizing the Integrated Services and Supports Rule (ISSR) by July 1, 2012. AMH is interested in hearing comments and suggestions. In particular there are definitions of peer, peer delivered services and peer support specialist in the rule. The contact for the rule feedback and process is LuAnn Meulink at 503-945-6289 or LuAnn.E.Meulink@state.or.us.

