

Community Mental Health Coalition Newsletter

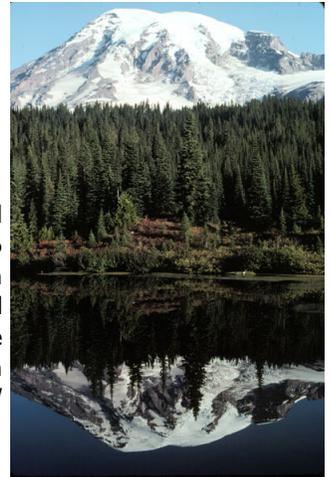
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Mental Health Coalition Update—Turning ideas into action

Carolyn Price - MH Liaison, Lewis County Public Health and Social Services Department

With the completion of the revision of the Lewis County Mental Health Strategic Plan, the Mental Health Coalition has moved to action items identified by previous workgroups. Current discussion includes: The development and maintenance of an on-line mental health resource directory, education opportunities to improve the community's literacy about mental illness, and addressing the high recidivism in the criminal justice system of folks with mental health/substance abuse issues as well as chronic homelessness.



Several members of the Coalition attended a criminal justice meeting in February, facilitated by Dr. Marc Stern, to learn about options to reduce the recidivism of folks with the criminal justice system with multiple obstacles to recovery. Judge Randal Fritzler, who developed the treatment courts in Clark County, spoke about risk management and mental health court.

Out of this meeting arose the Release Transition Team (RTT) to pilot a case management program for folks who are being released from the jail and have mental health and/or substance abuse issues, as well as housing challenges. This is an opportunity to "try out" on a small scale how to effectively provide support to this population, so that they do not re-offend. The Mental Health Coalition will also be sponsoring Mental Health 1st Aid, USA, Training, starting in June 2010.

Come find out more about what we are doing by attending a Coalition meeting! Coalition meetings occur on the first Thursday of the month, from 8-9:30 am, at 156 NW Chehalis Ave, Chehalis, next to the Health Dept. These meetings are open to the public and everyone is welcome!

*****Did You Know?*****

- Mental illnesses are the leading cause of disability in the U.S. and Canada for ages 15-44.
- Suicide is the 3rd leading cause of death for America's youth ages 15-24.
- About 20 - 25 percent of jail and prison inmates and youth involved with juvenile justice have a serious mental illness.
- One in 4 adults experiences a mental disorder in any given year. One in 17 adults has a serious mental illness, such as schizophrenia, major depression or bipolar disorder.
- One in 10 children has a mental health condition that causes significant impairment.

Retrieved on March 23, 2010, from http://www.nami.org/template.cfm?section=state_advocacy

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Reliable Enterprises Enters New Phase

Brett Mitchell, Executive Director

Reliable Enterprises has been around for many years (since 1977) serving primarily developmentally disabled adults. However, the last three years have seen big changes in the services offered to Lewis County residents, the most prominent of which is the construction of Reliable Place Long Term Supportive Housing serving developmentally disabled adults and single homeless adults. This complex has 24 units and can house up to 33 individuals in one or two bedroom settings. Occupancy should be some time in June if not sooner. We received a \$3.5 million dollar grant from the Washington State Housing trust fund to build this facility. Long Term Supportive Housing

means there will be no time limit on the length of stay and will provide onsite case management focusing on employment.

Couple this with our registered payee program, our soon to be open guardianship program, and the Housing Prevention and Rapid Re-Housing grant program, and you can see how our expansion has put together a nice, comprehensive, array of services geared to foster independence and confidence for disadvantaged individuals and families so they can begin to rebuild their lives with stable housing and employment.

A wonderful complement to these services is the Lewis County Head Start pro-

gram. Reliable Enterprises has been the grantee for this program since 1986.

Reliable Enterprises is a United Way agency and receives ongoing support from the United Way. We are very appreciative of this community support and acknowledge the contributions over the years that have gone to help expand needed services in the community. Further information on all the services Reliable Enterprises has to offer can be had by calling 736-9558 or going to our WEB site reliableenterprises.org.



Together Making Awesome Changes Youth Team! (TMAC)

Beatriz Mendez, Substance Abuse Prevention, Lewis County Public Health & Social Services

Lewis County Public Health and Social Services is a proud supporter of the TMAC Team which was formed in 2003. The TMAC team is composed of 8th -12th graders representing various schools across the county. Each fall, several of the youth attend the state-wide Prevention Summit where they get ideas for projects. Upon returning from the summit, the youth

have been motivated to do several projects in their community.



This year the youth have participated in "The Spread the Word to End the Word" campaign, adopted a family for the holidays, picked up cigarette butts, helped at the homeless count, attended a city council meeting to get signs in the park, and honored law enforcement.

National Alliance on Mental Illness (NAMI) Lewis

Local support group for consumers and families is available through NAMI.

On every Tuesday, the *NAMI Connection* support group meets for 90 minutes. This is a peer-run group designed to provide support to adults who have mental illness

in a respectful, understanding, and hopeful environment. Just come when you need to talk. The NAMI Connection support group meets Tuesday evening from 6:00-7:30 pm at Immanuel Lutheran Church, 1209 N. Scheuber Rd., Centralia. For more info. contact Ellalou at 623-5619.

Regular NAMI Lewis meetings are at the Vernetta Smith Chehalis Library on the first and third Tuesdays of the month, from 5:15-7:30 pm. Call 360-785-9668 for



Coalition Contact Information

If you are interested in any of the projects mentioned, or would like to share what you are doing in this quarterly newsletter, please feel free to email or call Carolyn Price at 360-740-1430, Carolyn.Price@lewiscountywa.gov