

DMH Connections

A publication of the Massachusetts Department of Mental Health
Office of Communications & Community Engagement
December 2009



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It's Clear: Facilities Are Ready to Help Staff and Clients Implement a Tobacco Free Culture



Today December 7, 2009, DMH begins the EOHHS Tobacco Free Campus Initiative. All DMH hospitals and facilities located on state property are now smoke free inside and out. The DMH Tobacco Free Policy is designed to

provide a safe and healthy environment and model healthy behaviors.

For smokers, this culture change may be a difficult adjustment. EOHHS and DMH recognize that both patients and clients will struggle with the transition. Each facility has composed a Tobacco Free Planning Committee and is working towards implementation of ongoing supports for staff and clients as they adapt to this new policy and make the transition to a smoke free campus.

These supports include assignment of cultural champions who participated in a series of trainings. There has also been communication through letters, meetings, discussions, and

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DMH Office of Communications and Community Engagement

Anna Chinappi, Director

Questions or suggestions? Contact Anna
at
617-626-8124

Please contribute to the next edition of DMH Connections

Deadlines for upcoming issues:

December 14 for the January 4 newsletter

January 15 for the February 1 newsletter

Please send all materials to
[Michelle Cormier](#)

Department of Public Health
Blog

open forums with managers and their staff. The Employee Assistance Program (EAP) is also available to staff for resources and referrals. Contact the EAP at 1-800-451-1834.

Many areas began outreach on November 19 which marked the 33rd anniversary of the "Great American Smokeout"

DMH Central Office and the Lindemann Community Mental Health Center in Boston featured information tables in the lobby and the planning committee provided staff and patients with smoking cessation information, carbon monoxide testing, healthy snacks and samples of donated body products. Massachusetts General Hospital also hosted a table featuring community resources they offer. Solomon Carter Fuller Mental Health Center in Boston also hosted similar events and provided goody bags which folks could trade their cigarettes for. Five clients were willing to trade in their cigarettes for the bags which included herbals teas, sugarless gum and candy, and sugar free chocolate too!

Tewksbury Hospital held its day-long "Second Annual Employee Wellness Day" in conjunction with "The Great American Smokeout." The fair featured an ongoing power point, handouts, cessation information, CO2 monitoring, pulmonary testing, employee immunizations, nutritional information, stress management and healthy snacks. The new Tewksbury Hospital Gym marked its grand opening that day. The Tewksbury Hospital Tobacco Free Environment Work Plan includes implementation of an Adopt a Smoker Campaign, power washing of the Gazebo, and the distribution of maps for campus walking paths that outlines two areas where staff can walk, get fresh air and exercise.

At Westborough State Hospital, the Great American Smokeout was celebrated with a variety of activities and much discussion of plans for quitting and resources available to help. Tables were set up for both morning and afternoon sessions in the Hennessy Lobby with informational materials and healthy snacks. A homemade "Tar Jar" was on display to demonstrate how much tar a smoker has in



[Click here](#) to view the DPH blog which features expert tips on nutrition and physical activity as well as a roundup of health and wellness events.

Multicultural Corner



Faith, Spirituality and Natural Supports in Recovery

Faith matters. And it may particularly matter to people who are African American, Black or Latino. That was the consensus of a panel of experts convened at Springfield Technical Community College (STCC) recently through a collaboration of STCC, the DMH Western Massachusetts Area Office and the Area's Community Mental Health Advisory Board.

The experts included Reverend Greg Dyson, Church in the Acres and Project Homeless Connect, Springfield; Henry East-Trou, Gandara Mental Health Center; Amanda Martinez, Western Massachusetts Youth Council; Suzette Pena, The Sacred Realm; Dora Robinson, United Way of Pioneer Valley; and John Paul Whiting, Resource Connection Center, Holyoke.

The DMH Office of Multicultural Affairs provided language translators to allow access for Spanish speaking audience members. Dr. Arlene Rodriguez, dean of the School of Arts,

their lungs, if they smoke a pack a day for one year. A cost calculator was available to show how much money a smoker can save if they quit. Hospital staff used a carbon monoxide meter to test patients and staff who wanted to find out how much carbon monoxide gas is in their body. Patients and staff were given the opportunity to sign a quit contract, and lunch at a local restaurant was offered as an incentive for anyone who remained smoke-free for five days. Seven people signed the contract; five remained smoke-free for at least five days. Stress balls were given out and former smokers signed an "I Quit" poster. As always, the highlight of the day was "Odo," the resident therapy dog.

Worcester State Hospital held an informational event in the hospital lobby with members of their Health and Wellness Committee distributing brochures, lapel stickers, and providing brief motivational counseling on how to cut down or quit smoking. Music and healthy snacks were also provided. Prior to the Smokeout, Worcester staff held three outreach events at the hospital, providing free carbon monoxide monitoring, handouts about going tobacco-free, informational brochures and brief interventions to help staff and clients understand the reasons to consider quitting tobacco use on the day of the Smokeout. As an added incentive, a drawing was held for all patients and staff who participated in previous carbon monoxide monitoring events for local department store gift cards.

In the upcoming months, *DMH Connections* will include articles that track the progress of our facilities and the services and supports they are offering. We will also provide advice to difficult situations that arise and highlight successes of those who are trying to quit. Please email [Michelle Cormier](mailto:Michelle.Cormier@dmh.state.ma.us) if you would like to make a submission.

Congratulations to the DMH Performance Recognition Award Winners

Humanities and Social Sciences at STCC, and member of the DMH Western Mass. Area Board, served as moderator.

One of the premises discussed was that faith and faith communities are often very powerful supports for people who are African American, Black or Latino. These supports are often overlooked. In his introduction, Mike Nagy, a DMH Human Rights Coordinator and chairman of the Area's Cultural Competence and Diversity Committee said, "This panel is an attempt to expand the vision of DMH. We want to expand the range of natural supports available to people to aid in their recovery. What is the role of faith communities and spirituality in their lives?"

Ms. Robinson was the first speaker. "A connection to a faith community can provide a sense of hope and well being that things can be different." She later added that "as an African American woman, I bring my faith to work with me every day." She doesn't flaunt it, but her convictions carry meaning to the people she works with.

Speaking of the Latino community, Dr. East-Trou pointed out that families' first contact with the mental health system was often through the police or emergency rooms. People see churches as sources of help, but "the churches' recovery focus has been around substance abuse," he said. "The challenge is how to educate the community about mental health and mental health services. We need to do a better job of educating the natural supports."

Mr. Whiting described his journey of recovery including his move from Philadelphia to Massachusetts. His prayer was "Lord let me get the right person. Someone who listens and is

We salute this year's recipients of the Commonwealth's Performance Recognition Awards. The DMH citation winners all play a major role in the success of consumers' recovery from serious mental illness. Commissioner Leadholm recently presented the annual Performance Recognition Awards to the following DMH employees for their outstanding service and dedication to the Department and to the adults, children, adolescents and families we serve.

NORTH EAST AREA

Psychiatric Emergency Response Team (PERT), Tewksbury State Hospital, a multidisciplinary group that serves as an inpatient crisis intervention response team. Team members are Victoria Buckley, Linda Burnett, Joe Caliri, Candace Casey, Ann Fisher, Dorothy Georgopolous, Laura Hitchmoth, Ibrahim Kabba, Rick Kellerman, Diane Kritz, Valerie Levitre, Susan Landis, Jim Martin, Felix Martinez, Beth Mulholland, Jennifer Navarro, Barbara Nicholas, Martha Patch, Andy Patterson, Dawn Regan, Arlene Robinson, Richard Roper, Jeff Stromberg, Claire Curley-Swift, Mona Tye, Jefferson Tucker, Ralph Williams

North East Area Recovery Action Team, a group of hospital, site office and provider staff and persons in recovery established in 2007 to explore and develop a vision for the future based on recovery and resiliency. Team members are Ann Roy, Laurie Bolduc, Nan Donald, Laura Hitchmoth, Marilyn Johnson, Robin Kellet, Laurie Montello, Carol O'Loughlin, Naomi Pinson, Marian Re, Linda Simons, Dottie Smith, Tony Venucci, Rob Walker, Phyllis Stone

SOUTHEASTERN AREA

Donna Amaral, Director of Environmental Services, Taunton State Hospital

respectful." He uses his faith to "get rid of anger, fear, bitterness and doubt." He showed the audience some of his sources of strength. They included the Bible and numerous books of spiritual guidance. "God meets me where I'm at," he said.

Ms. Pena has a spirituality that is not connected to a specific church or religion. Her solace comes from nature, "not four walls," she said. "Being outside as much as possible, meditation, using a sweat lodge, I hear life today. Laugh, cry and sing. Listen and not judge like trees and rocks."

Ms. Martinez described her experiences growing up in foster homes and residential programs. She is now 21, a student at Holyoke Community College and studying early childhood development. "As a Latina woman, prayer helps. Faith is so powerful, it has helped me be who I am today. It has helped me believe in myself."

Reverend Dyson **pictured below** was the final speaker. He talked about "relocation, redistribution and reconciliation." Relocation into other peoples lives, redistribution of our time to allow us to help others, and reconciliation, first to each other and then vertically with a higher power.

More than 50 people attended the event, many of them students at the college. Organizers agreed that the students, potentially part of the mental health workforce, were one of the most important audiences for this type of panel.

Robert Jope, Case Manager Supervisor

Lorna Ketin, Child/Adolescent Case Manager Supervisor

WESTERN MASS. AREA

Susan Sprung, Director of Community Services

CENTRAL MASS. AREA

The Developing Readiness Project, a team of volunteers who collaborate to help those with most significant barriers to discharge and recovery. Team members are Nancy Silva, Michael Belovitch, Mary Cianciolo, Kate Curran, James Ellsessar, Lorna Girdharry, Susan Lee, Jack Terry, Marilyn Terry, Lisa Sears

CENTRAL OFFICE

Rita Barrette, Director of Community Services

METRO BOSTON AREA

Dr. Laurie Guidry, Statewide MI/PSB Director

Laura Rood, Director of Mass. Mental Health Center and Interim Chief Operating Officer of the Mental Health Units at Lemuel Shattuck Hospital

METRO SUBURBAN AREA

Jeremiah Dickinson, Director of Occupational Therapy, QMHC

Lynn Hoffman, Area Operations Manager



New Research Center Supports Youth Employment

The University of Massachusetts Medical School's Center for Mental Health Services Research and Department of Psychiatry have been awarded a five-year, \$4 million grant to create and sustain The Learning and Working During the Transition to Adulthood Rehabilitation Research and Training Center (RTC). The grant is funded by the federal National Institute on Disability and Rehabilitation Research and the U.S. Substance Abuse and Mental Health Services Administration from October 1, 2009 through September 30, 2014.

The Learning and Working RTC aims to support the successful completion of education and training and movement into rewarding and sustaining work lives for young people ages 14-30 with serious mental health conditions. The Center develops and translates knowledge from state-of-the-art rigorous research focused on education, training and working. The research emphasizes knowledge that can inform interventions by examining the population, the interventions and the systems involved. The Center's research and dissemination activities are guided by transition age youth



*Front row: Lorna Ketin, Richard Roper, Laurie Guidry, Commissioner Leadholm, Laura Rood and Robert Jope
Top row: Jeremiah Dickinson, Marian Re, Ann Roy, Jefferson Tucker, Lynn Hoffman, Donna Amaral, Rita Barrette, Jim Ellsessar, Michael Belovitch*

Voter Registration is Available to All

By Atty. Robert S. Chase

This month's primary elections for U. S. Senator to fill the seat of the late Edward M. Kennedy are causing interest in the election assistance and voter registration efforts of the Department of Mental Health. The right to vote is a basic Human Right, set forth in the United Nations Declaration of Human Rights, various implementing conventions, in our federal and state constitutions and carried out by both federal and state statutes.

Although it is too late to register to vote in the primary on Dec. 8, we can still help consumers register to vote in the special state election on Jan. 19, 2010. Using the special "agency" registration forms, a DMH consumer can register right up to the last day of registration (December 30) even though the conventional registration sites may be already closed. The

and young adult consumer and family input. The translation of this knowledge speeds capacity building for service providers and the translation of findings into practice and policy.

A website for the new Learning and Working During the Transition to Adulthood RTC is under development. Information and announcements about the new RTC can be found currently on the website of the Center for Mental Health Services Research at <http://www.umassmed.edu/cmhsr/index.aspx>

For more information contact Maryann Davis Maryann.Davis@umassmed.edu or Marsha Ellison Marsha.Ellison@umassmed.edu.

Commissioner Leadholm and DMH Staff Serve Up Thanksgiving for Hundreds of DMH Clients



Senator Jack Hart (D-Boston), the Boston Fire Department led by their Local 718 President Ed Kelly, Tom Butler from Massport and The Friends

"agency" voter registration forms take effect based on the date on the form as opposed to the postmark on a "mail in" form.

The law requires that a person registering provide additional information and answer certain questions. New voter registration applications will no longer be accepted or processed unless the prospective voter has included either a driver's license number or the last 4 digits of his or her social security number. If the new voter does not have either, "none" must be written in the space provided.

This information will be verified through the Registry of Motor Vehicles and the Commissioner of Social Security. If the information cannot be verified, the voter will have to provide identification such as a copy of a current and valid photo identification, current utility bill, bank statement, government check, paycheck or other government document showing the person's name and address.

The new voter registration forms also ask the following questions:

- Are you a citizen of the United States of America?
- Will you be 18 years of age or older on or before election day?

If no is checked in response to either of these questions, the application will be rejected. If these questions are not answered, the form will be rejected, though the applicant will be provided an opportunity to complete the form.

It is therefore important that the forms be checked to be sure that the applicant has supplied the necessary information.

Important information concerning DMH's responsibilities for voter registration and preparation of "declination forms" is available on the DMH staff Intranet site left column under "Topics." The information includes:

- Agency Voter Registration Order Sheet:- Sheet to order voter registration materials. Sheet can be faxed to the

of Metro Boston hosted the fifth annual Thanksgiving Feast for DMH consumers last month.

Volunteers and clients gathered at Florian Hall in Dorchester to serve dinner to more than 350 people. Nearly 100 volunteers, including Senator Hart, Commissioner Barbara Leadholm, Boston firefighters, DMH staff and members of the Friends of Metro Boston, helped prepare and serve dinners to the guests. Decked out in their paper chef hats, volunteers served as the crowd gathered for the much-anticipated event. The feast--turkey, all the trimmings and dessert and beverages-- was donated and prepared by the Boston firefighters.

Senator Hart entertained guests with a festive holiday sing-along with help from colleagues and friends including District 2 City Councilor Brian Linehan (South Boston), Norfolk County Treasurer Joe Connolly, and chief chef and organizer Billy Higgins. Also in attendance were Rep. Angelo Scaccia (Hyde Park) and District 3 City Councilor Maureen Feeney. In these tough economic times, it is more important than ever to volunteer. The annual Thanksgiving gathering of volunteers and DMH consumers truly represents all the best of the holiday season.

Music Therapy: Opportunities in Sound Treatment

By Kevin Krivanec, MTBC
Music Therapy Services Coordinator

Most people have a personal relationship with music. Perhaps it is connections to memories. Maybe it's motivation to compliment an exercise

Elections Office

- Voter Registration Workbook for Agencies. Samples of the Agency Registration Affidavit and Declination Form can be found in this workbook.
- Violation of Election Law notice - This notice must be posted at all places registration is performed
- Script for the agency person performing the registration.

DMH Human Rights Committees can play an important role in monitoring compliance and assisting sites in implementing the requirements of the voter registration acts.

Human Rights Committees should include information about voter registration and voter assistance when they talk to consumers at site visits.

Robert Chase is a lawyer practicing in Southeastern Massachusetts. He has been a volunteer on DMH Human Rights Committees in Brockton and Fall River for more than twenty years where he has been interested in the implementation of the Motor Voter Act and the provision of voter registration and voter assistance to consumers of the Department of Mental Health.

DMH Metro Boston Area Celebrates Diversity and Recovery

The DMH Metro Boston Area recently celebrated diversity and recovery from serious mental illness by hosting a conference on Communication in Cross Cultural Treatment & Supervision and the Seventh Annual Jonathan Schiff Memorial Award Ceremony.

Conference keynote speaker was Dr. Kermit Crawford of the Boston University Center for Multicultural Health who provided participants a view of cultural competence and addressed the

routine. It could be inspiration to creativity, self expression or just to relax and pass the time in an enjoyable way.

Music therapy is the use of music to assist persons in achieving non-musical goals, for example improve emotional resilience, stress management, interaction skills, etc. No musical experience is required, only the willingness to participate at your comfort level. A music therapist is a credentialed professional who has completed a training program, passed a national exam and earned the title "MTBC" (Music Therapist Board Certified). Music therapy in psychiatric rehabilitation is an evidenced based practice.

The Music Therapy Service at Westborough State Hospital offers many ways to use music to assist persons in forwarding their recovery goals. Here are some examples:

Group Music Therapy. An interactive experience in music that may involve singing, drumming, talking about song lyrics, listening to music and other activities to help people practice interacting, expressing themselves clearly and tolerating their feelings. Our Group Music Therapy "menu" includes Hip Hop Lab, Music Appreciation and Improvisational Drumming.

Music and Imagery for Wellness.

DMH music therapists have special training in Music and Imagery. Music and Imagery for wellness involves talking about our strengths, focusing on a positive image or affirmation while listening to music in a relaxed state and representing the experience through drawing or writing. Afterwards we talk about how to carry the image forward in our daily lives.

difficulties in measuring its attainment, while providing guidelines for incorporating it into the daily practice of mental health professionals.

Dr. Crawford's remarks were followed by a five-person panel of experts on Communication in Cross Cultural Treatment & Supervision facilitated by Louise Carcione, the Area's director of emergency and disaster preparedness. The panelists, Brian Osborne, John Dugan, Rhonda Bourne, Ann Capoccia and Noel Johnson, shared their personal experiences providing supervision in cross cultural situations and added their perspectives on how improving communication in cross cultural situations can help DMH employees and provider agencies meet their agencies' missions. Following the panel discussion, the attentive crowd was treated to a version of a short film by DMH Statewide Youth Council Coordinator Matt McWade entitled "Young Adult Portraits of Culture, Diagnosis & Mental Health Recovery" and narrated by Scott Francis of the Roxbury Transformation Center.

Later that evening, Scott Francis was keynote speaker at the Seventh Annual Jonathan Schiff Memorial Awards. The Jonathan Schiff Award was created in 2002 to recognize the value of employment in recovery from mental illnesses and is given to a consumer from the DMH Metro Boston Area who exemplifies the principles of rehabilitation and recovery through employment. The criteria for this award are:

- A history of working in a paid capacity.
- A strong belief that working is an integral part of rehabilitation and recovery.
- A future orientation, which involves part or full-time employment and a commitment to independent living.
- Positive self-esteem and a sense of accomplishment because of work experiences.
- The respect and admiration of colleagues and employees.

The 2009 ceremony was held in the Hiebert Lounge at the Boston University School of Medicine and was sponsored by The Schiff family and friends, the Massachusetts Psychiatric Rehabilitation Association, NAMI-

Recovery through Music.

Recovery through Music is a dual recovery music therapy session. Songs are selected to correspond with the daily reading in the Dual Recovery meditation book. After each song the group talks about how it relates to the reading and to them. Each person is encouraged to take from the group whatever will support their individual recovery efforts.

We also offer individual music therapy specifically tailored to each person's individual recovery goals. This can include instruction on an instrument, singing, talking, music and imagery or a combination of interventions that will best help the person move forward in recovery. Our newest venture is providing and servicing MP3 players. These personal music devices provide a healthy outlet for clients and a safer living environment for everyone. This initiative has contributed positively to restraint and seclusion reduction and the use of MP3 players instead of compact discs has reduced an environmental hazard that had previously been used in self injurious behaviors.

If you would like more information about how music therapy enhances the recovery of persons in our care please feel free to contact us. Kevin Krivanec, MTBC, at Kevin.Krivanec@Massmail.state.ma.us ; and Sally McKnight Harrison, MTBC, LMHC, at 508-616-2333.

Assistant Commissioner Claritza Abreu Awarded for her Leadership in the Latino Community

Massachusetts, Boston University Department of Psychiatry and Bay Cove Human Services. Five individuals were honored for their outstanding recovery from serious mental illness through employment at the ceremony.

Center Club Celebrates 50 Years

More than 200 people gathered recently at the Boston Teacher's Union Hall in Dorchester for Center Club' 50th Anniversary Gala. It was an evening of great food, wonderful memories and well-deserved recognition. After a family style dinner, guests were treated to a screening of a commemorative video of Center Club's 50 years. A ceremony recognizing eight individuals who have played a significant role in the club's history was followed by the unveiling of a new Center Club banner as well as plenty of time for socializing and dancing.

Guests included family members, retired staff members, employers, DMH staff and colleagues from other agencies. Nancy Mahan, Bay Cove Human Services Mental Health Service Division Director, led a rousing rendition of "Sweet Center Club" especially composed for the occasion (with apologies to Neil Diamond).

Center Club, a program of Bay Cove Human Services, and an International Center for Clubhouse Development certified clubhouse, was established in 1959 initially as a social club. It was the first psychiatric rehabilitation program in New England. The first social club in Massachusetts was known as the 103 Club because of its address right outside the former Boston Psychopathic Hospital, now the Massachusetts Mental Health Center. The club grew out of a patient governance program established in 1948. Patients discharged from inpatient facilities were encouraged to meet at the club with the help of volunteers and occasional access to hospital staff across the street.

In the meantime early in 1958, a small group of former patients were meeting on a weekly basis with Dr. Sam Grob, a psychologist, at the Charles Street Meeting House on Beacon Hill in

Congratulations to Claritza Abreu, **pictured right**, Assistant Commissioner and Chief Information Officer of Applied Information Technology, for receiving an award from El Jolgorio de Massachusetts, Inc.



Claritza is one of three recipients honored for her leadership in the Latino community and for her commitment to advancing opportunities for Latinos in Massachusetts. Claritza will be presented her award at this year's Jolgorio Navideño 2009 on December 12 at the Boston Convention and Exhibition Center. It is expected that well over 2,500 Latino professionals and non-Latino luminaries from all over New England will attend this event.

El Jolgorio de Massachusetts, Inc. is a 501 (c)(3), non-profit organization dedicated to fostering leadership, civic engagement and educational attainment among Latino youth. El Jolgorio Navideño, their annual Christmas gala celebration, is the Commonwealth's largest Latino gala celebration. Established in 1989, the Jolgorio Navideño began as an informal celebration to commemorate the breadth of Puerto Rican culture and share the many traditional customs observed in Puerto Rico during Christmas. The gala brings together people of different interests to celebrate the achievements of the Jolgorio de Massachusetts, Inc., recognize their students and thank their sponsors.

As supporters of quality educational and cultural programs for Latino

order to discuss challenges of community living after leaving the hospital, not unlike the story of Fountain House in New York City. The 103 Club eventually merged with Center Club and relocated to the Boston Young Men's Christian Union in the old "Combat Zone." Center Club was situated there for almost 30 years until moving to its current location in Government Center in January 1989.

Center Club will remain forever indebted to its founders Dr. G. Colkert Caner, a psychiatrist, and Dr. Sam Grob, a psychologist, along with a small group of pioneering members who set in motion what has now become a large and diverse program that offers a full range of services and supports to its members as they continue to live rich and rewarding lives in the community. To quote Dr. Grob in a newspaper article published in 1964, "Our theory is to show them how to put together all of the pieces of living and learn how to cope with life. Self help is the greatest force."



Pictured left to right: Center Club members Pierre, Rose and Michael enjoy the celebration.

Southeast Area Staff Honored for Learning Support Efforts

Twenty-five Southeastern Area employees were honored at the fourth annual Instructor Appreciation Luncheon at the recently

students, El Jolgorio de Massachusetts, Inc. honors the time and energy that Claritza has dedicated through the years to improving educational opportunities for Latino students and for advancing work opportunities for Latinos as well.

Conferences and Events

December 7, 2009
"It's Clear"

All DMH Campuses are required by EOHHS to be tobacco free inside and out.

December 10, 2009

Guest Speaker Series at NAMI GB-CAN Office 2 p.m.

Deborah Delman, Executive Director of The Transformation Center, will be a guest speaker at the Boston Resource Center, Ground Floor Conference Room, Solomon Carter Fuller Mental Health Center, 85 East Newton Street, Boston, MA 02118 on the Boston Medical Center Campus. Call NAMI Mass 781-938-4048 for more informatio.

December 11, 2009

Certified Peer Specialist Training 2009-2010

Four classes will be held during the 2009-2010 training year. The spring classes will be in the Northeast and Southeast areas.

Application materials are available for download on the Transformation Center website, www.transformation-center.org. These include the CPS application and self-assessment form. There is also a brochure posted for further information. If you do not have computer access, you can call the Transformation Center at

renovated Gifford 2 Classroom at Taunton State Hospital on November 4, 2009.

Southeastern Area Director Peter Evers, expressed his personal gratitude and appreciation for the exceptional efforts that went into enhancing this learning space at Taunton State Hospital. This space will certainly be an asset to the entire Southeast Area.

The annual event recognizes the work of the adjunct instructors who support the mandatory training efforts of the DMH Southeastern Area. This year's celebration was expanded to recognize the efforts of the staff who were part of the renovation project.

The Gifford 2 Classroom received a new, maintenance-friendly tile floor, refinished woodwork, a fresh coat of paint and repairs to the heating system from the facilities staff. Additionally, the environmental services staff worked diligently to provide curtains and a thorough "fall" cleaning to the newly renovated space.

Staff honored at the event were: Terry Andrews, Tom Braga, David Cabral, David DuPont, Lydia Furtado, Robert Hoffman, Joe Mendes, Bertha Medeiros, Rick Navarro, Manny Perpetua, Ozzie Prescan, Bruce Rannacher, Chuck Rouleau, Lucy Silva, John Soares, Jim Thibedeau, Tom Waters and Paul Young.

Adjunct Instructors receiving certificates of appreciation were Dr. Elizabeth Baker, Deanna Bell, Suzanne Brown, Linda McCarthy and Jane Musgrave.

Certificates of Appreciation were also awarded to department managers and supervisors Brian Thayer and Donna Amaral.

In Taunton, Local Corporation Has Heart

617-442-4111 to have an application sent to you.

The exam will be held in mid-January

GOVERNOR PATRICK TO HOLD COMMUNITY FORUMS ON FISCAL YEAR 2011 BUDGET

The forums and hearings, each of which will be hosted by the Governor or senior administration officials, will give residents a chance to share their priorities for the budget and allow them to offer suggestions, ask questions and engage with their neighbors. Hearings will allow for individuals to provide written and verbal testimony regarding their specific recommendations while the forums will consist of an open conversation and dialogue about general topics concerning the budget.

Dates, times, locations and administration hosts for other forums will be found at

www.mass.gov/governor/forum.

Summaries of the forums, along with videos and questions, will be posted on our blog,

www.mass.gov/blog/engage, starting next week. If you are not able to attend a forum, you can still be a part of the conversation by contributing online.

Monday, December 7

Secretary of Labor and Workforce Development Suzanne Bump
(Hearing)
Boston

Secretary of MassDOT Jeffrey Mullan
(DOT) (Hearing)
Springfield

Wednesday, December 9

Secretary of Public Safety Kevin Burke (Hearing)
Boston



In the spirit of giving back, a local technology company and Taunton State Hospital (TSH) have developed a relationship to the great benefit of the TSH community. Sensata Technologies of Attleboro was introduced to the hospital through the local Taunton/United Way Day of Caring Program when employees were interested in offering the hospital community service projects. This multi-national corporation with several thousand employees has donated many hours of special volunteer work to TSH over the past several years. Just recently, Sensata volunteers built a unique bicycle shed located adjacent to the Silvia Gym.

The company was very excited to participate in the hospital's wellness and recovery initiatives. Though many patients participate in bicycle riding activities using the newly created bike trails, the hospital lacked a permanent and easily accessible space for the bikes. After consulting with the TSH Rehabilitation Department and the hospital maintenance department, Sensata engineers drew up blueprints for the bicycle shelter.

Twelve engineers under the leadership of Sensata employee Chris Castano working over the course of several weeks finished the bike shed which will have space for about a dozen bicycles. Special concrete footings, a cedar roof and windows were included in the design to ensure security and longevity. The structure is complete except for the landscaping which will

Director of Infrastructure Investment
Jeffrey Simon (Forum)
Lawrence

Secretary of Education Paul Reville
(Forum)
Sutton

Thursday, December 10

Secretary of Labor and Workforce
Development Suzanne Bump
(EOLWD) (Forum)
Springfield

Secretary of Health and Human
Service JudyAnn Bigby (EOHHS)
(Forum)
Gardner

Secretary and CEO of MassDOT
Jeffrey Mullan (Forum)
Plymouth

Tuesday, December 15

Governor Deval Patrick (Forum)
Melrose

Wednesday, December 16

Secretary of Education Paul Reville
(Hearing)
Boston

Thursday, December 17

Secretary of Housing and Economic
Development Greg Bialecki (Hearing)
Springfield

All forums and hearings are open to
the public. To find more information,
visit the website or call the
Governor's Office at 617-725-4036.



We will be posting *DMH
Connections* on DMH's intranet

be done by the hospital grounds crew.

Castano talked about the satisfaction his
colleagues experienced in helping others that
need support.

"While building the bike shed, the team was
filled with joy knowing how much use this bike
shed will get and how excited everyone is to
have it," Castano said. "That was the greatest
part for me while building this. Everyone we
talked to at TSH was so excited for this bike
shed. I had no idea how much this meant to
everyone there. I'm really glad that we were
able to complete this project for them."

A Day in the Life

Every month, DMH Connections
talks to one of the many DMH
employees who every day makes a
difference in the lives of people we
serve. This month, it's a day in the
life of **Lisa Bromes, Human
Service Coordinator at the
Fitchburg Site**



What are your main job responsibilities?

My job responsibilities include monitoring my
caseload on a daily basis, advocating for my
clients, helping them apply for services, visiting
clients, attending meetings with treatment
teams, doctors, therapists and clients and
keeping up with paperwork, forms, client
assessments, ISP's and MHIS Notes. In my
case, I deal with a large number of Spanish-
speaking consumers and their extended family
members.

What is a typical day like?

Each day as a case manager is different, but
typically, I start my day quite early listening to
many voicemail messages and then sorting
through them to prioritize. If someone is in
crisis, then that is how I will devote my time,
making sure the client is stable and safe,
assessing risk, determining if any
hospitalization or crisis intervention is required,

In conjunction with this type of activity, the

site

Articles of Interest

[After suicide takes their loved ones, survivors find purpose](#)

Katie Hawkins-Gaar, CNN.com

[Tobacco's take](#)

Staff, Worcester Telegram & Gazette

[How mood mapping helped me beat bipolar disorder](#)

Liz Miller, CNN.com

[Are We Too Stressed Out to Reduce Our Stress?](#)

Janet Adamy, The Wall Street Journal

case manager needs to have their paperwork done, completely and on time. Also, meetings need to be coordinated, doctors, psychiatrists, outpatient therapists, dentists, other medical appointments, case conferences with providers and vendors need to be scheduled and attended. Often a day may entail a great deal of travel, and, depending on the location of the providers, travel may be outside the local area as well.

What are your greatest challenges?

The greatest challenge for me is that, in dealing with Spanish-speaking consumers, I find that services are not always readily available in the local area, although this situation has improved since I first started working for DMH.

What are your greatest rewards?

My greatest reward is when I get to connect my clients to all the necessary services they need in order for them to achieve a better quality of life. If my work can assist them in maintaining their stability in the community and keeping them out of the hospital for a few days, months, or, in some cases a number of years, this is very gratifying for me.