

AMHD *news*

Newsletter of the Hawai'i State Department of Health's Adult Mental Health Division

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What's Inside

2

Merriam Speaks at National Meeting

RFPs/RFIs

3

A PSR Success Story

4

Challenges and Solutions in Forensic Mental Health

5

Come Together

6

Staff Aloha

7

Mental Health Month Activities



HAWAII STATE
DEPARTMENT
OF HEALTH

Mahalo goes out to mental health leaders



Dr. Jean Adair-Leland (on left), president of the Mental Health America of Hawai'i board of directors, presents a Mental Health Mahalo Award to Dr. Kimo Alameda, AMHD multicultural services director.

The Third Annual Mental Health Mahalo Awards Luncheon was held at the Japanese Cultural Center on May 22. Mental Health America of Hawai'i organizes the event to honor outstanding individuals and organizations in the community who help to improve the lives of people with mental illnesses.

Among the honorees was AMHD's multicultural services director Dr. Kimo Alameda, who was presented an award for Outstanding

Government Agency Leader. Alameda is credited for increasing awareness of the need for Hawai'i's mental health system to address the diverse cultural issues of consumers. "The bottom line is this, we cannot be a first class nation with second class citizens," said Alameda as he accepted his award. "Inequality will corrupt us, but compassion will bring us together."

Other individual awards were presented to Ivalee Sinclair for Lifetime

Achievement, Linda Rich for Outstanding Executive, Sarah Eum for Outstanding Consumer Advocate, and Jazmin Boots for Outstanding Youth Advocate. Organization awards were presented to Adult Friends for Youth for Outstanding Agency, Hawai'i Prince Hotel Waikiki for Outstanding Business Supporting Employees' Mental Wellness, and Wal-Mart Ke'eaumoku Store for Outstanding

(See "Mahalo" on page 2)

Mahalo

(From cover)



Marya Grambs (on right) listens to Ivallee Sinclair (on left) express her appreciation for receiving the Lifetime Achievement Award.



Author Jeff Bell talks about his experiences with OCD.

Business Hiring Persons with Mental Illness.

The keynote speaker for the event was Jeff Bell, the author of *Rewind, Replay, Repeat: A Memoir of Obsessive-Compulsive Disorder*. Bell spoke about his personal experience with obsessive-compulsive disorder and gaining control over it. "With the help of professionals, with the help and support of loved ones, and with the help of folks like you who are out there in the community," said Bell, "I was able to get the help I needed and rebuild my life."

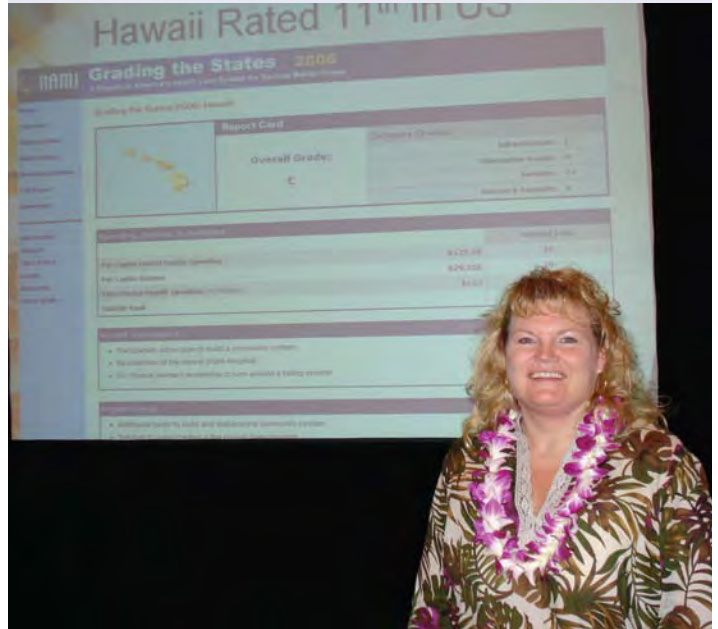
Mental Health America of Hawai'i executive director Marya Grambs said that

in addition to recognizing individuals and organizations in the community, the event was an opportunity to raise awareness. "We are here to remind ourselves that we are all on a continuum from mental health to mental illness," said Grambs. "We must all work to preserve and protect our mental health and we must all reach out to encourage and support others who are suffering."

For more information about the Mental Health Mahalo Awards or on Mental Health America of Hawai'i, visit <http://www.mentalhealth-hi.org>. ❀

Merriam speaks at national meeting

Jackie Hong, COSIG Project Manager



Kathleen R. Merriam speaking at the COSIG Grantee Meeting in May.

Statewide clubhouse coordinator Kathleen Rhoads Merriam was selected as one of two plenary presenters at the 5th Annual Co-Occurring State Incentive Grant (COSIG) Grantee Meeting held on May 28-30 in Bethesda, Maryland. Merriam was selected from other national nominees to present at the annual meeting, which was attended by Substance Abuse and Mental Health Services Administration (SAMHSA) representatives and COSIG state project staff and evaluation teams. She spoke about the Hawai'i's clubhouse system's unique diversity and successful development.

Merriam also participated with COSIG project manager Jackie Hong, as a panelist in a session titled "Stigma and Barriers to Care: Overcoming Labeling and Stereotyping Issues." The panel discussed national trends in appropriate language when referring to individuals with co-occurring substance abuse and mental health conditions.

Request for Proposals/Information

A Request for Proposals, RFP No. HTH 420-7-08, for Community-Based Intervention (CBI)—O'ahu, was released on June 4, 2008. The RFP may be accessed from www4.hawaii.gov/bidapps (click on the island of O'ahu). Proposals are due on Thursday, July 10, 2008. For additional information, please contact Betty Uyema at (808) 586-4689.

A PSR success story: Richard Petty

Submitted by Tracy Thornett, East Hawai'i PSR Team Leader, CARE Hawai'i, Inc.

Richard Petty entered Hawai'i's adult mental health system approximately ten years ago when unfortunate circumstances left him destitute, homeless, and clinically depressed. Despite his intelligence and adaptability, apathy prevailed and Richard had literally crawled under a house and waited to die. A concerned neighbor contacted a local social services agency and Richard began the long journey of recovery. Several years passed and Richard became linked with multiple agencies to address mental health, substance abuse, housing and financial issues. He spent many years living in a care home after that, expecting this arrangement to be the best he could hope to achieve without risking another devastating relapse.

A few years ago, Richard began to explore psychosocial rehabilitation (PSR) opportunities, mostly as a way to combat the boredom of his long-term care home. He slowly began to make friends, build his own support network, learn new skills, and engage in meaningful recovery. "In PSR, there's camaraderie, like a family and friends atmosphere," he said. "The other students helped me as much as anyone, supporting each other with mutual encouragement."

The biggest lesson Richard gained from PSR was to not give up on goals. "My goals were to get on with my life, to find a new profession, to learn to live independently, to get an automobile," Richard said. "Mostly, I just wanted to move forward in my life to become a regular person again."

Richard's enthusiasm and successes in moving toward his goals occurred so consistently that he began to inspire peers and staff alike. He was subsequently encouraged to pursue peer coaching, as this was the natural next step in his recovery process. This new occupation developed into a vibrant passion and from that point onward, Richard dedi-

cated his energies toward helping others achieve the independence, self-sufficiency, and hope that he had finally found.

While working part-time as a peer coach, Richard began to explore options for expanding his new career helping others like himself. He applied for training as a Hawai'i certified peer specialist with the Adult Mental Health Division (AMHD). The training was rigorous, with fewer than one-third of participants passing the final exams, and unfortunately, Richard was not among those that were initially certified. This setback, however, did not stop Richard from pursuing his goal and instead only further demonstrated his commitment and determination. The very next year, Richard was signed up and ready to succeed. He passed this second time, along with only a select few, and promptly began applying to various local agencies for full time employment. He was immediately hired by CARE Hawai'i, Inc. in 2007, and has since been one of our most valuable employees.

Richard currently works with our adult mental health clients in both individual and group settings. A favored tool he uses, both for himself and his peers, has been the Wellness Recovery Action Plan developed by Mary Ellen Copeland. Using this self-help tool as a starting point, Richard actively assists clients with developing the critical skills necessary for empowerment, self-efficacy, and hope. In addition, he has succeeded in creating an atmosphere that is encouraging to both staff and peers by demonstrating the power of active participation



Hawai'i Certified Peer Specialist Richard Petty works at CARE Hawai'i, Inc.

to transform individuals, organizations, and the community at large. "I really enjoy it," he said. "I feel like it's not only my chance to give back to the community, but it's also something I feel able and qualified to do. I feel good about it." Above all else, Richard has proven to those around him, that recovery is indeed possible despite even the most daunting challenges. ✿

AMHD Integrity

One of eight AMHD Core Values

We expect honesty, professionalism, and ethics in our work environment.

Mission:

We provide a comprehensive, integrated mental health system supporting the recovery of adults with severe mental illness.

Vision:

Everyone has access to effective treatment and supports essential for living, working, learning and participating fully in the community.

Challenges and solutions in forensic mental health

Neil Gowensmith, Forensic Services Director

Quick, what facility treats more inpatient psychiatric patients than any other in the United States? Here's a hint: It's not a psychiatric hospital. It's not a general hospital. It's not even a treatment facility. It's the Los Angeles County Jail (LACJ). In fact, the LACJ treats more than 3,300 mentally ill inmates each day. That's a disturbing reality for mentally ill individuals caught in the criminal justice system.

During the past 50 years, there has been a significant increase in the numbers of mentally ill individuals involved with the criminal justice system. More and more often, police officers, court personnel, parole and probation officers, and jail personnel handle cases involving mentally ill individuals. And, vice versa, more and more mental health providers work with consumers involved with criminal justice. These cases are called "forensic" cases—those that involve both mental health and criminal justice.

More national data:

- Since 1950, the number of people in U.S. psychiatric hospitals has decreased from 550,000 to less than 40,000, while the population of individuals in jails and prisons has increased from 500,000 to more than 2.2 million.
- Sixteen percent of all correctional inmates have a serious and persistent mental illness (SPMI).
- The majority of crimes committed by those with mental illness are low level, non-violent "quality of life" transgressions.
- As compared to the general U.S. population, people with SPMI are arrested two to five times more often, receive more severe charges for equivalent incidents, spend an average of seven times longer in jail for pre-trial detention, and receive longer sentences for equivalent charges.
- Legally encumbered consumers living in the community have higher rates

of substance abuse, homelessness, victimization, police contact, and unemployment than non-forensic populations.

- Between 40 to 60 percent of all SPMI individuals in the United States will have contact with a police officer at least once in their lives.

Here's some data that hits closer to home:

- In Hawai'i last year, 15% of consumers at intake reported they had been arrested in the prior six months compared to a 4% arrest rate for our consumers who were already receiving continuing services, including ACT services.
- More than 95 percent of patients at Hawai'i State Hospital are court-ordered, approximately one-third for misdemeanor charges. These cases lead to chronically overcrowded conditions at HSH.
- Statewide, courts ordered 1,000 mental health examinations in 2007—an increase of nearly 50 percent since 2003.
- Hawai'i has the largest per-capita population of post-acquittal conditional release (CR) consumers in the nation.
- More than one-third of individuals on CR are on it for misdemeanor crimes, with 20 percent on CR for more than five years.

It all sounds pretty bleak. The good news is that the AMHD has responded to these challenges by developing a wide array of proven forensic programs and innovative solutions. Even better, the programs are working.

Over the past five years, the AMHD forensic system has developed into one of the nation's most comprehensive. Utilizing the nationally-recognized Sequential Intercept Model, developed by the National GAINS Center, AMHD forensic services has implemented programs and services that allow persons

with mental illness in the criminal justice system to exit that system and enter treatment programs. For example, forensic services now operates and/or partners with more than 12 forensic programs, including:

- Pre-booking jail diversion/crisis intervention: The AMHD and Honolulu Police Department collaborate to identify and divert SPMI consumers away from arrest and court involvement and into treatment settings.
- Post-booking jail diversion: Statewide, county-specific jail diversion programs place misdemeanor defendants into treatment settings rather than jail cells.
- Mental health court (MHC): O'ahu's MHC adjudicates felony cases and requires participants to complete mental health treatment programs rather than jail sentences.
- Hale Imua: This one-of-a-kind community-based housing plus treatment program acts as a "release valve" for CR consumers otherwise languishing in inpatient hospitals for lack of community placements.
- Community-based fitness restoration (CBFR): This community-based program acts analogously to Hale Imua for forensic consumers determined unfit to proceed with trial.
- Conditional release exit support and transition (CREST): This program prepares and advocates for consumers who are ready to be legally discharged from CR.

In addition, forensic services also:

- Tracks and monitors all consumers on CR statewide (more than 500 consumers statewide).
- Is developing a Community Reentry program jointly with the Department of Public Safety, which will identify inmates with mental illness and provide them with

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immediate mental health and social supports upon release from jail or prison.

- Partners with the judiciary in O'ahu's Mental Health Court, in the execution of multiple mental health calendars for forensic consumers statewide, and in an O'ahu District Court mental health clinic.
- Partners with police departments, jails, prisons, probation, and courts statewide to create effective programs and services.
- Takes leadership roles with legislative task force initiatives, resulting in important statutory changes that positively impact the lives of forensic consumers statewide.
- Partners closely with HSH to ensure continuity of care in all forensic discharges and admissions, and to ensure that every possible step is being made to satisfy court-ordered requirements and public-safety considerations.
- Shows excellent outcome data in lowering rehospitalization and re-arrest rates of forensic consumers, resulting in financial savings as well as increased attainment of mental health recovery goals.

In closing, I hope you can see how committed AMHD forensic services is to rectifying the problems discussed earlier. I am proud to be part of this ongoing effort. Although much work remains to be done, I'm certain that our staff, partners, and consumers will continue to make the AMHD forensic system one of the nation's best. ❀

Come Together

Service area meetings

Consumers, providers, and stakeholders are invited to attend AMHD service area board meetings to discuss the AMHD system of care in their area:

- * Hawai'i meets on the first Monday of the month from 1:30 to 3 p.m. at the Waimea Civic Center (67-5789 Kamamalu Street) or Tutu's House (64-1032 Mamalahoa Hwy. Room 304).
- * Kaua'i meets on the last Friday of the month (except August and November 2007) from 1 to 3 p.m. Locations vary. Contact Jolly Iwata at (808) 274-3190 for the next meeting location.
- * Maui meets on the first Monday of every month from 2 to 3 p.m. at the Wailuku Health Center (444 Hana Hwy.).
- * O'ahu meets on the third Monday of every month from 6 to 7:30 p.m. in the Lanakila Health Center (1700 Lanakila Avenue). Call (808) 453-6396 or (808) 453-6397 for more information.

State Council on Mental Health

The State Council on Mental Health is responsible for reviewing and commenting on the state plan for mental health services and includes monthly reports by the AMHD and CAMHD. It meets in the mornings of the second Tuesday of every month. Call Judy Crockett at (808) 453-6945 for more information.

Clubhouse conference

The 10th Western USA and Pacific Rim Regional Clubhouse Conference will be held at the Pacific Beach Hotel on October 23–26, 2008. The conference will include five plenary sessions addressing today's pressing issues in clubhouses. Topics include health and wellness initiatives, Pacific Rim clubhouse development, employment opportunities for members, and surviving crises. For more information, contact the Waipahu Aloha Clubhouse at (808) 675-0093 or (808) 554-5523.

NAMI Hawai'i Walk

The second NAMI Hawai'i Walk will take place on August 2 at 9 a.m. Participants will walk Honolulu Hale circle via Beretania and King streets. To participate, donate to the event, or sponsor a walker, visit <http://namihawaii.org>, or contact Sharon Fountain by calling (808) 218-1747 or emailing fountainsm@yahoo.com.

Chicken fund-raiser for Waipahu Aloha Clubhouse

Support the Waipahu Aloha Clubhouse by visiting them on Saturday, August 23 from 9 a.m. to 2 p.m. They will be selling plate lunches, sushi, and whole rotisserie chickens. Tickets to pick up chickens are on sale now for \$8.50. The pick up location is Waipahu Aloha Clubhouse, 94-091 Waipio Point Access Road (behind Waipahu High School). Contact (808) 675-0093 or email waipahuclubhouse@hawaii.rr.com for more information.

Online

Hawai'i Certified Peer Specialist Registry and Job Bulletin

Hawai'i Certified Peer Specialists (HCPS) and potential employers now have an online resource to meet. HCPS can add their names to a registry of available HCPSs who are open to employment opportunities. Employers seeking an HCPS can view names of available HCPS and can post job vacancies for viewing by potential job candidates. For more information, visit the HCPS Registry and Job Bulletin at <http://www.mhsret.org/hcps>.

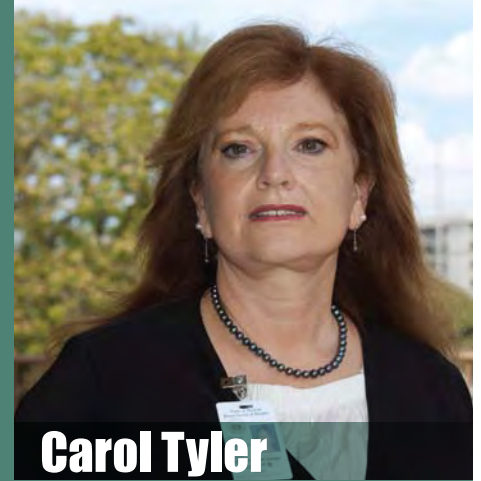
Staff Aloha

Welcome



Anne Sturgis

Angela Correale



Carol Tyler

Anne Sturgis, MSW, wants to help the Big Island's mental health consumers. Since becoming the AMHD's new Big Island service area administrator on February 4 she has been making the rounds meeting stakeholders to learn about their most pressing issues.

Previously, Sturgis worked at a domestic violence program, an adolescent day treatment program, and for the Child and Adolescent Mental Health Division in quality assurance. Because of her background, she is particularly interested in smoothing the transition for children to adult services for those who qualify. She also wants to focus on developing outcome measures for mental health services.

Sturgis' love of people and her desire to help the community has always fueled her career. Once on the board of directors of a local environmental group, Sturgis says that in moving into mental health her focus "went from improving external environments to improving internal ones."

While she is still gathering information from stakeholders to better fulfill her role, Sturgis says she is encouraged by the quality of those she works with. "One thing that has reassured me," she says, "is that there's some really dedicated people that I've met in the AMHD clinical operations team. They really care about what happens to people."

Angela Correale, PsyD, the new Kaua'i service area administrator, believes she works in the best of both worlds of adult and children mental health services. Correale stepped into the AMHD role in February part-time as she works in private practice as a clinical psychologist, specializing in child and adolescent assessment and treatment.

Correale's expertise is a valuable tool in filling the gaps in services she sees in transitioning teenagers from Child and Adolescent Mental Health Division services to AMHD services. "I have seen many 18 year olds, a year or two after aging out of the system, becoming involved in the criminal justice system, becoming homeless, or just wandering to the detriment of their mental health and recovery," she says.

Her dedication toward helping teenagers as they become adults drives her role in Kaua'i's mental health system. Correale is currently working with people in the community to deal with transportation issues for AMHD consumers, develop new forensic programs, and open crisis housing. "I really believe team work is essential to successfully assessing and solving problems," she says, "Different perspectives and ideas at the table usually engenders frustration and distress with the process, but in the long run, those perspectives enrich the clarity of assessment of the problem and the subsequent resolution."

Carol Tyler, PsyD, is a licensed clinical psychologist with the state of Hawai'i and has worked in private practice in Honolulu since 1995. She has worked with the courts, Department of Public Safety, and the Department of Health. In her new role as AMHD's courts and corrections supervisor, Tyler will utilize her skills and experience to support forensic examiners in the state.

Tyler said that although she enjoys seeing consumers progress in their day-to-day living, she sees the shift from direct service to this newly created position as allowing her to help more consumers as a whole.

As the courts and corrections supervisor, Tyler will work to remove barriers for forensic examiners so they can conduct their evaluations for the courts quickly and effectively while retaining the highest standards. In order to keep examiners up to date with their field, Tyler will also organize trainings and conferences.

Having started on May 30, Tyler is still acquainting herself with the AMHD system, but she looks forward to serving the state's forensic examiners and the consumers they serve.

"I'm excited to be here and to be given this opportunity," says Tyler. "It's going to be challenging, but it's going to be exciting."

Mental Health Month activities



(From left) Department of Budget and Fiscal Services director Mary Patricia Waterhouse, Mental Health America of Hawai'i executive director Marya Grambs, and Honolulu Mayor Mufi Hannemann presents the official proclamation of May as Mental Health Month in Hawai'i.



Gov. Linda Lingle (on left) at the invitation of Earl Maeda (on right) visits the annual silent auction at the Ko'olau Clubhouse.



Photographer Michael Nye talks about his interactive exhibit "Fine Line: Mental Health/Mental Illness" brought to Honolulu by Mental Health Kookua.



Former AMHD chief Dr. Thomas Hester (wearing lei) presents a photograph as a farewell gift to staff and members at Makaha Marketplace Clubhouse.



Staff and members of Waipahu Aloha Clubhouse express their appreciation to Aiea High School at the clubhouse's employer dinner.



Hale O Honolulu staff and members working hard to serve dinner at the clubhouse's 4th Annual Spaghetti Dinner.



ACCESS: Suicide and Crisis Line

If you or a family member are experiencing a mental health crisis or if you need information about accessing mental health services, we are available 24 hours a day, 7 days a week.

Call (808) 832-3100 or toll-free at 1-800-753-6879.

The Hawai'i State Department of Health, Adult Mental Health Division's ACCESS Line provides a team of trained and experienced professionals to provide help to you or a family member in times of mental health crisis.

An accessible digital and a large print version of the newsletter may be obtained by calling (808) 735-1842.

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