



## National Recovery Month

Prevention Works • Treatment is Effective • People Recover

2014

### Twelve Mini-grants Awarded for Recovery Month Activities

Each year, DSAMH offers organizations engaged in helping people find and pursue recovery from mental health and substance use issues the opportunity to celebrate recovery with some financial help.

This year, twelve groups successfully applied for assistance.

### Spotlight on... National Recovery Month



DSAMH Community Relations Officer Bryan Gordon pictured with Horizon House Director Ted Glackman and Peer Specialist Pattie Toll at the Horizon House Recovery Month Event at the World Cafe in Wilmington.

Each year, the month of September marks National Recovery Month. DSAMH offers organizations engaged in helping people find and pursue recovery from mental health and substance use issues the opportunity to celebrate recovery with some financial help. This year, twelve groups from around the state received funding and held celebrations. DSAMH staff attended several Recovery Month events, and presented a proclamation on behalf of Governor Jack Markell Proclaiming the month of September as Recovery Month in Delaware.

NOTE: Have something you would like to see in a future newsletter? Contact Progress Notes Editor, Bryan Gordon at:

[bryan.gordon@state.de.us](mailto:bryan.gordon@state.de.us)

### Get Help Now HelpIsHereDE.com



A new website was unveiled in October as a resource for those struggling with addiction across the state of Delaware.

*HelpIsHereDE.com...continued on page 2*

### Governor Markell Signs Bill to Modernize Mental Health Laws in Delaware



In October, Governor Jack Markell, joined by DHSS Secretary Rita Landgraf, and former DSAMH Director Kevin Huckshorn signed House Bill 346 into law. This legislation will modernize Delaware's civil commitment procedures by decreasing the number of involuntary admissions, and will help ensure better protections for individuals suffering from a mental illness. "This bill represents our commitment to modernize the state's civil mental health laws, many of which had not been updated since the 1950s," said Gov. Markell.

"For more than a year, stakeholders from across the mental health system came together to work on...HB 346," Secretary Landgraf said. "I am grateful to the members of the Study Group for their commitment to the people of Delaware, and for the broad consensus that we reached, which meant that our recommendations were unanimous. This is an important day in Delaware for the civil rights of all individuals with serious and persistent mental illness."

### DSAMH ADMINISTRATION

- Melissa A. Smith, DSAMH Deputy Director
- Greg Valentine, DPC Hospital Director
- Steven Dettwyler, Director, Community Mental Health & Addiction Services
- Marc Richman, Assistant Director, Community Mental Health & Addiction Services; Director, Court Services & Prevention
- Amy M. Kevis, Assistant Director, Community Mental Health & Addiction Services, Crisis Intervention & Law Enforcement
- Rosanne Faust, Assistant Director, Community Mental Health & Addiction Services, Substance Use Disorders
- Penny Chelucci, Director, Consumer Affairs
- Joseph Hughes, Director, Planning & Development
- Carol Kuprevich, Director Community Planning, Program Development & Training
- Carlyle Hooff, Director, Behavioral Health Community Integration - Housing
- Tom Johnson, Director, Provider Relations
- Bryan Gordon, DSAMH Community Relations Officer (and Progress Notes Editor)

## Help Is Here DE *continued from page 1*

The website site will be a "one-stop shop" for not only those struggling with addiction, but also their family members, friends, and medical providers. Help Is Here DE is the result of a collaborative effort between Governor Markell's office and DHSS. An official launch event was held in October, featuring the Governor, Secretary Landgraf, state legislators, DSAMH staff, AtTACK Addiction, and members of the public.



*Governor Jack Markell and DHSS Secretary Rita Landgraf introduce HelpsHereDE.com.*

### Newsworks Article on Help is Here DE:

<http://www.newsworks.org/index.php/local/delaware/74485-delaware-expands-addiction-treatment-services-video>

## National Rural Health Day



*On November 19th, DSAMH staff joined Jim Martin of the A.C.E. Center in Seaford, Willard Heuser from Recovery Innovations, Paul Lakeman from the Delaware Rural Health Initiative, and others to celebrate National Rural Health Day. Paul Lakeman presented the A.C.E. Center with a proclamation from Governor Markell's Office marking November 19th as National Rural Health Day in Delaware.*



*Willard Heuser, from Recovery Innovations, at the National Rural Health Day Event discussing his Targeted Care Management program which puts on emphasis on peer driven, person centered planning for individuals suffering from mental illness and substance use disorder.*

## DSAMH Potluck Celebration!



*DSAMH staff participated in the potluck celebration at the Springer Building on 10/31. The food was plentiful, and the costumes were creative. Thanks to all who came out, and thanks to the ERC for coordinating such a wonderful event!*



*Former DSAMH Division Director, Kevin Huckshorn and Deputy Director, Melissa Smith presenting Joe Hughes with a plaque honoring his retirement after 27 years of service. Most recently, Joe was the Director of the Planning Unit for DSAMH. Congratulations on your retirement!*



*Former DSAMH Division Director, Kevin Huckshorn and Deputy Director, Melissa Smith also presented Darlene Plummer with a plaque for her 30 years of service. Darlene serves as the Director of the Fiscal Unit for DSAMH. We look forward to many more years of service!*

A poster for the 2014 World AIDS Day Forum. The poster features a globe with the text "2014 WORLD AIDS DAY FORUM" written across it. The event is scheduled for Saturday, December 6, 2014, from 12:00pm to 2:00pm, with doors opening at 11:45am. It is free and open to the public. The guest speaker is "D. J. Miffin" from the FOX 98 Series "Gregory Hobson". The event is held at Bancroft Elementary, 800 N Lombard Street, Wilmington, DE 19801. Community services hours will be given for your attendance. For more info, contact Frank Hawkins at (302) 652-6776. There are logos for SB, AIDS Delaware, and Duffy's Hope.

## DOSE- Delaware Overdose Survival Education



Got Naloxone? The medicine known for its ability to reverse the effects of an opiate overdose is now available for use by the general public in Delaware. Brandywine Counseling and Community Services (BCCS) now offers training courses to anyone interested in obtaining the overdose reversing medicine known as Naloxone. Delaware is now one of many states who have legalized the use of naloxone for police officers and members of the public. For more information on Naloxone and the DOSE program at BCCS, see the flyer on page 3. For more information on upcoming trainings, please call (302) 656-2348.

## Holiday Concert to Take Place for the Recovery Community

On December 19th, vocal group Coro Allegro will host a holiday concert for members of the recovery community. The concert is being organized by Coro Allegro member, and DSAMH Clinical Supervisor Wynne Hewitt. Admission is free, and the concert will be held at First and Central Presbyterian Church on North Market Street in Wilmington. For more information, please call (302)778-6900.

## DSAMH Consumer Issue Resolution Hotline

Clients who are experiencing problems with their service providers are encouraged to call DSAMH for help in resolving them.

**855-649-7944**



# DOSE Delaware Overdose Survival Education

Are you or is someone you care about using prescription opiates or heroin? Are you aware of the risk of overdose?

**Help them get educated and avoid overdose.**

Prevent an overdose. Recognize an overdose.  
Learn how to respond to an overdose. Attend a workshop.  
Get trained. Learn about Naloxone.

## DOSE

DOSE is a program designed for anyone who wants to help opiate users (including themselves) avoid and survive an overdose:

- Participants complete a one hour training workshop which will be offered at different locations Statewide.
- Anyone completing the workshop will receive a certificate of completion. This certificate can be used as proof that the person has been trained by a DHSS approved training program.
  - To acquire the certificate of completion, you must complete the DOSE course with a DHSS approved provider
  - With the certificate of completion, you can begin a conversation with your doctor about Naloxone and its benefits.

**If opiate users don't die from an overdose, there's also risk of:**

- Suffering from brain damage
- Becoming paralyzed
- Losing arms or legs due to sepsis

**Save a life. Next DOSE Workshop is:**

**Date/ Time:**

**Location:**

*"We cannot afford to lose another person to an overdose. This DOSE workshop could make the difference between life and death for someone."*

- Domenica Personti, Director of Prevention, BCCS

*"In 2014, we have seen a 2,206% increase in heroin usage, an 860% increase in arrests, and 2,000% increase in the seizure of heroin product in the last two years."*

- New Castle County Police Dept.

*The DOSE Program is offered by:*

*Brandywine Counseling and Community Services*

*2814 Lancaster Ave., Wilmington, DE 19805 • Phone: 302-656-2348*

*bccs@brandywinecounseling.org • www.brandywinecounseling.org*

*and funded by the Division of Substance Abuse and Mental Health.*



**Change is good.**