

the Bert Nash Community

VOL. 2, ISSUE 4

N E W S L E T T E R

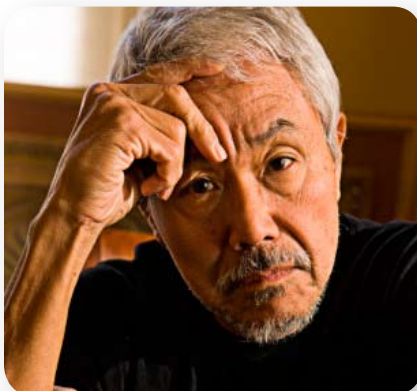
October 2009

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.

TODAY 10/08/09 is National Depression Screening Day

WHY SCREEN FOR DEPRESSION?



Clinical depression is a serious medical illness and can lead to suicide.

Sometimes people with depression mistakenly believe that the symptoms of depression are a “normal part of life.”

Clinical depression affects men and women of all ages, races and socioeconomic groups.

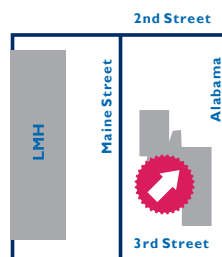
One in four women and one in 10 men will experience depression at some point during their lifetimes.

Two-thirds of those suffering from the illness do not seek the necessary treatment.

More than 80 percent of all cases of clinical depression can be effectively treated with medication, psychotherapy or a combination of both.



Screeners are available
10/8 from 5pm-7pm at
the Bert Nash Center



200 Maine Street

Take the Depression Quiz:

As you take the Depression Quiz, please answer each question as honestly as possible. This quiz cannot substitute for a visit to a mental health professional. It is meant only to give you an idea where to start a dialogue with your healthcare provider.

Score each question based on the following scale. When complete, add your answers to get your total score.

- 0 = “None or little of the time”
- 1 = “Some of the time”
- 2 = “Most of the time”
- 3 = “All of the time”

Over the *past two weeks*, how often have you:

1. been feeling low in energy, slowed down?
2. been blaming yourself for things?
3. had poor appetite?
4. had difficulty falling asleep, staying asleep?
5. been feeling hopeless about the future?
6. been feeling no interest in things?
7. been feeling blue?
8. had feelings of worthlessness?
9. had difficulty concentrating or making decisions?
10. thought about or wanted to commit suicide?

Total Score:

0-8: Symptoms are not consistent with a major depressive episode. An evaluation by a mental health professional is not recommended unless you indicated a positive response to number 10.

9-16: Symptoms are consistent with a major depressive episode. A complete evaluation is recommended. Severity level is typically mild or moderate, depending upon the degree of impairment.

17-30. Presence of major depressive disorder is very likely. A complete evaluation is strongly recommended. The higher your number, the more severe your impairment and may require immediate attention.

Source: National Alliance on Mental Illness

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Bert Nash

COMMUNITY MENTAL HEALTH CENTER

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200 Maine Street
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OUT & ABOUT



Photo: LJWorld, Ann Dean.

La nell Finneran, a registered drama therapist and lead teacher at the Bert Nash Community Mental Health Center in Lawrence, left, was honored as the recipient of the Kansas Arts Commission's 2009 Governor's Arts Award for Arts in Education. Finneran was recognized at a dinner and awards ceremony June 18 at Washburn University. Also pictured are Kansas Lt. Gov. Troy Findley and Kansas Arts Commission Chairwoman Anita Wolgast.



Maurice Joy, Chair of the Bert Investment Advisory Committee, joined CEO David Johnson for a presentation on endowments at the Mental Health Corporations of America meeting August 19 in Seattle.

Center Staff to participate in "WALKTOBER"



Marciana Vequist, PhD, on her daily afternoon walk near the Center

Marciana Vequist, PhD, Licensed Psychologist and Senior Therapist for Adult Outpatient Services, was inspired at a recent LiveWell Lawrence meeting she attended. LiveWell Lawrence is a community initiative to get people moving and living a healthier lifestyle. At the September meeting Marciana learned about Walktober™ - "a program designed to boost your energy and improve your health by making fitness walking a habit during October... and beyond." Participates are challenged to complete at least 20 walks during the 31 days of October.

An avid walker herself, Marciana encouraged her colleagues to join her for this challenge and more than 40 Bert Nash members have signed up for the program. Several routes around Bert Nash's home at 200 Maine Street have been mapped out, and Marciana and her co-workers will be hitting the sidewalks to get healthy!



To find out more information and/or to follow LiveWell Lawrence, visit <http://twitter.com/LiveWellLawrence>

Child & Family Services offered at new Eudora office

Bert Nash is pleased to announce the opening of our new satellite office in Eudora. The new office is a result of a federal grant that was awarded in 2008 as part of the Safe Schools/Healthy Students Initiative. The grant is a collaborative effort between the Bert Nash Center and the Eudora School District. The Center’s Eudora satellite office provides individual and family therapy services including: effective parenting, assertive communication skills, and support for children struggling with emotional and behavioral problems. The new office collaborates with three Eudora-based Bert Nash therapists housed within the lower, middle and upper schools.

The new office is staffed by Kathy Boyd, LMSW, Child and Family Therapist. Kathy is available from 8:30am-7pm, Monday through Thursday, working primarily with children ages 5-18 and their families. “Many families I work with qualify for additional wrap-around

services such as case management and one-on-one support services to help children be successful. The goal is to provide appropriate support and direction until the child and/or family no longer needs us.”

The Center has provided services in and around Eudora through outreach events and its Lawrence facility for more than 50 years. “We recognize that the time and expense of driving into Lawrence for therapy may prevent children and families from seeking the help they need,” said Kathy. “The Eudora office removes these obstacles, making access to mental health services more realistic and affordable for this community.”

The office is located in the former Nottingham Elementary at 1428 Elm Street. For more information about the new satellite office or to speak with Kathy, please call 785-423-4267.



Kathy Boyd, LMSW, at her office in Eudora. The Center opened a satellite office, for Child and Family services at 1428 Elm Street, as part of a 4-year grant from the federal government.



Bert Nash Member
SPOTLIGHT

Kathy Boyd
CHILD AND FAMILY THERAPIST

What is your favorite memory working at the Center? Walking in late to a DBT training on my first day at Bert Nash and having to do a chain analysis in front of my new co-workers. Being part of the creation of the Children’s Garden area....Transporting an oversized storage shed on the back of a pickup for a family all the way across town....in the dark....strapped on and praying it would not fall off in the middle of 15th ...thank you Rhonda Stubbs! Hands-on play-therapy training with CFS co-workers, learning how to “therapeutically” throw eggs at a wall while venting at the top of your lungs. Most of all my favorite memory at Bert Nash continues to be working with intelligent and passionate people who make themselves available whenever and however needed.

What is most important to you about your work? To never stop learning and challenging myself to think creatively. To never accept the status quo.

I want to give everything I can to help children and their families get their lives in a better place; to learn concrete skills to be more effective as a parent; and to access supports that can help them cope when the rest of the world just doesn’t get it.

What else should we know about you? I’ve wanted to be a counselor ever since I was in high school. I finally gave myself “permission” to do this, getting my LMSW the year I turned 50. The twenty-five or so years before that, I was product manager designing and marketing Lee, Wrangler and Girbaud jeans. It was an incredible opportunity to grow in areas I had never imagined. It isn’t every job you get paid to go shopping! I live in Overland Park and have a son and grandson living in Texas. When I’m not buried in books about therapy, I love to garden, ride bikes and go to Shawnee Mission Park with Rex, my Golden Retriever and Emma, my Yellow Lab.

Mondays in Eudora



Kathy is available to meet informally with interested families from 12-1pm at the Family Resource Center (previously West Elementary - 1310 Winchester Rd)

Eudora Health Fair

November 14th
Community Building
9am-Noon



Don't miss out on the latest news, events and discussions from the Center

recent Facebook activity:



posted SEPTEMBER 23, 2009

The Center hosted "Kids Training" this morning for new staff from community mental health centers across the state. Pictured here are Dr. Don Nauce, Wichita State University and Rhonda Stubbs, Targeted Case Manager for Bert Nash



posted SEPTEMBER 8, 2009

Janice Storey, LSCSW, Child and Family Services Director, responds to a recent article in the LJW: "We are seeing more clients coming in due to financial crisis. We have more families that are in need of substantial help in finding resources that are already tapped in the community. Kids don't always identify that it is financial stressors that are causing them to be anxious, or developing a behavior problem." Read the article: "Recession stress showing in kids" on LJWorld.com



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Newsletter going electronic in 2010

Direct to your inBox. To subscribe, email lgrieb@bertnash.org



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

What would you do?

IN A MENTAL HEALTH CRISIS SITUATION

Do you ask the person if they're planning to kill themselves? Should you?

Do you pretend that you are seeing and hearing things, just like they are, to help calm them down?

Learn how to handle this and other mental health crisis situations by enrolling in a 12-hour MHFA certification class for only \$25.

now enrolling for NOVEMBER CLASS

2, 9, 16, 23
5:30-8:30pm

All sessions are held at the Bert Nash Center in the second floor Board Room. Classes cost \$25 per person; which covers 12-hour instruction, a manual, and snacks. To sign up for a MHFA class, please email lgrieb@bertnash.org.



MENTAL HEALTH FIRST AID