



Spotlight on... Mental Health Awareness Month

May was Mental Health Awareness Month. Mental illness is all too common in Delaware and across the United States. In fact, 1 in 4 people will experience a form of mental illness during their lifetime. Many suffer from more than one mental illness at any given time. Visit dhss.delaware.gov/dhss/dsamh/promise.html for information on how Delaware is changing the way mental health services are delivered in the state. You can also visit delaware.networkofcare.org for information on where to seek help.



Drinking Hurts Thinking Campaign



Robert Kracyla, Deputy Director of the Delaware Division of Alcohol & Tobacco Enforcement walks with a Sussex Central High School student wearing "fatal vision" goggles, which simulate alcohol impairment.

In April, DHSS launched a new statewide campaign aimed at curbing underage drinking and binge drinking. The new campaign is an extension of the Underage? Understand. Don't Drink! campaign seen statewide. Students from high schools across the state had the chance to walk through an inflatable brain to see the toxic effects alcohol can cause on the body and brain. Students also had an opportunity to walk with "fatal vision" goggles which simulate impaired vision while intoxicated.

Drinking Hurts Thinking Continued...

"This aggressive campaign is critical to our overall strategy of reducing the toll that the addiction epidemic is taking in our state," DHSS Secretary Rita Landgraf said. "Our young people need to know that using and abusing alcohol can be harmful to their immediate health and can be the first step down a path that eventually leads to addiction. Education and prevention are important to helping them understand those risks." The Center for Drug & Alcohol Studies at the University of Delaware found that 31 percent of 11th-graders in Delaware reported using alcohol at least once in the past month in 2014, with 57 percent saying they had used it in the past year and 65 percent saying they had used it in their lifetimes.

Read the Article Below:

<http://www.delawareonline.com/story/news/local/2015/04/22/new-underage-binge-drinking-campaign-delaware/26190605/>

Have something you would like to see in a future edition of progress notes?

Contact Community Relations Officer and **Progress Notes** editor Bryan Gordon at Bryan.Gordon@state.de.us.

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Rockford at the Orchards Grand Opening



Provider Relations Director Tom Johnson joins Rockford staff at the grand opening celebration.

In March, the Rockford Center launched Rockford at the Orchards, a new adult day hospital and adult substance abuse IOP program. The new facility is located on Kirkwood Highway in Wilmington, and will offer comprehensive outpatient mental health and substance abuse programs for adults. For more information about services offered at Rockford at the Orchards, please call (302)996-5480.

NAMI Mental Health Awareness Walk



Pictured above: Team Justice"-Statewide TASC team

On May 2, several DSAMH employees participated in the National Alliance of Mental Illness (NAMI) Delaware Mental Health Awareness walk. Among the participants were members of the

NAMI Walk Continued...

DSAMH statewide Treatment Access Center (TASC) team. Going under the name "Team Justice", they raised \$640 for NAMI Delaware. Great work!

Food Bank Backpack Program



In May, DHSS employees, including many from DSAMH joined Governor Markell during their lunch hour to help pack over 5,200 bags of food for the Food Bank of Delaware's Backpack Program for children in need. Each bag represents one week's worth of food for Delaware children who need it the most. The bags are often distributed at local schools and community centers. To learn more about the backpack program, or how to help, visit fbd.org.



Pictured above are Lucy Williams and Chardae Burton from the DSAMH Mobile Crisis Unit assisting at the food bank backpack drive.

DSAMH Employee of the 1st Quarter for 2015!

Congratulations to Kathy Finkle for winning the DSAMH Employee of the Quarter award for 2015! Kathy works at the DSAMH PROMISE Assessment Center located in Georgetown. Kathy was commended by her colleagues for being a leader, and a mentor to staff. Kathy's record of service to both staff and clients is truly admired by her colleagues. Congrats Kathy, and thank you for all of your hard work!

Lonliness Conference



DSAMH Director of Community Mental Health and Addiction Services, Steve Dettwyler speaks to attendees at the Lonliness Conference on April 1st.

Secretary Landgraf joined DSAMH staff and several statewide mental health professionals and advocates for the Lonliness Conference held in April at Arsh Hall. Attendees had the opportunity to hear from speakers about the impact of loneliness on the lives of people with a serious mental illness. The event also included a consumer panel, experts on statistics and trends, and recommendations for reaching out to people with serious mental illness.

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

