



National Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2013

Eleven Minigrants 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, eleven groups successfully applied for assistance. **See page 5!**

Spotlight on...42nd Summer Institute DSAMH Awardees

The Keynote Session of the 42nd Summer Institute would not have been complete without the annual awards ceremony in which DSAMH recognizes the contributions of partners, politicians and others who have played key roles in advancing the work of the agency. This year, DSAMH recognized the following individuals:

Johnny Roach, Oxford House International, in recognition of Service Excellence, supporting recovery through community living. Johnny Roach is an outreach worker for Oxford House International, a contractual partner in the development and support of Oxford House services throughout the State. The Oxford House model is a housing model
Summer Institute Awards... continued on page 3



Coming to a Browser Near You: ChooseHealthDE.com

The Health Insurance Marketplace opens October 1 for open enrollment. Many people who previously could not purchase health insurance either for economic or other reasons will be able to as eligibility expands greatly under the Affordable Care Act. Providers especially may want to explore how new options may be available for clients you serve.

Choose Health Delaware is the official resource for information on how the healthcare reform law benefits Delaware residents and business owners. Choose Health Delaware introduces individuals to the new
ChooseHealthDE... continued on page 2

Smartphone Apps for Clients?

Over half of American adults use smartphones now (up from just 35% two years ago). The numbers of apps available related to healthcare is over 9,000 now. It's only natural that some of those are designed to help people live with and recover from behav-

Apps.. continued on page 2

DSAMH ADMINISTRATION

Kevin A. Huckshorn, DSAMH Director

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

Nana Odoi, Chief of Administration

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

Dara Schumaier, DSAMH Community Relations Officer
(and *Progress Notes* Editor dara.schumaier@state.de.us)



It's that time of year! The Garden's bounty will be available for sale weekly, on Fridays in the Springer Lobby. 3rd Friday of Month in Main Administration Lobby!

Apps *continued from page 1*

ioral health challenges such as PTSD, panic disorder and other cognitive issues. Here are just a few articles on the web that showcase some of these apps.

<http://www.prweb.com/releases/2011/04/prweb5268884.htm>

<http://www.popularmechanics.com/science/health/med-tech/smart-phone-shrink-5-apps-to-help-your-mental-health#slide-1> reviews five ways smartphones can help people manage symptoms and improve function.

Think Progress has an article here:

<http://thinkprogress.org/health/2013/07/08/2264041/smart-phone-apps-mentally-ill-americans/>

that discusses how apps might help people who, for one reason or another, won't or can't access traditional treatment.

ChooseHealthDE *cont'd from page 1*

Health Insurance Marketplace and explains why health insurance is important for everyone. Open enrollment for coverage that begins Jan. 1, 2014, will continue through March 31, 2014, for coverage in 2014. Individuals can use the site now to answer a few quick questions and learn if they might qualify for lower costs on monthly premiums or out-of-pocket costs, or get free or low-cost coverage. Until the actual plans and rates become available Oct. 1, users can get a rough estimate of costs and savings by using the link to a subsidy calculator created by the nonprofit Kaiser Family Foundation.

For more information, go to www.ChooseHealthDE.com or contact Jim Grant, Marketplace Communications Coordinator, at (302) 255-9251 or james.grant@state.de.us



This is the temporary labyrinth was installed on the lawn between the DPC cemetery, the Mitchell Building and the garden area. A similar one will be installed for Labyrinth Day, 24 September (see announcement on page 6) on the east end of the Springer Building.

First Garden Fair Celebrates Community Gardening

The Planting Hope in Delaware initiative is growing plants and tending gardens to enhance the well-being and improve the health of the greater Herman Holloway Campus community in Wilmington/New Castle. The initiative's goal is to encourage and support the growing of gardens that provide fresh, healthy food, stimulate the senses, offer respite, and create common ground for people of all abilities.

The campus garden was created to provide a healthy activity for persons with disabilities and a place for DHSS and volunteers to grow fresh, healthy food to enhance and improve the health of the greater community. Surplus food will be donated to local food banks. The Garden Fair, held August 8, attracted nearly 200 people who viewed exhibits on health- and garden-related information.

One of the exhibits that may become more permanent in nature was the labyrinth (see photo, above right)

that was created temporarily (using landscape paint), just to the west of the garden and south of the DPC cemetery. The labyrinth remains available for anyone who wishes to use it for mindfulness practice or walking meditation. The Garden Committee is investigating whether or not there is interest in pursuing a permanent labyrinth installation somewhere on the Herman Holloway campus.

The Garden Committee will continue selling T-shirts with the Planting Hope in Delaware DPC consumer-created logo (image right) to support the future development of the Herman Holloway Garden. These are available at the weekly Garden Market where Garden produce is sold.



Summer Institute Awards *continued from page 1*

that provides recovery supports and housing to individuals in recovery from drug and/or alcohol addiction. It is a relatively inexpensive program that has been demonstrated to be incredibly effective in assisting individuals to maintain their sobriety while making positive connections to the community (e.g., employment, permanent housing, stronger family and community ties). Mr. Roach has been instrumental in the growth of Oxford House resources throughout the state. When he began working for Oxford House about 4 years ago there were 10 Oxford houses. Today, due to the work of Mr. Roach and his colleagues, there are now 45 and the number continues to grow.

The Honorable Andrea L. Rocanelli, Judge, Court of Common Pleas, Drug Diversion Court, Judicial Partnership Award supporting recovery through leadership. Judge Rocanelli has been a steadfast champion of the work of Treatment Access Services in getting offenders needed services to promote recovery and reduce recidivism.

Kevin D. Bristowe, M.D., Beebe Hospital Emergency Department, Community Partnership Award in recognition of service excellence. Dr. Bristowe is an emergency room physician in Beebe Hospital in Lewis

Delaware. Dr. Bristowe has worked collaboratively with the Division for a number of years to improve the experience of individuals seeking emergency psychiatric care at the Beebe facility. He has been a very active partner in the development of community based emergency services in Sussex County in the Division's development of the CAPAC program in Ellendale. In Committees, conference calls and emails, Dr. Bristowe has been a partner in assuring that there is an emergency response system that is accessible, timely and professional. His work continues to help the Community, DSAMH and the CAPAC program improve in the mission of providing responsive and appropriate care to individuals experiencing an acute psychiatric crisis.

Jim Martin, ACE Center, in recognition of Innovative Practices, supporting recovery through innovation. Mr. Martin, a Peer Specialist with Fellowship Health Resources, Inc., is the driving force behind the development of a comprehensive peer services center in Seaford. The ACE Center offers peer-run support programs and services for people in recovery. These include education and employment assistance, job search support and access to peer-to-peer mentoring, allowing peers who have

been successful in securing a position and launching their careers to help other peers navigate the beginning of their own job search.

Cynthia Zubritsky, Ph.D., University of Pennsylvania, leadership through practice, using information to drive system transformation. Dr. Zubritsky is the Director of Integrated Primary Care and Behavioral Health Initiatives for the Center for Mental Health Policy and Services Research. Dr. Zubritsky has extensive experience in management and organizational issues in behavioral healthcare systems, including integrated systems design, outcome measurement, quality assurance measurement, process evaluation and the design and implementation of services for integrated care and of cultural competency initiatives for behavioral health systems. She has brought all of this expertise to bear on DSAMH's transformation to a more trauma-informed system of care.

DSAMH sincerely appreciates these awardees' contributions to further Delaware's excellence in care provision to some of its most vulnerable residents. Congratulations to all on these achievements!



Marc Richman presents the Judicial Partnership award to Judge Rocanelli (center) as DSAMH Director Kevin Ann Huckshorn looks on.

Have you seen...



**Creative Vision Factory's
Kalmar-Nyckel Mural
on the 7th Street
Peninsula?**

All About Us—DSAMH Staff News, Comings and Goings

DSAMH Administration Office welcomes new Administrative Assistant III, **Lois Jensen**. Lois is a long-time state employee who comes (back) to DSAMH from Court Services in New Castle County. She has previous experience with DSAMH, having worked at DPC earlier in her career. Lois' office (193A) is just outside Chief Administrator Nana Odoi's on the north hall, first floor, of the Main Administration Building.

Holly Dixon, Quality Outcomes Review Manager, came on board earlier this summer to assist with qualitative analyses of various community-based programs. She works closely with Josh Warweg.

TASC offices gained new staff this summer to address the astronomically high caseloads: **Angela Murray** (Case Manager, Sussex); **Meagan Iswaskiewicz** (Sr. SW/Case Manager, Kent); **Matthew Moore** (Administrative Specialist, Sussex); **Liz Cole, Kim McKinnie** (both PSWIs, NCC)

Georgetown gained PSWIs **Mancini Smith** and **Andrea Leah**; Ellendale welcomed **Ashley Elizabeth McGee, Corletta Joseph, Jami Mills** and **James Deel**

Denise Emerson and **Joann Bahl** are new Accounting Specialists at Springer. Also new: Operations Support Specialist **Melissa E. Bredahl**.

Delaware's new Prevention Specialist is **Evelyn Figueroa (right)** who comes to DSAMH from JobCorps.



DPC said farewell to Chief Psychiatrist **Mary Diamond** in August. Dr. Diamond isn't going far, however, since she has joined the staff at Terry Children's Center.

DPC New Hires & Retirements - June - August 2013 **Welcome, New Hires!**

Medical

Kiran Luther, M.D. (Chief Physician)
Tanvir Iqbal, M.D. (PGY-IV)
Ahmed S. Anjum, M.D. (PGY-IV)
Aateqa H. Ebrahim, M.D. (PGY-III)

Nursing

Jné Campbell, Thaddeus Reed,
Augustus Hardy, Joseph Grant,
Sheena Scott

Recovery Academy

Marquette Frierson (Unit Director)

Security

Najee Briggs, Robert Broadnax,
Sarah Hutchins

Social Services

Bridestone Harris

Custodial

Leonard E. Bernasky,
Kevin Goodson, Albert L. Triplett

Congratulations, Retirees!

25 Years of Service

Evette Jones

20 Years of Service

Antoinette Ragazzo

10 Years of Service

Robin Abbott, Kenneth Creasey

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

DSAMH's BLUEBIRD GETS LIFETIME ACHIEVEMENT AWARD

Gayle Bluebird, Peer Services Director, just received a New York Association of Psychiatric Rehabilitation Services (NYAPRS) Lifetime Achievement Award. This award is presented to individuals who have a long record of exemplary contributions to the recovery, rehabilitation and/or rights of New Yorkers with psychiatric disabilities. Bluebird was recognized at the August conference for having "been involved in the consumer/survivor/ex-patient movement since it began in the early 1970's. Her lifetime of contributions includes:

- Working in psychiatric hospitals as a nurse while healing herself personally in a variety of settings.
- Helping to support the "Network Against Psychiatric Assault," an organization of ex-patients that protested harmful and abusive treatment and practices in mental health facilities
- Using her experience working in psychiatric hospitals to develop alternatives to seclusion and restraint.
- Creating Broward County, Florida's Office of Consumer Affairs and a team of consumers who were hired to facilitate satisfaction focus groups in all of the community mental health agencies and inpatient facilities.
- Developing comfort rooms at Florida State

Lifetime... continued on page 5



Gayle Bluebird, R.N.,
Director, Peer
Services

Hospital in 1998 and developing tools for their replication in other hospitals throughout the country.

- Created a guidebook "Reaching Across with the Arts", a how-to guide for creating arts programs in consumer-operated programs. She wrote this and other guide on "Participatory Dialogues" with funds from the federal government, CMHS/SAMHSA.
- Creating the Center for Peer Networking at the National Association of State Mental Health Program Directors (NASMHPD)
- Writing a guidebook for peer specialists, "Paving New Ground" with an accompanying DVD

- Working with the state of Delaware to help develop their peer roles and create comfort rooms among other activities at Delaware State Hospital.

Bluebird was honored along with Pat Deegan, Ph.D. and Sally Zinman.

NYAPRS' website notes, "NYAPRS is a statewide coalition, founded in 1981, of people who use and/or provide recovery oriented community based mental health services. We value difference and promote cultural competence in all aspects of our work.

NYAPRS is dedicated to improving services and social conditions for people with psychiatric disabilities or diagnoses, and those with trauma-related conditions by promoting their recovery, rehabilitation and rights so that all people can participate freely in the opportunities of society."

Recovery Month continued from page 1

Some of this year's September Recovery Month events supported at least in part by a DSAMH Recovery Month Minigrant:

Friday, Sept. 13, 6-8:30 p.m. **MH Awareness in African American Communities**

Delaware Consumer Recovery Coalition
Rick VanStory Resource Center, 500 W. 2nd St.,
Wilmington

Speaker event featuring trauma educator and activist, How to talk to your Doctor, Mindfulness activity for participants to create takeaway tool

Tuesday, Sept. 17, 10 a.m.-3 p.m. **Client Appreciation and Recovery Celebration**

Brandywine Counseling & Community Services, Inc.
2814 Lancaster Ave, Wilmington

Music, fun activities, celebration of client accomplishments, creative expression –client poetry/spoken word, artwork display, educ. givaways

Thursday, Sept. 19, 1-3 p.m. **Speaker Jam-Join the Voices for Recovery Together on Pathways to Wellness**

Gateway Foundation
171 New Castle Ave., Delaware City

Walk to the Park (clients, alums, staff) in client-designed Recovery t-shirts

Thursday, Sept. 19, 5:30-7 p.m.

8th Annual Recovery Walk at the Beach

Thresholds, Inc.
Rehoboth Beach Boardwalk at Rehoboth Avenue (close to Dolle's)

Offers opportunity for community participation (past and present clients, families and public), emphasis on celebration of recovery, wellness, physical activity as a component of recovery

Saturday, Sept. 21, 1-9 p.m. **Oxford House Chestnut Hill Open House**

Oxford House
482 W. Chestnut Hill Rd., Newark
Invitation to all treatment centers and state/private organizations, people in recovery, interested others, entertainment, recovery speakers

Friday, Sept. 27, 10 a.m. – 4 p.m. **Recovery Rally**

Rick VanStory Resource Center and SODAT
500 W. 2nd Street, Wilmington,

Celebration of recovery with live musical entertainment

Friday, Sept. 27, 10 a.m. – 4 p.m. **Join Voices and Bats for Recovery: 7th Annual Softball Tournament**

Brandywine Counseling Sports at the Beach, Rt 9, Georgetown 19947
Open Softball tournament

Friday, Sept. 27, 5-8 p.m. **Recovery at the Park**

Fellowship Health Resources
Bedford Park, Georgetown

Family activities, information, entertainment, staff available for consultation

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Labyrinth Day at Herman Holloway Campus

September 24 10 a.m. - 2 p.m.

Activities at Springer and temporary Labyrinths

Open to Holloway Campus employees, peers and the public



This event offers opportunities to learn the history and value of labyrinths in a variety of settings, including health care facilities.

Labyrinths for Our Time: Places of Refuge in a Hectic World, a video presentation explaining labyrinths, will be shown in Springer Classroom 3 hourly (10 a.m., 11 a.m., noon, and 1 p.m.)

Visitors may wish to view the video introduction first, then choose among several venues to experience using a labyrinth:

An indoor canvas and plastic labyrinths - Springer Gym

(Carol Maurer, Delaware Art Museum)

Finger labyrinths - Springer Library

An outdoor temporary lawn labyrinth - East of Springer Parking Lot

(Max Dooley, Old Swedes Church)



We are considering installing a permanent labyrinth on the Campus, and would like visitor input. Please stop by the Springer Gym or the Library, and write your thoughts on the suggestion board.



About *Labyrinths for Our Time: Places of Refuge in a Hectic World*

The presentation features labyrinth experts from all over the world speaking about the value and benefit of labyrinths in public places. Labyrinth historians and builders, hospital administrators, counselors, religious officials, and teachers talk about labyrinths as the center point for many activities, including employee health, team building, curriculum development, creative problem resolution, ceremonies, spiritual care, and holistic healing within traditional medical settings. Included is a visual tour through labyrinths from all over the globe being used as: tools for outreach, gathering, and renewal; centerpieces for curriculum development; holistic complements to traditional and western healing; and therapeutic resources in educational and business settings. This video makes an effective case for the installation and use of labyrinths as peaceful havens where people can rest, relax, appreciate life, enjoy contemplation, relieve stress, and enhance creative pursuits.



Labyrinths can be low-maintenance landscape centerpieces which add unexpected beauty to any environment. For further supporting research and information on labyrinths, please visit The Labyrinth Society online:

<http://www.labyrinthociety.org/>



Walking the Labyrinth: A Guide

Labyrinths appear in almost every culture and religious tradition for over the past 4,000 years. Walking the labyrinth has represented a sacred pilgrimage, and can be used as an opportunity to slowly and meditatively explore personal and spiritual matters. It is not a maze, but rather a sacred path, leading to the center. Today, labyrinths are being used for reflection, meditation, prayer and comfort.

Preparing to Walk

- Enter humbly, recognizing all humans are on the same path, but at different points.
- Allow courteous spacing if others are ahead walking the labyrinth.
- Perhaps set an intention or offer a prayer; open your heart. "Where have I been? Where am I now?"

The Journey In

- Walk mindfully, pay attention to your inner experience and the environment around you.
- Consider your dreams, hopes, fears, where you are on your life journey. "Where am I now? Where am I going?"

In the Center

- Rest. "I am here. Now."
- Reflect.
- Receive.

The Journey Out

- Retrace the path to where you began. "I know where I am. I choose my path. My path leads me."

At the End

- Go mindfully.
- Blessing and peace be with you.

Simple Mediations for Labyrinth Walkers

How to go to the center?
And where am I now?
One foot in front of the other,
Just keep walking the path,
Without judgments, without preconceptions.
Keep walking,
Move easily along the path,
Keep moving until there is no place to go
The path ends here... At last.

Bless this labyrinth and all who will walk its winding course.
Help me to trust this path as a symbol of my life:
no matter how far I may feel from my Source,
It is always there at the center,
waiting for me and welcoming me home.

WHERE

Oxford House Chestnut Hill
482 W. Chestnut Hill Rd, Newark DE 19711

First Annual Oxford House of Delaware Recovery Month Open House!

Come and celebrate recovery month with us at our first annual open house! Our open house this year will include lots of food, roaming magicians for the young and the young at heart, sporting events, a rock band, a puppet show, recovery speakers, and much much more! All are welcome; from those in recovery to the many friends of recovery who live in the State of Delaware and the surrounding areas. We hope to see you there!

DATE

9/21/2013

TIME

1pm to 8pm

INFO

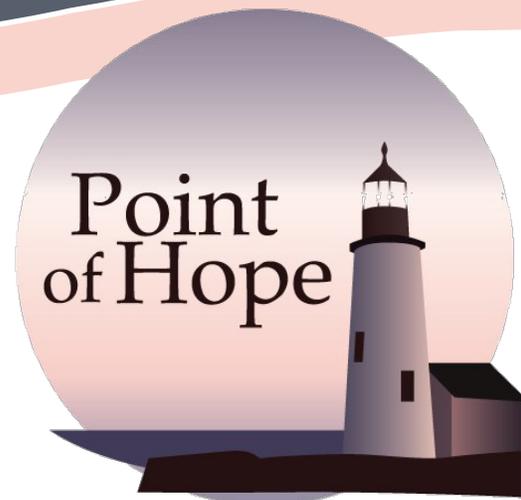
(302) 607-4473

ABI Clubhouse Open House

Point of Hope is pleased to announce the grand opening of our Acquired Brain Injury (ABI) Clubhouse at our Smyrna location!

The Clubhouse is a work centered program that encourages individuals with all different types of brain injury to pursue personal goals and take pride in the development and maintenance of their own brain injury clubhouse. *The Clubhouse is appropriate for adults with acquired brain injury, including traumatic (TBI), anoxia, hypoxia, chemical/disease-related brain damage, and strokes.*

Can't make it? Set up a private tour. Call Esther Hofknecht Curtis, CBIS at (302) 731-7676 or email ecurtis@pointofhope1.com.



Wednesday, October 2, 2013

10:00am to 3:00pm

73 Artisans Drive, Smyrna, DE 19977

(in the Smyrna Business Park)

Refreshments will be available throughout the day.



Prevention! It's SAMHSA's top priority! Below is a calendar, excerpted from an exceptional publication, *Month-by-Month Prevention and Promotion Call to Action and Planning Guide: A Comprehensive Guide to Help Plan Your Monthly Substance Abuse Prevention and Mental Health Promotion Awareness Events*. This booklet was produced by the 2011-13 Cohort of the CSAP Prevention Fellowship Program. DSAMH has been fortunate to have our own Prevention Fellow, Usaomaka Aneke, who contributed to this important work which is chock-full of ideas. You can access the entire 174-page document online at: <http://dhss.delaware.gov/dhss/dsamh/preventresources.html>.

YEARLY AWARENESS CALENDAR AT-A-GLANCE

<p>JANUARY</p> <p><i>Focus On:</i> Fetal Impact Awareness</p> <ul style="list-style-type: none"> • National Birth Defects Month • National Drug Facts week (Last Week) 	<p>FEBRUARY</p> <p><i>Focus On:</i> COA Awareness</p> <ul style="list-style-type: none"> • National Heart Month • National Wear Red Day (1st Friday) • Children of Alcoholics Week (3rd Week) 	<p>MARCH</p> <p><i>Focus On:</i> Drugs and the Brain Awareness</p> <ul style="list-style-type: none"> • Brain Injury Awareness Month • Inhalant & Poison Awareness Week (3rd Week) • Kick Butts Day (3rd Wednesday) 	<p>APRIL</p> <p><i>Focus On:</i> Alcohol Abuse Awareness</p> <ul style="list-style-type: none"> • Alcohol Awareness Month • National Alcohol Screening Day (1st Thursday) • Alcohol Free Weekend (1st Weekend) • World Health Day (1st Saturday)
<p>MAY</p> <p><i>Focus On:</i> Mental Health Promotion Awareness</p> <ul style="list-style-type: none"> • Mental Health Month • National Children's Mental Health Awareness Week (2nd Week) • ATOD Related Birth Defects Week (2nd Week) • National Prevention Week (3rd Week) • World No Tobacco Day (May 31) 	<p>JUNE</p> <p><i>Focus On:</i> Marijuana Use and Abuse Awareness</p> <ul style="list-style-type: none"> • International Day Against Drug Abuse (June 26) • National HIV Testing Day (4th Wednesday) 	<p>JULY</p> <p><i>Focus On:</i> Rx. Drug Abuse</p> <ul style="list-style-type: none"> • World Hepatitis Day 	<p>AUGUST</p> <p><i>Focus On:</i> Your Community Needs</p> <ul style="list-style-type: none"> • International Overdose Awareness Day (August 31) • National Night Out (August 6)
<p>SEPTEMBER</p> <p><i>Focus On:</i> Recovery Awareness</p> <ul style="list-style-type: none"> • National Recovery Month • FASD Awareness Day (2nd Sunday) • National Suicide Prevention Week (2nd Week) • World Heart Day (September 30) 	<p>OCTOBER</p> <p><i>Focus On:</i> Prevention Awareness</p> <ul style="list-style-type: none"> • National Substance Abuse Prevention Month • Mental Health Awareness Week (2nd Week) • World Mental Health Day (October 10) • College Alcohol Awareness Week (3rd Week) • National Red Ribbon Week (4th Week) 	<p>NOVEMBER</p> <p><i>Focus On:</i> Tobacco Awareness</p> <ul style="list-style-type: none"> • Lung Cancer Awareness Month • COPD Awareness Month • Great American Smoke-out (3rd Thursday) • International Survivors of Suicide Day (November 17) 	<p>DECEMBER</p> <p><i>Focus On:</i> Drinking, Drugs & Driving Awareness</p> <ul style="list-style-type: none"> • National 3-D Month (Drugged, Drinking & Driving) • World AIDS Awareness Day