

the Bert Nash Community

VOL. I, ISSUE 2

N E W S L E T T E R

JULY 2008

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 mental wellness through comprehensive behavioral health services that respond to the evolving needs and changing environments of the Douglas County community.

Larry Brown is Comin' to Town

this
September
An Evening With
Larry Brown
& friends

6:30 - 10:00 p.m.
AT CROWN TOYOTA

Bert Nash
COMMUNITY MENTAL HEALTH CENTER



Getty Images

Former Kansas Head Coach Larry Brown is our special guest at the annual "An Evening With" fundraiser benefiting the Bert Nash Center. Larry Brown and Friends remember great moments in KU Basketball History, namely the 1988 and 2008 National Championships. Tickets include dinner and social hour with Larry Brown and Friends.* Full tables are also available for purchase. Join us this September for this enjoyable annual fundraiser. *Cash Bar

The Bert Nash Center does not discriminate in admission or provision of services based on religion, sex, race, color, national origin, disability or age. The Bert Nash Center is committed to becoming a culturally competent health care provider. We strive to develop a workforce and services that address the needs of consumers and families with diverse values, beliefs, racial and ethnic backgrounds, languages and sexual orientations. The Bert Nash Center is an equal opportunity employer and service provider. A private, not-for-profit organization, the Bert Nash Center contracts with, and may receive grants from city, county, state and federal governments.



call 830-1795 for
ticket reservations
& more information

Center Hosts Annual Employment Luncheon



The Supported Employment/Education Services (SES) program has been in existence since the early 1990s. It began with only one staff member and has expanded to five full-time Employment Specialists and a team leader. Supported Employment Services adheres to a highly successful, nationally recognized model developed at Dartmouth University. It

emphasizes competitive employment and education as a pathway toward recovery.

Four years ago, SES and Bert Nash wanted a way to recognize and honor the employees, employees, and schools that we work with closely so we began the Annual Employment Recognition luncheon. On May 9th about 80 business representatives, consumers, Bert Nash staff, community members, and family gathered to honor

these participants. There were seven student and employee awards presented. This year's featured speakers were Steve Birchfield, General Manager of Dillon's on 23rd street, and Hilary Brown, owner and chef of Local Burger. Steve and Hilary attested that more employers, consumers, and community members realize that a disability does not necessarily preclude someone from working or attending school. Individuals with mental ill-

Continued on page 2 >

"What a child doesn't receive, he can seldom later give."

- P.D. JAMES

WHAT'S INSIDE?

Supporting the Center
PAGE 2

Luncheon cont.
PAGE 2

In Focus: SES
PAGE 2

Improving Memory
PAGE 3

Meet Zach
PAGE 3

Mental Health First Aid
PAGE 4

Depression & Diabetes
PAGE 4

A Glitch in the Brain
PAGE 4

Nash Dash 8K
PAGE 4



Supporting the Center

The Bert Nash Center’s Endowment Trust Fund supports crucial programs fully financed by public funds and client fees. A volunteer citizen Board of Trustees 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.

For more information or to find out how you can contribute, please contact the Community Development Office at (785) 843-9192.

*“We make a living by what we get,
but we make a life by what we give.”*

- WINSTON CHURCHILL



Supported Employment Luncheon (Continued from page 1)

ness do want to work and go back to school and can be a valuable asset to any company.

The eight nominees for Employer of the Year were **Dillon’s** (on 23rd street), **Local Burger**, **University Book Shop**, **Alvamar Country Club**, **KU Dining Services**, **Wendy’s** (on 23rd street), **Electric Supply Lighting**, and **Baker University**.

Wendy’s, received the Employer of the Year Award. Accepting the award was Sandy Summers, store manager. Several employee and student awards were presented as well. Andy Conboy, received the Employee of the Year award. Andy, has been working part-time at Dillon’s for the past year and six months. According to his supervisor, “no one could do better at that position than he has done.”



Supervisor Steve Birchfield and Employee of the Year recipient Andy Conboy

In Focus: SES (The Supported Employment/Education Services)

Key elements of the program are rapid job search services, one on one employment specialists, determination of work skills and career interests, matching employer’s needs to ready job-candidates qualifications, and post-hire follow up services.

“I feel so much better about myself now that I have a job.”
- consumer

“I worried that if my son got a job he would get stressed out. But just the opposite happened. He is doing so much better than before.”
- family member

“Embracing diversity is not only the right thing to do socially or ethically, it’s good for business...having a diverse work team helps us be more adaptive as a company...”
- employer



“Holding down my job is not always easy, but it has helped my self-esteem so much.”
- consumer

“I feel better that she tries working when she has the backing of the mental health team.”
- family member

“We know they can do the job; they want to do the job. You know that person’s going to be there, it’s a huge benefit. There’s not all these ‘unknowns’ with other applicants.”
- employer

Improving Memory: 9 Steps

Normal age-related changes in the brain can slow some cognitive processes, making it a bit harder to learn new things quickly or to ward off distractions. The good news is that, thanks to decades of research, most of us can sharpen our minds with proven, do-it-yourself strategies. Here are some ways to boost your ability to remember as you age.

1. Economize your brain use. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, keys, and other items you use frequently.

2. Organize your thoughts. New information that's broken into smaller chunks, such as the hyphenated sections of a phone number or social security number, is easier to remember than a single long list, such as financial account numbers or the name of everyone in a classroom.

3. Use all your senses. The more senses you use when you learn something, the more of your brain will be involved in retaining the memory. For example, odors are famous for conjuring memories from the distant past, especially those with strong emotional content, such as the scent of your grandmother's freshly baked cookies.

4. Expand your brain. Widen the brain regions involved in learning by reading aloud, drawing a picture, or writing down the information you want to learn (even if you never look back at your notes). Just forming a visual image of something makes it easier to remember and understand; it forces you to make the information more precise.

Reprinted from *Improving Memory: Understanding and preventing age-related memory loss, a Special Health Report from Harvard Medical School*, © 2008 by Harvard University. All rights reserved.

5. Repeat after me. When you want to remember something you have just heard or thought about, repeat it out loud. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?"

6. Space it out. Instead of repeating something many times in a short period, as if you were cramming for an exam, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information.

7. Make a mnemonic. Mnemonic devices are creative ways to remember lists. They can take the form of acronyms — such as the classic "Every good boy does fine," to remember the musical notes E, G, B, D, and F on the lines of the treble clef. For older learners, a particularly helpful system is a story mnemonic — that is, a brief narrative in which each item cues you to remember the next one.

8. Challenge yourself. Engaging in activities that require you to concentrate and tax your memory will help you maintain skills as you age. Discuss books, do crossword puzzles, try new recipes, travel, and undertake projects or hobbies that require skills you aren't familiar or comfortable with.

9. Get a good night's sleep. Sleep is essential for memory consolidation as well as overall health. Research suggests that six to eight hours of sleep a night is ideal for most people. Perhaps even more important than the amount of sleep is the quality of sleep.

For more information, contact the Bert Nash Center's Behavioral Health Aging Specialist, [Ruth Shadel, LCSW](#) at (785) 830-1718 or rshadel@bertnash.org.



Zach White

SUPPORTED EMPLOYMENT CASE MANAGER

What is your favorite memory working at the Center? The first time one of my clients told me that they got the job. A job gives people self-worth, hope, and a sense of purpose. Seeing this manifest right in front of me made me realize how important the Transition Age Young Adult Program through Supported Employment Services was going to be.

What is most important to you about your work? Overall I want to make a positive impact on the people that we work with and our community. I feel everyone deserves the opportunity to show who they are and what they can do. Specifically, I believe that working gives people a great way to realize their capabilities, contribute to the community, and therefore improve their overall health. So, being able to help with this process is what is most important to me about my work

Bert Nash Employee SPOTLIGHT

What else should we know about you?

I have many passions in life: music, sports, family, friends, traveling, to name a few. I played drums in a rock band for 5 years. I have climbed a mountain in Maine, whitewater rafted in Washington, and dove off cliffs in Maui. The thing I am most proud of is raising 4,000 dollars for the Leukemia and Lymphoma Society for running a marathon after my grandma was diagnosed with cancer.

Mental Health First Aid Classes offered through the Center

Center staff offer first Mental Health First Aid classes in Kansas

Mental Health First Aid is a 12-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness.

The goal of Mental Health First Aid is to increase mental health literacy. Mental Health First Aiders learn a 5-step process to assess a situation, select and implement appropriate interventions, and help the individual in crisis connect with appropriate care. Participants learn the risk factors and warning signs of specific illnesses such as anxiety, depression, psychosis and addiction; engage in experiential activities that build understanding of the impact of illness; and learn information about evidence-supported treatment programs.



Sign Up for FREE*

Classes are offered during four 3 hour Monday Evening Sessions. For more information & FAQs, visit bertnash.org.

*Mondays in August: Spots Available.
Mondays in September: Wait List
Mondays in October: Spots available*

**Donations welcomed and encouraged*

Brain Distorts Self Image

People who are convinced they are ugly may have a brain disorder that affects their processing of things they see. In a study published in *The Archives of General Psychiatry*, it was estimated from 1% to 2% of the population have a condition known as Body Dysmorphic Disorder. Some undergo repeated cosmetic surgery in a futile attempt to fix their perceived ugliness. About a quarter of those with the disorder attempt suicide. Brain scans of those with BDD showed those afflicted relied much

more on their brain's left side than the right side. "The left brain is specialized for doing more detailed and analytical processes" a researcher said. The disorder tends to run in families, and is more common in people with Obsessive Compulsive Disorder. According to one UCLA researcher, "One patient has undergone five nose jobs." He said sufferers are invariably dissatisfied with the surgery and feel more hopeless afterward.

Depression and Diabetes

Treatment for depression for sufferers of diabetes reduced risk of death over 5 years by 50 percent, according to a University of Pennsylvania School of Medicine study published in December in the journal *Diabetes Care*. Depression is quite common among diabetes sufferers and contributes to issues with medication and diet. The findings support the integration of depression evaluation and treatment with diabetes management in primary care, the study authors concluded.



Over 150 runners turned out to compete in the 8K Nash Dash on May 31, 2008. Participants ranged in age from 4 years to 72 years. earned the autographed KU Basketball for her generous donation. The Nash Dash is a fundraiser for the Bert Nash Center's WRAP program (www.wraplawrence.com). Over \$8,000 was raised to support the WRAP program. Thank you to all the sponsors and participants for supporting WRAP. More photos available at www.pixel-perfect.smugmug.com.