

# Community Mental Health Coalition Newsletter

September 2010

Vol. 2, #3

## Mental Health Coalition Update— Coalition Members in the Community

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

Members of the Lewis County Mental Health Coalition are a special group of folks. Many of them work in the field of mental wellness, many are touched by mental illness personally, and all are advocates of mental well-being, in one way or another.

Our members are also members of local philanthropic groups, supporting people across the spectrum of need, such as the United Way, Soroptimist International, and Big Brothers Big Sisters, and local faith-based groups.

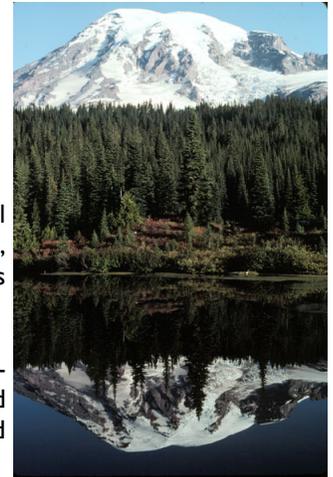
Many of us come together monthly, not only to learn what is emerging in the arena of Mental and Behavioral Health, but also to hear about what we are doing to improve the lives of our neighbors and community members. We share what we are doing to reduce the stigma of mental and substance use issues, how we are meeting the challenge of improving community supports, and how we endorse well-being in our community.

Come find out more about what we are doing by attending a Coalition meeting! **NEW MEETING TIME:** Coalition meetings occur on the first Thursday of the month, from 12-1:30 pm, at 156 NW Chehalis Ave, Chehalis, next to Public Health. These meetings are open to the public and everyone is welcome!

### \*\*\*\*\*Did You Know?\*\*\*\*\*

- 37 percent of Iraq and Afghanistan veterans who sought treatment at U.S. health facilities from 2002 to 2008 were diagnosed with post-traumatic stress disorder (PTSD), depression, alcohol abuse or other mental health concerns.
- Active duty veterans ages 16-24 are at the highest risk for mental illness and substance use diagnoses, compared to veterans older than 40 years of age.
- Over a 6-year study period (4-1-02 to 3-31-08) of recent veterans accessing Veterans Administration services, new mental health diagnoses increased by 6 times.
- During the same study and timeframe, prevalence of psychosocial and behavioral problems (relationship problems, for example) increased from 9.1% to 42.7%.
- 13% of Lewis County's population is made up of veterans.

Source: Seal, K., Metzler, T., Gima, K., et al. (2009). Trends and risk factors for mental health diagnoses among Iraq and Afghanistan veterans. *American Journal of Public Health*, 99, 9.



### In this issue:

- Mental Health Coalition Update
- Veterans & Mental Illness Facts
- Children's Advocacy Center
- Wellness Roundup
- NAMI-Lewis Meeting Location Information

## Soroptimists explore Child Advocacy Center

**Donna Karvia, President of Chehalis/Centralia Soroptimist International**

The Lewis County Child Advocacy Center (CAC) Project supported by the Soroptimist women's service club is moving rapidly in large part due to the commitment of a very diverse group of community agencies and advocate volunteers, as well as the support of the Monarch Center in Thurston County where our children have received services, and the state office of child advocacy centers. The CAC task force thanks the Mental Health Coalition for its support.

Because of the very generous and very appreciated donation of office and clinic space by the NW Pediatric Center physicians, the Lewis County CAC can proceed much more quickly

with the organizational development without the need for a capital campaign for a site. There will of course be costs for special equipment and staff.

The CAC task force, which includes all of the volunteers, has created a smaller work group to research and collect specific task information such as staffing recommendations, funding, and data analyzing and report back to the task force. The task force is then responsible for reporting to the LC Community Health Partnership/Network as the oversight organization. We are fortunate to be able to use the 501c3 status of the Partnership/Network so we can apply for grants and receive monies without having

to wait until we are an independent body.

Task force members have a very specific goal of strong advocacy and enhanced mental/behavioral health services within Lewis County for child and youth victims of crime and their family members.

Service provider needs assessments have been received and will now be analyzed to give us the information we need to start applying for funding.

Additional volunteers supporting the project are welcome to contact Donna Karvia at [jwdmkar@aol.com](mailto:jwdmkar@aol.com)

- Free cholesterol, blood sugar, blood pressure and bone density screenings
- Free clinical breast exams and mammograms for those who qualify
- Free massages, information and giveaways from local health partners
- More than 100 local exhibitors featuring a variety of information, located at the Cancer Center, corner of Cooks Hill and Scheuber Roads

**Providence Addictions Recovery Center Celebrates National Recovery Month!**  
We will be open during the Wellness RoundUp on September 18<sup>th</sup> from 9am-1pm at 1800 Cooks Hill Rd, STE G, in the Providence Medical Plaza, southeast entrance. Stop by and say hello! Staff will be available to answer your questions. We'll have coffee and cookies, too.

### 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](mailto:Carolyn.Price@lewiscountywa.gov)*



## 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 hope-

ful 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 more information.

