

the Bert Nash Community

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N E W S L E T T E R

JULY 2009

200 MAINE STREET | LAWRENCE, KS 66044 | (785) 843-9192 | www.bertnash.org

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.



A Letter from our CEO

Dear Friends,

On July 1, state and local grant funds for the Bert Nash Center were cut an additional \$511,929 as a beginning to our third consecutive year of grant cuts. If there is any good funding news, it is the recognition that mental health should not be cut anymore. I am told that 68 legislators contacted the governor about community mental health and we were spared in the allotment of further state cuts just announced. The Douglas County Commission made the same observation in limiting our cuts for next year to an additional \$5,000. Still, these are very challenging times. What community mental health will look like in the future is being debated on a state level.

As a generalization, I have seen organizations respond in one of two ways to scary times like this. One way, the natural way, perhaps, is to hunker down, close your eyes, cover your head, and hope to survive. For me, this is the best plan if you think the organization may not make it. The other way is to plan to survive and recognize that such times can bring new opportunities.


Almost fifteen years ago, a respected expert in mental health systems told me that there will be two kinds of mental health organizations in the future – the quick and the dead. We cannot afford to be careless but we cannot be afraid of risk. I am a strong believer that these are the times that we should approach our challenges with solutions that are far-sighted, not reactionary.

For the school year this fall, we are expanding the WRAP Program which places mental health clinicians in schools to all levels in the Eudora school system. The multi-year grant which is funding this will also help establish a satellite office in Eudora.

Whenever the Bert Nash Center has been faced with adversity, we have challenged ourselves to take the opportunity to figure out how we might address the needs of Douglas County residents more efficiently and effectively. Often, this approach has created new or improved partnerships – and so it is with this initiative in Eudora. Our partners are the Eudora School District, the Eudora Police Department, and DCCCA.

The mission of the Bert Nash Center is “to advance the mental health of the Douglas County community through comprehensive behavioral health services responsive to evolving needs and changing environments” and that is what we are continuing to do. We hope you will join us in this ongoing effort. Please visit our website for information about our programs and services and how you can help.

Thank You,


David E. Johnson, CEO

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OUT & ABOUT

Deborah L. Edelman-Dolan, LCSW, Team Leader, Child and Family Services gave a presentation to a KU Social Work class on Childhood Mental Health Diagnoses on May 29.

Rachel Wiggins, WRAP Clinician, presented an informational session about WRAP and other Bert Nash Services at VanGo Mobile Arts on June 10. She also held a booth at the Juneteenth Celebration on June 19. Additionally, Rachel provided two days of games and other activities for Eudora's school-aged community members at Eudora Fun Days on June 17 and 24.

Ty Yoshida, Medical Director, taught a class on transcultural psychiatry to a group of psychiatry residents at the KU Med Center on June 16.

Tom Bates, Team Leader for Adult Outpatient Services, spoke at a seminar on stress management at Pinnacle Career Institute on June 16.

Patricia Roach Smith, COO, presented to Jayhawk Breakfast Rotary on Mental Health First Aid on Thursday, July 9.

Coming Soon >

Ruth Shadel LCSW, Aging Specialist, will moderate a discussion at the Lawrence Parkinson Support Group meeting on August 18. Additionally, Ruth will present a workshop on Clinical Assessment Tools: Depression, at the Kansas Home Care 2009 Annual Meeting in Topeka on September 16. She also attended the Douglas County Coalition on Aging, of which she is a member, community meeting on July 15.


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



lawrencegiveback.com

Is it forgetfulness or dementia?

Regardless of age, everyone experiences occasional episodes of forgetfulness. Many people fear that a growing number of such lapses are a sure sign of Alzheimer's, but there are important differences between simple forgetfulness and dementia. A third state, called mild cognitive impairment, falls in between normal memory function and dementia. People with mild cognitive impairment are at increased risk of developing dementia.

Normal forgetfulness is neither progressive nor disabling. Such memory problems are likely to surface when you're under stress, fatigued, ill, distracted, or overloaded. Typically, you remember the forgotten information later. Like most people, you probably rely on written reminders and other memory-jogging techniques to overcome this kind of forgetfulness.

A certain increase in forgetfulness seems to be a normal byproduct of aging and is perhaps a result of changes in the brain that begin around age 50, such as a gradual loss of receptors on brain cells and a decline in certain neurotransmitters. It's important to note that memory loss isn't inevitable, though. There are many things you can do to preserve or sharpen your memory, including learning memory-enhancing techniques, reducing stress, and improving your organizational techniques (writing down appointments or having a designated spot for belongings such as keys and eyeglasses). It's also important to regularly challenge your mind with activities such as reading, doing crossword puzzles, playing chess, or taking classes. Experts believe that these kinds of activities help build and maintain synapses, the small gaps between neurons that enable them to communicate with one another.

Mild cognitive impairment (MCI) is considered a transitional state between normal forgetfulness and dementia. At least one cognitive (thinking) domain — usually memory — is below normal or in decline.

A person who has MCI is able to carry on daily activities without difficulty, but a particular subset of cognitive skills may be diminished. In particular, someone with MCI may show some of the following signs: increasing difficulty with memory or, in some cases, subtle problems in other cognitive domains, such as language, attention, spatial skills, and problem solving; confirmation of impairment on neuropsychological tests, often manifesting as difficulty with learning and delayed recall of information compared with others of the same age and education level; in some cases, memory is normal but is less reliable than it used to be.

Dementia means that memory loss is severe enough to interfere with someone's ability to function socially and at work. The most common type of dementia is Alzheimer's disease, but there are many other types, including front to temporal lobar degeneration, dementia with Lewy bodies, and vascular dementia (which is caused by multiple strokes that interrupt blood flow to the brain). These are some signs of dementia: intellectual function has declined from a previous level — this change in mental ability differentiates dementia from mental retardation; the person is aware and alert, which differentiates dementia from delirium; more than one type of thinking is affected. In addition to memory, at least one of the following also is impaired: personality, abstract thinking, judgment, use of language, the ability to perform complex physical tasks, or the ability to recognize objects or people.*

For more information on dementia and aging, contact the Bert Nash Center's Aging Specialist, Ruth Shadel LSCSW at (785) 843-9192.

In-Home and Community-Based Supportive Services

WHAT IS THE SED WAIVER?

The Children's Home and Community-Based Waiver is a Medicaid program designed to serve children and youth with serious emotional disturbance (SED) in order for them to live with their family, remain in the community and prevent psychiatric hospitalization. Because of the special needs of the child, the usual Medicaid eligibility requirements are waived.

WHAT IS THE GOAL OF THE WAIVER?

The overall goal of the waiver is to provide in-home and community-based supportive services to children and youth with serious emotional disturbance (SED). Families may apply for the waiver through the Bert Nash Center. (Throughout the state, Mental Health, Substance Abuse Prevention, Treatment and Recovery (MHSAPTR) manage the Waiver program in coordination with Social and Rehabilitation Services Divisions for Medical Services, Economic and Employment Services, and Community Mental Health Centers.)

WHAT ARE THE BENEFITS & SERVICES OF THE WAIVER?

There are many benefits for parents and children with serious emotional disturbance. The program provides education, support and resources for families including:



- Wraparound Facilitation
- Parent Support and Training
- Case Management
- Attendant Care
- Individual/Family Therapy
- Respite Care
- Psychosocial Groups
- Medications

Bert Nash Member SPOTLIGHT

Charlotte Pessoni
PARENT SUPPORT SUPERVISOR



What is your favorite memory working at the Center? Right from the beginning amazing things happened. A friend already working at Bert Nash told me about the open position & unique role of Parent Support Specialist (PSS) in the SED Waiver program. I felt like, wow, this spot is for me! It was particularly nice to work again with some of my old cronies from my years working at the Menninger Foundation. Today, I looked through my 'kudos' file I keep of letters, cards, and notes from coworkers and families I've worked with. Some of my favorite memories are those times where we made a big difference in the life of a family. I'm so glad to have some of these memories on paper so I can remember again the joy that comes with hope & healing.

What is most important to you about your work? I love making that initial contact and offering the support that can bring hope. The Parent Support position was created to do just that: to advocate, liaison for, and teach parents of children with serious emotional disturbance (SED). When I started in 2000,

WHO IS ELIGIBLE FOR THE PROGRAM?

Children and youth must meet two types of eligibility for the waiver: Clinical and Financial. Clinical eligibility is determined by the Bert Nash Center using standardized assessment tools. SRS Economic and Employment Services (EES) determine financial eligibility for the program. The staff at Bert Nash can assist families with the financial eligibility process, which is based on income.

HOW DOES THE WAIVER WORK?

The key element of this program is family choice. Bert Nash will provide all the information you need to determine how the waiver can benefit your child and family. A plan of care will be developed using an inclusive wraparound process. Families choose the members of their Child and Family Team. A wrap-around facilitator will lead the meetings and help the team identify strengths and needs of the child and family. The waiver plan of care must be reviewed at least every 90 days and/or any other time as needed. Families and youth are expected to be involved in the treatment planning and review process.

WHAT IS THE COST?

In May of 2002, legislation was passed by the Kansas Legislature authorizing the Secretary of SRS to collect fees from parents for services provided to their children by an institution or program of the department. These fees are assessed to recover expenses incurred for providing the services. Children on the SED Waiver are affected by this legislation. Fees for HCBS waiver services are assessed on a sliding schedule. Families may request waiver or reduction of fees due to hardship. Fees are not tied to services. A child cannot be denied service or removed from the waiver because of non-payment of the fee. However, the state may take action to collect the unpaid fees from the parents. The Bert Nash Center does not collect the fees. More information about Family Fee Collection and the sliding scale can be obtained by contacting SRS, Mental Health, Substance Abuse Prevention, Treatment and Recovery at 785-296-3471.

For more information about the waiver, please contact Charlotte Pessoni, Parent Support Supervisor: 785-843-9192

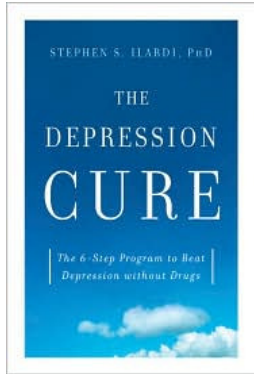
it was a new position and a smaller program. The program has grown and so has the PSS team. The team is an amazing group of 20 parent advocates and I'm delighted to work with them. As part of the SED Waiver, my fellow PSS and I get to help parents navigate various systems in which their child is involved, facilitate communication from parent to team and team to parent, and provide support to many parents who have felt isolated and sometimes hopeless in trying to access help for their child/children.

What else should we know about you? I balance out the speed of my job with time in my studio making lamp work, glass bead jewelry and 'playing' in my garden. Once the flowers start blooming I make lots of bouquets. My children are gardeners too and we work together to get a variety of foods canned. I'm fortunate that both of my adult children and my grandson live in my neighborhood. I'm so happy to spend lots of time with them.

KU professor authors “The Depression Cure”

[The 6-Step Program to Beat Depression without Drugs]

Stephen Ilardi, PhD, an associate professor of clinical psychology at KU is the author of a new book on depression. The book interweaves stories of individuals who have fought – and won – the battle against this pervasive disease (research shows that 1 in 4 Americans will suffer from major depression at some point in their lives) and outlines a six step program for action.



In his research for the book, Dr. Ilardi was inspired by the extraordinary resilience of aboriginal groups like the Kaluli of Papua New Guinea who rarely suffer from depression. In contrast to the Kaluli, most Americans work long hours, eat on the fly, and lead increasingly sedentary, isolated lives. Alongside this lifestyle, depression rates in recent years have skyrocketed. Dr. Ilardi sheds light on our current predicament and reminds us: our bodies

were never designed for the sleep-deprived, poorly nourished, frenzied pace of twenty-first century life. In fact, our genes have changed very little since the days of our hunter-gatherer ancestors and are still building, in effect, Stone Age bodies. Herein lies the key to breaking the cycle of depression.

The book outlines a six step program for curing depression by making healthy lifestyle changes including getting plenty of sunlight, ample sleep, eating an omega-3 rich diet, building rich social connections and participating in meaningful tasks. Since its publication in June, The Depression Cure has been well received. A review on Libraryjournal.com (5/15) states “Research findings (including the author’s own study on the treatment’s efficacy) are translated into readable terms...The positive aspects of the Therapeutic Lifestyle Change model are obvious, but Ilardi’s composite program—rooted in the hunter-gatherer way of life—is novel. Practical, straightforward, grounded in persuasive research, this book is recommended for anyone seeking an alternative approach to treating depression.”



Stephen Ilardi

Saturday August 29, 2009 1:00 PM
Oak Park Mall Barnes & Noble
11323 W 95th Street, Overland Park, KS 66214
913-492-8187

IF SOMEONE IS HAVING
A HEART ATTACK, YOU
KNOW TO **CALL 911.**

What would you do?

IN A MENTAL HEALTH
CRISIS SITUATION

What if someone you know said,
“I no longer want to live, there is no point.”

WOULD YOU KNOW WHAT TO DO?

Learn how to handle this and other mental health crisis situations as well as becoming familiar with common mental health issues by enrolling in Mental Health First Aid Classes. Classes are offered most months through four, 3-hour sessions, or two, 6-hour sessions; for \$25 per person - which covers instruction, a manual, and snacks.

UPCOMING CLASSES

AUGUST SESSION
Saturday, 22nd, 10am-5pm
and Sunday, 23rd, 1-6pm

SEPTEMBER SESSION
Dates: 1, 15, 22, 29
4-7pm

OCTOBER SESSION
Dates: 5, 12, 19, 26
5:30 - 8:30pm

NOVEMBER SESSION
2, 9, 16, 23
4-7pm

All sessions are held at the Bert Nash Center in the second floor Board Room.



WHO SHOULD TAKE MHFA CLASSES?

- Business Owners
- Restaurant/Tavern Staff
- KU Faculty & Staff
- Faith-Based Staff
- Hotel Staff
- HR Personnel
- Non-Profit Staff
- Emergency Personnel
- Everyone!

Visit bertnash.org for more information

Sign up today! Email lgrieb@bertnash.org

If you have a group of 8 or more people, we can come to you!

Receive a framed MHFA Certificate upon completion