

# the Bert Nash Community

VOL. 3, ISSUE 2

N E W S L E T T E R

May 2010

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

Since 1950, 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.

## MAY *is* MENTAL HEALTH *month*



Mental health issues affect all of society in some way, shape, or form. It is estimated that one in four Americans will have a diagnosable and treatable mental disorder at some point in their lives. It is extremely likely you will encounter someone in your family, workplace, school, church, or community who is experiencing mental health challenges and requires support and intervention. YOU can help, if you understand.

The Bert Nash Center invites you to participate in a series of free mental health awareness webcasts to mark “May is Mental Health Month.” The webcasts are designed to help you recognize the signs and symptoms of common mental illnesses, learn what you can do to connect people with mental illness to supports in the community, and identify peer and professional resources for help.

## WEDNESDAYS *in* MAY

Join us for **FREE** webcasts followed by live discussion from 4:00- 5:30pm

MAY 5 PERSISTANT SADNESS: *understanding* depression

MAY 12 EVERYDAY STRESS: *understanding* anxiety disorders

MAY 19 MIND IMBALANCES: *understanding* psychosis

MAY 26 UNHEALTHY HABITS: *understanding* substance use

Brought to you on behalf of the Bert Nash Center and the



NATIONAL COUNCIL  
FOR COMMUNITY BEHAVIORAL HEALTHCARE

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VIEW OUR 2009 ANNUAL  
REPORT ONLINE NOW!



BERT NASH CENTER  
200 Maine Street  
Lawrence, KS 66044  
(785) 843-9192  
bertnash.org

## Benefits of the WRAP Program

The WRAP (Working to Recognize Alternative Possibilities) program in the Lawrence and Eudora schools continues to help families and children navigate life's challenges. As part of the WRAP program, Bert Nash places clinicians in the schools to provide specific mental health services on-site, where kids need it the most.

One Lawrence father, Kevin\* can't say enough about what the WRAP program has done for his son, Ryan\*. Ryan has ADHD (Attention-Deficit/Hyperactivity Disorder) and OCD (Obsessive-Compulsive Disorder) and has benefitted from the WRAP program since he was in elementary school. Ryan is now 18 and a senior in high school. "The WRAP Program is a great resource in the school system," said Kevin. "The WRAP counselor has been an advocate for our son, someone he turns to when he needs extra help."

*"I would encourage any parent whose child has behavior problems to seek out help from the Bert Nash Center."*

The family has lived in Lawrence for the past several years. They moved back to Lawrence after a job opportunity took them to a large east coast city for a few years. "We moved east when our son was in elementary school. The junior high he attended was a tough, urban school and did not have the additional supports found in the Lawrence school system. One of the big reasons we moved back to Lawrence was the school system, the WRAP program and the Bert Nash Center," he stated. "I would encourage any parent whose child has problems with ADHD, OCD or other behavior problems to seek out help from the Bert Nash Center and the WRAP program at their school."

According to Kevin, Ryan has always needed extra assistance at school. The WRAP counselor has served as a liaison between the family, the school, and the Bert Nash Center. "It is so helpful to have a WRAP person at the school. Just the other day, after an interaction at home, my son went to see his WRAP counselor to talk about how he handled the situation. Ryan was able to get help right when he needed it so he could focus on his school work."

*\*Names have been changed.*

## WRAP at a Glance

WRAP (Working to Recognize Alternative Possibilities) is a Bert Nash CMHC service in cooperation with Unified School District 497, Eudora Public Schools, Douglas County, Juvenile Justice Authority and the Federal Safe Schools/Healthy Students Initiative.

The program was initiated in Lawrence's high schools in 1997.

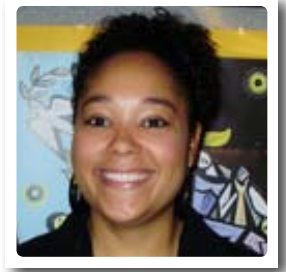
The Bert Nash Center, WRAP personnel, supportive community and school members have diligently worked to find financial sustainability of the WRAP Program through local, state, and national sources.

Since the spring of 2009, WRAP is in each of the Eudora School Districts three schools as part of the Safe Schools/Healthy Students Initiative.

## Bert Nash Member SPOTLIGHT

*In each newsletter, we like to shine the spotlight on a member of our remarkable staff*

**RACHEL  
WIGGINS,  
LMSW**



# *I am there to help them succeed*

**How long have you been with the WRAP program?** I have been working with the program since 2006. I was an intern for the WRAP Program while I was completing my Master's degree in Social Work at KU. After graduation, I became the WRAP social worker at Lawrence High School. In September of 2009, I started as the WRAP social worker at Eudora Elementary school.

**Would you describe the WRAP Program at Eudora Elementary?** There are 600 students at the new Eudora elementary school. The WRAP Program here is very similar to the program in Lawrence. I function as a liaison between students, teachers and additional staff at the Bert Nash Center. We also have a satellite Bert Nash office in Eudora on Elm Street, staffed by Kathy Boyd, LMSW. We stay in close contact because we see many of the same families. It is very helpful to have the local satellite office.

**How is a WRAP counselor different from a guidance counselor?** Because I am a licensed social worker, I work with students who have clinically significant problems. Students come to see me for a variety of reasons including anxiety, depression, ADHD (Attention-Deficit/Hyperactivity Disorder) and behavioral problems. Some children are going through crisis brought on by a parent's job loss, divorce or death in the family. Other children need help controlling their behavior and understanding boundaries.

**How many students do you meet with?** Since the start of the school year I have met with at least 100 students. Right now I am checking in with about 80 children on an ongoing basis. They come to visit me for 15-30 minute increments. The time is limited because they are taken out of the classroom. Occasionally if there is a crisis, for example, if a child is in danger or threatens others, I may spend an entire day with a child.

**What prompts a student to come visit with you?** Sometimes a child will have an emotional outburst and need to leave the classroom. The teacher will call me and I will meet with the child in my office where we will work together to get their emotions under control. Or a student may have an ongoing problem such as high anxiety. For example, a third grade female student was experiencing high anxiety because of her home situation. There was a lot of turmoil

in the home and her parents were having trouble setting boundaries and responding to her emotional outbursts. Working with the parents and her teacher, I put together a plan for everyone to follow if she had an outburst. This consistency has really helped the student learn about boundaries and emotional control. She earns a reward for good behavior and now understands that there are consequences to bad behavior. Having that ongoing communication between parents and the teacher has been critical to her success. Being able to link the school with knowledge about the family has been very beneficial.

**How have the teachers responded to having WRAP in the elementary school?** I have received a lot of positive feedback. The teachers feel like they have someone to talk to about children and seek me out for consultation. They are so concerned with their students doing well and they appreciate the fact that I am there to help them succeed.

*We asked Shelley Dougherty, Assistant Principal at Eudora Elementary to comment about Rachel's contribution to the school:*

*"The economic crisis has not missed the Eudora community. Some of our students have experienced anxiety as a result of their parents' diminished wages or job loss. Children sometimes bring those anxieties to school in the form of sadness or inappropriate or disruptive behaviors in the classroom.*

*I can give you an example of a young male student who was really struggling with relationships at school and at home. Rachel has been able to work with him in learning how to develop and maintain positive relationships. As a result of those meetings and ongoing counseling from Rachel, the student has a much better relationship with his teacher and his mom. His behavior in the classroom has improved, and that makes for better learning for the entire class. The presence of the WRAP Program at Eudora Elementary School has brought an invaluable dimension to the services we offer to children who need additional counseling and guidance."*

## FALL CLASSES

### SEPTEMBER SESSION

Dates: 7, 14, 21, 28  
4-7pm

### OCTOBER SESSION

Dates: 4, 11, 18, 25  
4-7pm

### NOVEMBER SESSION

Dates: 1, 8, 15, 22  
4-7pm

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



# What would you do?

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

## 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; for \$25 per person - which covers instruction, a manual, and snacks. Visit [bertnash.org](http://bertnash.org) for more information

# save THE DATE

## BERTNASH DASH & BASH

October 9, 2010  
**60th Anniversary**

Community Celebration. The Nash Dash 5k/10k race will start and end in downtown Lawrence. Live music, street entertainment and children's activities will be provided on Mass. Street and continue into the evening. Food, beverages and a grand time for all!

All proceeds benefit the Bert Nash Endowment.

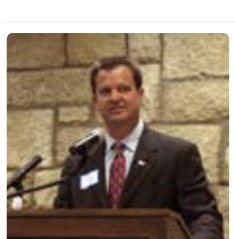
If you are interested in sponsorship or volunteer opportunities please contact Cindy Hart at [chart@bertnash.org](mailto:chart@bertnash.org).

# Under Siege & Overachieving

{ BERT NASH HOLDS PIONEER CELEBRATION :: APRIL 20, 2010 :: AT THE NEW OREAD HOTEL }



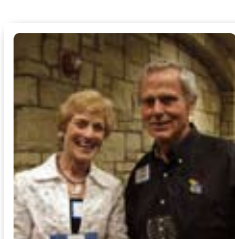
DAVID JOHNSON, PAM WEIGAND



MIKE MCGREW



CYNTHIA WATERS, JULIET NELSON



ALICE ANN JOHNSTON, BOB NASH



BARBARA HUPPEE

On Tuesday, April 20th, the Bert Nash Center hosted the annual Pioneer Celebration; which is a special opportunity to recognize volunteers and celebrate the Center, staff, and various community programs from the past year. Several area leaders graciously joined about 150 people in the Hancock Ballroom at The Oread Hotel to share about the relationship that they have with Bert Nash and the impact some of those partner programs have on our community as a whole.

Winners of this the 2009 Pioneer Award were Barbara Huppee, executive director of the Lawrence-Douglas County Housing Authority, and Pam Weigand, Douglas County youth services director. With their efforts and achievements to secure accessible and comprehensive community mental health services for all Douglas County residents, Barbara and Pam exemplify the same progressive and caring spirit which led to the founding of the Bert Nash Center.

Other awards of distinction included the Lyn Smith Award for Distinguished Service which was awarded to Mike McGrew, and the Sandra Shaw Spirit Award which was presented to Cynthia Waters, Bert Nash Human Resource Specialist.

***Our deepest appreciation to everyone that attended the celebration this year!***



**MENTAL HEALTH FIRST AID** classes now forming for Fall 2010. Visit [bertnash.org](http://bertnash.org) for information and enrollment.

# Under Siege & Overachieving

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PICTURED FROM TOP TO BOTTOM: MIKE MCGREW; DAVID JOHNSON & PAM WEIGAND; AND BARBARA HUPEE



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DASH&BASH**

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*Bert Nash*

YOUR COMMUNITY  
MENTAL HEALTH CENTER

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[WWW.BERTNASH.ORG](http://WWW.BERTNASH.ORG)

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