May 6, 2015

Children’s Mental Health Awareness Day comes to the Capitol steps

Children's Mental Health Awareness Day 2015: Strengthening Communities by Integrating Care – marks the 10th anniversary of National Children's Mental Health Awareness Day.

Join Youth M.O.V.E. Oregon, Oregon Family Support Network, the Oregon Health Authority and hundreds of Oregon community members at the Oregon Capitol Thursday, May 7, from 11 a.m. to 1 p.m. This event is an opportunity for Oregon youth and young adults, their families, and their advocates to come together to celebrate and raise awareness about mental health.

Speakers include Pam Martin, director of Addictions and Mental Health; Amy Baker, OHA Child and Mental Health manager; Madeline Olson, former AMH deputy director; state representatives and senators, as well as family, youth, and young adult representatives from the participating organizations.

The event is open to the public and free. The event will also include children’s activities and a resource fair. Free lunch will be provided to all youth, young adults, and their families.

National Children’s Mental Health Awareness Day was created to shed a light on the mental health-related challenges facing children and their families. This year
will focus on integrating mental and behavioral health with primary health care, child welfare, education, and other systems of care.

For more information about National Children’s Mental Health Awareness Day, please contact Tia Barnes, executive assistant for Youth M.O.V.E. Oregon, at 541-255-6864 or send an email to tia@youthmoveoregon.com.

**Also:** To celebrate May’s Mental Health Awareness Month, Lane County Public Health’s Prevention Program has created the “Mind Your Mind Month" campaign. The Mind Your Mind Project strives to increase awareness of the importance of mental wellness to one’s overall health; reduce the stigma related to mental health, mental illness and help-seeking; and to provide practical resources that individuals, families, schools, work sites and communities can use to promote mental health.

There are a number of ways your county or organization can participate:

- **Twitter:** Follow @MindYourMindUSA (twitter.com/mindyourmindusa) and retweet;
  
  Want to create your own tweets? Use #MindYourMind or #MindYourMind2015 in your tweets.

- **Facebook:** “Like” the Mind Your Mind Project on Facebook: www.facebook.com/MindYourMindProject.
  
  Share posts from the Mind Your Mind Project or create your own – use #MindYourMind or #MindYourMind2015 in your posts.

- Mental Wellness Pledge: Sign the Community Mental Wellness Pledge.

For more ideas and activities, visit: the Mind Your Mind Project.

**GET INTO THE ACT! May is Older Americans Month**

The theme of this year’s Older Americans Month is “Get into the Act.” It is a call to older adults to take charge of their health, including behavioral health, to get engaged in their communities and to make a positive impact. Today, one in eight Oregonians is an older adult – 15 percent of the population – and they are a vital part of our community. The 75-and-older age group will be the fastest growing age group in the next 15 years.
This trend has implications for health including behavioral health:

- 15-20 percent of older adults have depression;
- Men aged 75 and older have the highest suicide rate;
- Prescription drug misuse and at-risk drinking are issues for older adults.

In Oregon, the Legislature has invested in senior behavioral health to promote effective strategies for wellness, social engagement and treatment of common behavioral disorders such as anxiety and depression. This investment through the Addictions and Mental Health division will ensure the health, safety and independence of older adults.

This year marks the 50th anniversary of the Older Americans Act that was signed into law by President Lyndon B. Johnson on July 14, 1965. This created a nationwide services network and funding to help older adults live with dignity in communities of their choice as long as possible. These services include:

- Home-delivered and congregate meals;
- Caregiver support;
- Community-based assistance;
- Health promotion;
- Elder abuse prevention.

This is a call to celebrate the promotion of engagement in activity, wellness and inclusivity – “Get into the ACT”!

**Save the date: NAMI Northwest Walk is Sunday, May 17**

The NAMI Northwest Walk is a way to bring awareness and funds to help keep NAMI programs and services free of charge for those who need them. NAMI stands for the National Alliance on Mental Illness, which is a grassroots, non-profit organization bringing education, advocacy and support for all who live with mental illness.

Check in for the 5K walk is at noon; start time is 1 p.m. on the East Bank Esplanade, SE Water at SE Main streets, Portland. There is no registration fee for this event. For more information visit the [NAMI Northwest Walk website](#).
Pamela Martin elected to National Research Institute Board

Pamela Martin, Ph.D., ABPP, Addictions and Mental Health director, has been elected to the board of directors of the National Research Institute. Since 1987, the institute has been the only national organization working with state agencies, the federal government, and other entities to define, collect, and analyze data on public behavioral health systems.

The institute has distinguished itself by providing invaluable data and information to state behavioral health agencies and the public on various aspects of the public mental health system.

The board of directors consists of the state behavioral health agency commissioners and important stakeholders in the mental health community. The institute partners with states and other stakeholders to assist them with using data to help form policy and practice. More information is available on the National Research Institute website.

Peer delivered services offers a needs survey

The Addictions and Mental Health Office of Consumer Activities is conducting a survey of peers to better understand the experiences of a Peer Support Specialists.

The survey results will help define what training, supports, and technical assistance are needed for Peer Support Specialists. The survey is confidential and responses will not be shared with anyone. You do not need to identify yourself by name in any way.

There are a few ways to take the survey:

- Click on the following link: Peer Delivered Services Needs Survey.
• Print out a copy of the survey and mail it to: Addictions and Mental Health Division, Attention: Nicole Currier, Office of Consumer Activities, 500 Summer Street NE E86, Salem, OR 97301.

• Request a paper copy to be mailed to you by contacting Nicole Currier at nicole.currier@state.or.us.

The survey will close on Friday, May 29. Please only complete the survey once. Results will be posted on this site.

Grant opportunity for community organizations working on health information exchange

The Oregon Health Authority is encouraging local organizations to apply for funding under a new grant for the Community Interoperability Health Information Exchange Program. These grants from the Office of the National Coordinator for Health IT will fund local work that builds on existing community efforts to increase the adoption and use of health information exchanges. The office will award up to 10 grants of $50,000 to $100,000 each. Applications must be submitted by 11:59 p.m., Eastern Daylight Time, on June 15. The deadline to submit an intent to apply is May 15, but notices are not mandatory. OHA will not apply for this grant.

For more information, please see the HealthIT.gov website at http://healthit.gov/newsroom/grants-funding.

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