



## **The Key Update Volume 2 No. 5, November 2005**

### **ANNOUNCEMENTS**

#### **SAMHSA Awards \$92.5 Million to Transform Mental Health Systems**

To turn fragmented mental health systems into systems that promote recovery, the Substance Abuse and Mental Health Services Administration (SAMHSA) has awarded \$92.5 million to seven states for Mental Health Transformation State Incentive Grants. The grants, which will run over five years, have gone to Connecticut, Ohio, Oklahoma, Maryland, New Mexico, Texas, and Washington. "These grants will help change the way in which the mental health system provides effective treatment and ultimately how consumers and families recover," said SAMHSA administrator Charles G. Curie. Saying that states are "where the action is when it comes to mental health care in this country," Curie told Mental Health Weekly, "We're looking for the seven states to help develop models as to how states can facilitate a recovery-based system."

Sources: Mental Health Weekly, 10/24/05

U.S. Interagency Council on Homelessness e-Newsletter:

[http://www.ich.gov/newsletter/archive/04-01-05\\_e-newsletter.htm](http://www.ich.gov/newsletter/archive/04-01-05_e-newsletter.htm)

### **SELF-ADVOCACY AND SELF-CARE RESOURCES...**

#### **Web-based Service Fights to Prevent Teen Suicide**

As a memorial to Jed Satow, a popular 20-year-old University of Arizona sophomore whose suicide in 1998 shocked his friends and family, the boy's parents and one of his fraternity brothers, Ron Gibori, created The Jed Foundation, a New York City-based nonprofit organization that works to increase awareness of suicides on college campuses. Some 1,100 college students kill themselves each year, Gibori said. A goal of The Jed Foundation is to break the taboo surrounding discussion of the subject and prevent other students from taking their own lives, according to a report on HealthDay (<http://www.healthday.com>). The Jed Foundation has a Web-based service (<http://www.Ulifeline.org>) where students can get information about mental health and links to on-campus mental health centers at more than 530 colleges in the United States — anonymously. "Right now, over 5 million students have access to the program," Gibori told HealthDay.

(Another group that reaches out to college students with mental health problems is Active Minds on Campus [<http://www.activemindsoncampus.org>], a student-run mental health awareness, education, and advocacy organization. The group's mission is to utilize peer outreach to increase students' awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community. Active Minds on Campus was created by Alison Malmon, then a student at the University of Pennsylvania, after the suicide of her older brother, also a college student.)

Source: New York Association of Psychiatric Rehabilitation Services Mental Health E-News

## NEWS AND REPORTS

### **Home Depot Pays for Violating ADA**

After firing a former employee who had a disability without consulting with the employee's job coach, Home Depot has agreed to pay the employee \$75,000. In a consent decree signed with the Equal Employment Opportunity Commission (EEOC), Home Depot also promised to keep in closer contact with the job coaches of other workers who have disabilities, The New York Times reported.

Home Depot violated the "reasonable accommodations" provision of the Americans with Disabilities Act (ADA) because it did not notify the employee's job coach that there were problems with her employment. Sunu Chandy, the EEOC lawyer in charge of the case, told The New York Times, "This decree is significant because it sends a message to those who employ the disabled that mental disabilities have to be accommodated just as well as physical disabilities."

Source: "Home Depot Pays a Disabled Ex-Worker," by Paul Vitello, New York Times, 10/25/05

### **Consumer-Led Intervention Improves Provider Skills**

A recent study has shown that consumer-led training can help providers of mental health services improve their ability to provide client-centered care, i.e., care that respects clients' needs and wishes. "Use of a Consumer-Led Intervention to Improve Provider Competencies," in the August 2005 issue of *Psychiatric Services*, reports on a study evaluating the effectiveness of Staff Supporting Skills for Self-Help, a consumer-led program to empower mental health consumers, promote mutual support programs, and improve provider quality. (The program was developed by two of the authors of the article, Edward L. Knight, Ph.D., and Howard Vogel, C.S.W., C.A.S.A.C., both consumers of mental health services.)

The controlled study, at five large community mental health organizations in two western states, found that, after a year, sites that had received the trainings were providing more recovery-oriented services. Analysis showed that, compared with clinicians in the control group, the clinicians in the study improved their skills in regard to teamwork, education about care, rehabilitation methods and recovery orientation. The study noted that, despite the fact that client-centered care is considered of vital importance, efforts to make care more client-centered have been few. It suggested research to evaluate the broader dissemination of Staff Supporting Skills for Self-Help as a way to promote client-centered care, as well as research on the links between changes in competencies and service delivery.

Source: *Psychiatric Services*, 56:967-975, 2005

## **Depression May Cause Disability**

According to a study published in the American Journal of Public Health in November, people with depression were 4.3 times as likely to develop a disability as those who did not have depression. The study, at Northwestern University in Chicago, interviewed a national sample of nearly 7,000 people between ages 54 and 65 and found that, among those who had depression but did not have a disability, almost 10 percent had developed disabilities two years following the initial interview. Among African-Americans, the rates of disability were especially high: Nearly 20 percent of African Americans developed disabilities compared with just five percent of those African Americans who were not depressed. The study also reported that some of those who had depression and then developed disabilities had health conditions at the time of the first interview. "Together, chronic conditions and higher-level limitation health factors explained over half the excess disability incidence related to depression," the study noted.

Source: Mental Health Weekly, 10/31/05

## **RESOURCES FOR CONSUMER-RUN ORGANIZATIONS & SELF-HELP GROUPS...**

### **Web Directory of Peer-Support Mental Health Services Seeks Applicants**

The Directory of Consumer-Driven Services (<http://www.cdsdirectory.org>), the nation's first public Internet database of consumer-driven mental health service and support programs, is seeking applications from programs that would like to be included.

The purpose of the Directory, a program of the National Mental Health Consumers' Self-Help Clearinghouse — a national technical assistance center funded by the Substance Abuse and Mental Health Services Administration — is to provide consumers, social scientists and service providers with essential resources on CDS, including background materials, contact information, pertinent research findings and discussion by leaders in the field. Visitors to the Directory site can search by name, locality, or program type to retrieve up-to-date information on leading CDS around the country. In addition the site builds on the expertise of the Clearinghouse network in providing multiple technical assistance resources to foster the development of new and ongoing programs, and other CDS-related materials, many available by free download.

Consumer Driven-Services (CDS), also known as peer-support services or programs, promote self-determination, empowerment, and recovery. They foster a vision of consumer participation in all aspects of life, including meaningful employment, education, and relationships with friends and family. They may be found in a range of settings, from large mental health service agencies to grassroots volunteer efforts.

Any and all such programs in the United States are invited to apply for inclusion in the Consumer-Driven Services Directory via the Web site at [www.cdsdirectory.org/contact.html](http://www.cdsdirectory.org/contact.html). Application materials may also be requested by writing to [info@cdsdirectory.org](mailto:info@cdsdirectory.org) or NMHCSH Clearinghouse, 1211 Chestnut St., Suite 1207, Philadelphia, PA 19107.

## PARC CORNER

### **Older Adult Role Models Invited to Share Their Stories**

The Positive Aging Resource Center (PARC) is looking for older adults who would like to share their stories of dealing with or overcoming a mental illness. PARC believes that one of the best ways to educate others about mental health and reduce the stigma and discrimination associated with mental illnesses is to highlight those who have experienced and triumphed over a mental illness.

In addition, PARC is seeking “positive aging role model” nominees. A positive aging role model is someone who embraces aging with grace, enthusiasm, and vigor — someone who makes the best of every day. Nominate a friend, a neighbor, a family member, or yourself. Click here to see the current nominee: <http://www.positiveaging.org/consumer/rolemodel.html> . These positive aging role models will be highlighted on the PARC Web site. If you are interested in sharing your story, please contact Noelle Downing, Director of Consumer Education, at [ndowning@partners.org](mailto:ndowning@partners.org).

### The Key Update

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