

Community Mental Health Coalition Newsletter

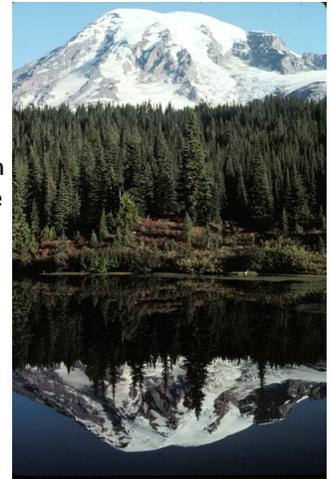
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Mental Health Update—

Matt Patten, Clinical Director, Cascade Mental Health

The past year seems to be nothing but one problem after another in terms of our economy. It seems like every time we turn around we hear something new about a budget cut affecting a specific program. While the news isn't good related to our local mental health services, the truth is it could be much worse, and we should consider ourselves lucky to be in this county. Projected cuts to our system had been estimated to be as high as 25%, but when the dust settled, the actual cuts to publicly funded mental health were a little over 6% for the remainder of the biennium, June 2011 (Ed. Note: the supplemental budget for this biennium may still be changed by the legislature in this session). The Timberlands Regional Support Network was able to manage these cuts in such a manner that the citizens of Lewis County will see very little in terms of changes over the next several months. For the near future, individuals with Medicaid will continue to have available the same services to which they have grown accustomed. There are no changes to the crisis services, medication management, or case management programs. The children's, co-occurring disorder and geriatric programs will also be unaffected. The greatest impact in services will actually be in terms of capacity, as two programs at Cascade Mental Health (Hospital Diversion and Semi-Independent Living) will be combined to form one program resulting in a decreased capacity of 4 beds. State and local officials and agencies have worked hard to ensure that there is little impact felt by the clients that are served by mental health, and will continue to do so. While we don't know what the future holds, we certainly can learn from the old adage, "There's no reason to worry about tomorrow, as today has enough worries of its own." We will continue to move forward with providing services to best meet the mental health needs of Lewis County residents, and are thankful that we can do so.



Cascade Mental Health Care began to provide counseling services in Lewis County in 1968, and has been providing services continuously for the last 42 years. Clients range in age from 5-95 years (there is no actual age limit for mental health concerns) CMHC provides mental health services to more than 2500 people each year. CMHC provides outreach services throughout Lewis County, with staff traveling in excess of 80,000 miles a year to provide these services

Interested in what is happening in our State Legislature?
You can search by topic at <http://www.washingtonvotes.org/> and receive e-mail updates on bill proposals in your area of interest.

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Homeless Count in Lewis County –Jan. 27th

Michaëlle Sorlie, Housing Coordinator, LC Public Health & Social Services

The third annual Project Homeless Connect is happening in Lewis County on January 27, 2011, 10 –3 at Yard Birds. Our goal is to improve access to services and housing for people experiencing homelessness and improve the system of care through collaboration and sharing.

There will be a plethora of services at this event, as well as access to the many providers in the community in the fields of: Shelter, addiction re-

covery, education service, health, affordable housing, pet care, Veteran's services, and many more. Homeless and doubled-up individuals can attend and get a haircut, a massage, a flu shot, apply for services, and eat lunch. There will be tons of give-a-ways.

This event is on the same day as the *annual point-in-time homeless count*. Participants will be asked to fill out a brief questionnaire about their situation. Information gath-

ered helps to determine the needs of the Lewis County homeless population.

If you know someone who is homeless or vicariously housed send them to the Project Homeless Connect at the Yard Birds Mall on January 27th. We will be there from 10 am to 3 pm at Yard Birds, downstairs. If you have questions or would like to participate please call, Michaëlle Sorlie, 740-1434.

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



HEALTH & FITNESS FAIR

January 24, 2011 • 4:00-7:00pm
Chehalis Thorbeckes

Come join Thorbeckes Chehalis on Monday, January 24th from 4pm to 7pm for this free community event.

Learn about medical & dental insurance, health education lifestyle planning, (H.E.L.P.), antioxidant screening, early childhood education and readiness skill assessments, sports physical therapy, diabetes screening, mental

health, spa & beauty, gluten-free diets, childhood obesity, organic farming, mobility & health healing, women's health, childhood health, & more. Try the climbing wall! Hear guest speakers to help you prepare mentally, physically, and nutritionally for your wellness journey! Many community partners will be there to share information about their services.

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.

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 & Social Services. These meetings are open to the public and everyone is welcome!

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

