

the Bert Nash Community

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N E W S L E T T E R

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For almost 60 years, the Bert Nash Community Mental Health Center has advanced the mental health of the Douglas County Community through comprehensive behavioral health services responsive to evolving needs and changing environments.

Mental Health Mondays in May

Center to host FREE lecture series at the Library starting this Monday

In honor of Mental Health Month (May), the Bert Nash Center is hosting "Mondays in May", a lecture series held at the Lawrence Public Library, 6 E 6th St, in downtown Lawrence. All lectures start at Noon and are followed by a brief question and answer session. Please feel free to bring a brown bag lunch. Coffee and water provided.



May 4th
Coping with Job Loss



May 11th
Mental Health First Aid



May 18th
Anxiety Disorders

Pioneer Celebration honors local community members

At the recent Annual Pioneer celebration in downtown Lawrence, several individuals were honored for their contributions to Bert Nash. Randy Weseman, retiring Superintendent of Lawrence Public Schools received the Pioneer Award. Randy has been instrumental in supporting the therapeutic classrooms and the WRAP Program which places Bert Nash clinicians in the schools as part of the school's mental health teams. In presenting the award, Bonnie Lowe stated "...without Randy's leadership, his recognition of the importance of mental health to learning, his ability to be creative in finding resources, we would join most places in ignoring our children's needs."

The Lyn Smith Award for Distinguished Service was presented to David Adams. This award recognizes a retiring Board member who has demonstrated exceptional vision and

leadership in realizing the Center's mission to advance the mental health of Douglas County residents through comprehensive behavioral health services. As she presented the award, Alice Johnston, chair of the Endowment Trustees, recognized David as the catalyst for the "Evening with" series. Last September's Evening with Larry Brown, former KU basketball coach, and Mike Maddox and Danny Manning members of the 1988 NCAA championship team, raised over \$40,000.

Other award recipients included: 2008 Supported Employment Service Award for Employer of the Year: Wendy's on 23rd Street; 2008 Employee of the Year: Andy Conboy, Dilons; Sandra Shaw Spirit Award: Juliet Nelson. David Johnson gave a brief presentation on Mental Health First Aid, a new educational program offered to the community. This pro-

gram trains employers, public service workers, emergency responders and residents to recognize and respond to a mental health crisis. David then introduced Christopher Loftis, PhD, the director of State Policy for the National Council on Community Mental Health who gave a brief presentation on current policy initiatives at the national level.



Randy Weseman, Pioneer Award recipient and Alice Ann Johnston, BNC Endowment Trustees Chair celebrate.

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Bert Nash
COMMUNITY MENTAL HEALTH CENTER

Grow Together, Give Today.

This is a secure, simple way for you to help provide accessible, quality behavioral health services to the members of our community. The Bert Nash Center's Endowment Trust Fund supports crucial programs that are not fully financed by public funds and client fees. A volunteer citizen board oversees the fund. Every week, our staff works with hundreds of Douglas County individuals and families. Our endowment gives the Bert Nash Center staff the resources they need to serve our community. **TWO WAYS TO CONTRIBUTE >**



bertnash.org/contribute

"We make a living by what we get, but we make a life by what we give."

- WINSTON CHURCHILL



Do your grocery shopping at Checkers local city market and dine out at Lawrence Originals Restaurants...Yes? Then all you need to do is present your Give Back Card with your purchase every time you shop. Businesses will donate a portion of every dollar you spend AND you will also earn rebates, which are redeemable at all participating merchants.

lawrencegiveback.com

Don't Worry - Be Happy? The Happiness - Health Connection

Want to improve your health? Start by focusing on the things that bring you happiness. There is some scientific evidence that positive emotions can help make your life longer and healthier. But to produce good health, positive emotions may need to be long term. In other words, thinking positive thoughts for a month when you already have heart disease won't cure the disease. But lowering your stress levels over a period of years with a positive outlook and relaxation techniques could reduce your risk of heart problems.

PATHWAYS TO HAPPINESS

In an early phase of positive psychology research, University of Pennsylvania psychologist Martin Seligman and Christopher Peterson of the University of Michigan chose three pathways to examine:

Feeling good. Seeking pleasurable emotions and sensations, from the hedonistic model of happiness put forth by Epicurus, which focused on reaching happiness by maximizing pleasure and minimizing pain.

Engaging fully. Pursuing activities that engage you fully, from the influential research by Mihaly Csikszentmihalyi. For decades, Csikszentmihalyi explored people's satisfaction in their everyday activities, finding that people report the greatest satisfaction when they are totally immersed in and concentrating on what they are doing—he dubbed this state of intense absorption “flow.”

Doing good. Searching for meaning outside yourself, tracing back to Aristotle's notion of eudemonia, which emphasized knowing your true self and acting in accordance with your virtues.

Through focus groups and testing hundreds of volunteers, they found that each of these pathways individually contributes to life satisfaction. (Continued on page 3).



Ms. Nelson is the latest recipient of the Sandra Shaw Spirit Award. This award is given to a Center Staff Member who has made significant contributions by doing more than asked and doing it gladly; has strong commitment to enhancing the Center's mission; has great personal talents, and a "can do" attitude.

Juliet Nelson, PhD

TEAM LEADER IOP/DIALECTICAL BEHAVIOR THERAPY

What is your favorite memory working at the Center? I have many fond memories working at Bert Nash, but a significant one is from 1999 when Sandra Shaw who was then CEO decided to send our Dialectical Behavior Therapy (DBT) team to be intensively trained in Seattle with Marsha Linehan, the developer of DBT. After we gave our rationale to the executive team, Sandra said, "We'll I don't think we have any choice but to support this group!" Her commitment to training and excellence in mental health treatment in a community mental health center setting has been a tremendous example for me and continues to be the culture of the center. We were in Seattle with all of these prominent psychiatric hospitals from all over the country getting training in a cutting edge therapy before many other community mental health centers were even aware of it.

What is most important to you about your work? I appreciate interacting with people (clients, other staff members, supervisees and supervisors) in ways that are touching and meaningful to me. It is thrilling to watch people learn skills and grow. I am grateful to have a job which focuses on improving other's lives because it has been such a reciprocal process. I am constantly learning how to be a better colleague,

Bert Nash Member SPOTLIGHT

therapist, supervisor and also friend, spouse and mother. It is also nice to have an opportunity to do both clinical and supervisory work. My fears in college were that I wouldn't be able to find a job that would interest me for very long but I find this work endlessly fascinating.

What else should we know about you? I like wearing and collecting a wide variety of clothing. It seems to entertain me through the seasonal extremes of Kansas! My favorite thing these days is being with my 7 year old daughter reading books to each other. I also have a 10 year old daughter and 14 year old son who are fun to hang out with. My husband is interested in music and cooking and we spend a good deal of time as a family listening to music and eating, or at least trying whatever new, odd thing he has created.

The Happiness-Health Connection cont.

THINGS THAT WON'T MAKE PEOPLE HAPPY

People tend to be poor judges of what will make them happy. While most people say they want to be happy, they often believe in myths or carry assumptions that actually get in the way. Here are some widely held myths about what will bring happiness:

Money and material things. The question of whether money can buy happiness has, for more than 30 years, been addressed by the "Easterlin Paradox," a concept developed by economist Richard Easterlin. His research showed that people in poor countries are happier when their basic necessities are covered. But any money beyond that doesn't make much difference in happiness level.

Youth. Being young and physically attractive has little or no bearing on happiness. In a study published by Richard Easterlin in 2006 in the *Journal of Economic Psychology*, not only did being young fail to contribute to happiness, but adults grew steadily happier as they moved into and through middle age.

Children. When ranking their happiness during daily activities, mothers report being more happy eating, exercising, shopping, napping, or watching TV than when spending time with their children. In several studies, marital satisfaction declines after the first child is born and only recovers after the last child leaves home.

how do you know you're in the flow?

You are active. Flow activities aren't passive, and you have some control over what you are doing.

You aren't thinking about yourself. You aren't focused on your comfort, and you aren't wondering how you look or how your actions will be perceived by others. Your awareness of yourself is only in relation to the activity itself, such as your fingers on a piano keyboard, or the way you position a knife to cut vegetables, or the balance of your body parts as you ski or surf.

You aren't interrupted by extraneous thoughts. You aren't thinking about such mundane matters as your shopping list or what to wear tomorrow.

You work effortlessly. Flow activities require effort (usually more effort than involved in typical daily experience). Although you may be working harder than usual, at flow moments everything is "clicking" and feels almost effortless.

You lose awareness of time. You aren't watching the clock, and hours can pass like minutes. As filmmaker George Lucas puts it, talent is "a combination of something you love a great deal and something you can lose yourself in—something that you can start at 9 o'clock, look up from your work and it's 10 o'clock at night ..."

UPCOMING EVENTS

Tomorrow!
STC @ BERT NASH
(Secondary Therapeutic Classroom)

20th
ANNIVERSARY
CELEBRATION



Mondays
INMAY

DECISION
SUPPORT CENTER
AT THE BERT NASH CENTER



MENTAL
HEALTH
FIRST AID

OPEN HOUSE

May 1, 2009
5:30pm

Bert Nash Center

Stop by the Bert Nash Center on May 1st to celebrate the 20th Anniversary of the STC.



LECTURE SERIES

All Lectures are held at the Lawrence Public Library from Noon-1pm. Lectures are followed by a brief question and answer session. Please feel free to bring a brown bag lunch. Coffee and water provided.

May 4th
Coping with Job Loss

May 11th
Mental Health First Aid

May 18th
Anxiety Disorders

OPEN HOUSE

May 14, 2009
9-12pm

Bert Nash Center

Decision Support Center - Meet Pat Deegan, PhD, Nationally known mental health advocate and developer of DSC software and program concepts. DCS uses technology to assist mental health clients and medical providers in making "shared decisions" about treatment along with other aids focused on recovery.

UPCOMING CLASSES

June Session
Dates: 8, 15, 22, 29, 4-7pm
Bert Nash Center, 2nd Floor

***July Session**
Dates: 6, 13, 20, 27, 4-7pm
Bert Nash Center
Bert Nash Center, 2nd Floor

*Mental Health First Aid classes are offered free of charge through the June Session, although we do encourage and accept donations. Starting July 2009, each Session will cost \$25 per person; which covers instruction, a manual, and snacks provided. To sign up for a MHFA class, please email lgrieb@bertnash.org Visit bertnash.org for more information.

Area Artist Notecards and Posters available

\$5 each

contact the Bert Nash Center for an opportunity to see more styles and make a purchase.



1991 Judi Geer Kellas



1989 Lori Malott



1986 Louis Copt



1987 Diana Dunkley



1999 Tom Russell



1998 Colleen Zacharias Gregoire



1994 Jan Gaumnitz



1996 Vicki Vormehr