



Hope and Recovery Newsletter

Winter 2003

A newsletter providing information on the **Extending Consumer Reach** Project in Pierce County

Conference Renews Commitment and Spirit

Approximately 225 people took part in **Hope and Recovery II** this past fall, a Pierce County RSN sponsored gathering highlighting Extending Consumer Reach. This Pierce County initiative focuses on opening the pathways that lead to greater independence for mental health consumers.

With funding from Eli Lilly, conference organizers were able to offer mental health consumers full scholarships to this conference and a reduced fee to professionals and others in the community. The conference was held on the campus of Pacific Lutheran University.

Keynote speaker was Garry Vickar, M.D. from St. Louis, who spoke about the benefits of vitamins and nutrition in enhancing recovery. Following his presentation, there was a series of breakout sessions on topics including nutrition, spirituality, pet therapy and education.

"The positive feedback we are receiving from the conference is gratifying," explained RSN Administrator Fran Lewis. "While mental health funding faces tough times, the concept of hope and recovery and greater independence for mental health consumers is a way of thinking, not a way of spending. "I am looking forward to continuing exploration and integration of this concept throughout our community," she said.



The event concluded with a touching ceremony in honor of mental illness awareness week. Pictured here, mental health chaplain Julia Bradley recites a reading while the artwork of Dale Chihuly is exhibited on a large screen. Conference-goers held candles during this part of the program. The original Hope and Recovery candle, which was first lit at a candlelight vigil two years ago in Pierce County is pictured in the center.

"The most important thing I learned today was how spirituality, nutrition, vitamins and pets promote recovery."

--Taken from one of the evaluation forms that participants filled out following the conference.



Conference Committee Chairperson Karen Landwehr of Comprehensive Mental Health, opened the event with a welcome to the group.

Local Man Shines in Special Olympics

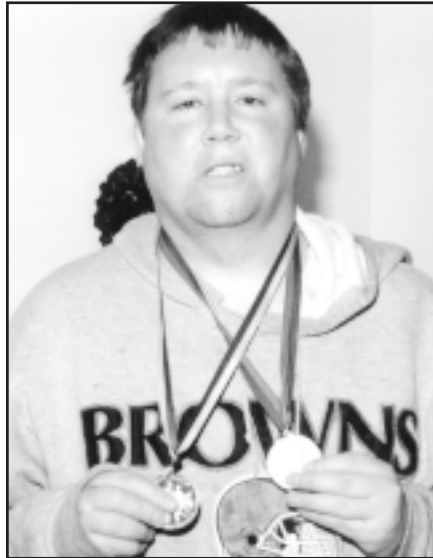
Hope and Recovery is all about setting goals and attempting to reach them. It is all about being motivated to be and do your best.

Delayne Mattson loves competition, loves sports and thrives on the opportunity to participate in them. One goal he set for himself was to win a medal in the Special Olympics. This past November, Delayne did just that. As part of a volleyball team, he was awarded a medal in the games recently held at Fort Lewis. This was Delayne's second medal. He has also won a medal in the past for accomplishments in track and field.

"I have participated in the Special Olympics since I was 12 years old," Delayne commented. "I love the opportunity to meet people and make friends from all over the country. That is what it is all about, to meet people," he said.

"I have been working with Delayne for about 5 years," explained Comprehensive Mental Health case manager Gary Johnigk. "He is very enthusiastic and self motivated. Special Olympics is a very important part of his life. When he is participating, he can't wait to tell us about it. It is really exciting to see him participate and to be so motivated," Johnigk said.

"We are really proud of Delayne," explained Comprehensive Mental Health psychiatric nurse practitioner Jolene Culbertson. "A lot of people have nothing to do or have nothing to look forward to. Having something as exciting and beneficial in Delayne's life as the Special



Delayne Mattson proudly shows off his medals from the Special Olympics. On the back of the medals, it says "joy, courage, sharing." Delayne feels the most important benefit from the competition is meeting others and sharing life stories.

Olympics provides him with physical exercise, structure, and motivation. People who have this sort of motivation tend to sleep better, eat healthier and all around feel better," she said.

Delayne has been coming to Comprehensive Mental Health for about eight years. Prior to that, he had some life challenges and difficulties, including being homeless.

"Special Olympics has had a big impact on my life," Delayne said. "I think maybe next time I will try competing in swimming," he said.

The Many Paths of Hope: Tools For Recovery

When: Thursday, May 22nd 9am-3pm

What: A Conference Providing Tools For Providers and Consumers to further the Hope and Recovery model

Where: The LaQuinta Inn In Tacoma

**Please Save This Date and Watch For
Conference Registration Coming Soon!**

Quality Review Team: An Ear and A Voice for Consumers

“To me, who better knows about mental health services than someone who is receiving services,” explained Carolyn Glover, mental health quality reviewer for the Pierce County RSN. “Because I am a consumer, I can identify with my peers and have an instant rapport,” she said.

Glover has been employed by the Pierce County RSN for 8 years. Her job is to listen to those who are receiving services and learn how they feel about the quality of their care, which includes case management, input to treatment planning and dignity and respect.

Glover works with the core service agencies in Pierce County, such as Comprehensive Mental Health, Greater Lakes, Good Samaritan and other area agencies, as well as over 20 residential facilities.

Glover periodically sponsors “Speak-outs” at many of the facilities. Speak-outs are open meetings for consumers to speak their minds about services. She also does mail out surveys and telephone interviews.

“My role is to listen to opinions and comments,” Glover explained. “This includes opinions of friends and families, as well as mental health consumers. Then, I take all of the comments and suggestions, summarize them and write a report including my recommendations. I present my report to administration for possible changes to services,” she said, adding, “my role is to make sure that consumers’ views and recommendations for changes are regularly heard throughout the system.”



Carolyn Glover has been a quality reviewer for the RSN for 8 years. She believes that being a consumer herself makes her easy to talk to for other consumers. She may be reached at 798-3810.

Glover works as an independent arm of the RSN, so she may be able to make non-biased recommendations to administration. As an example, while doing desk reviews of treatment and crisis plans recently, Glover discovered that many plans were written in language that was somewhat over consumer’s heads. She worked with case managers and management to simplify the language to be better understood. She also

assisted in updating crisis plans.

How does having a Quality Review Team promote Hope and Recovery? According to Glover, by gathering and sharing information, quality of services improve and thus, quality of life for all consumers improves. “Consumers who are active in their own treatment are also very active in their recovery,” she said. Glover may be reached at 798-3810.





Pierce County

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The Jail is Not A Treatment Facility

By Judy Snow, mental health clinical coordinator at the Pierce County Jail

Mary was recently arrested for criminal trespass after she was found yelling in a public library. She was initially warned by police and asked to leave. Mary complied however returned within the hour to again begin screaming at no one in particular. Law enforcement faces this type of dilemma on a daily basis. Mary appears to be too ill to be ignored as she is disturbing the peace of others, but does not appear ill enough to require hospitalization. Mary is incarcerated for both humane and public safety concerns.

We have heard many, many times that the jail is not a treatment facility. In fact, the deleterious and traumatic effects of incarceration, produced by noise level, lack of privacy, threats of personal safety, rigid structure, at times isolation, etc. will often lead to the need for psychiatric hospitalization. Many times incarceration is the straw that broke the camel's back. If they didn't need hospitalization when they were booked, and many times



Judy Snow, mental health clinical coordinator, Pierce County Jail

they do, they will require hospitalization prior to release.

Although our community mental health system provides quality care, there still continues to be a hesitancy when a consumer is referred for continued treatment from the jail. A 'jail hold' on a referral of a mentally ill inmate for hospitalization is accepted with a degree of suspicion as to the legitimacy of a mental disorder. Treatment providers have come a long way in recognizing that the mentally ill are being arrested for no other reason than symptoms of a mental disorder. With the tighten-

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For information, call
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Contributions to this newsletter are invited and welcomed. To submit a piece, please send it to:
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ing of mental health dollars it is imperative that we reassess our attitudes and biases to prevent the possible targeting of the jail population as less in need of services.

The jail continues to be a jail and not a treatment facility, regardless of financial concerns. Mary's arrest for yelling in the library has added an additional barrier to her hope and recovery. As a community, we need to meet the challenge of providing quality services to a population that historically has been assigned to the criminal justice system.