

DMH Connections

A publication of the Massachusetts Department of Mental Health
November 2010



In This Issue

[NAMI's In Our Own Voice Video
First to Use ASL](#)

[RaeAnn Frenette is MFMA Manager
of the Year](#)

[Voices4Hope Launches New
Website](#)

[NIH Grant Studies DMH FFT
Program](#)

[Conferences and Events](#)

[Something Historic at DMH](#)

[Recovery Month Observed at
Solomon Carter Fuller](#)

[Personal Best in the Falmouth
Road Race](#)



COMMUNITY FIRST

Community First Shines through at Mass Mental Health Center Groundbreaking

Years in the making, a unique public-private partnership between the Department of Mental Health and Brigham and Women's Hospital (BWH) continues to prove that community is first during the development of the new and enhanced Massachusetts Mental Health Center (MMHC). The temporary MMHC is currently located at the Shattuck Hospital, and now the groundbreaking ceremony held last month begins a new era for the facility as it returns to its roots.

Commissioner Leadholm was joined at the groundbreaking event by Executive Office of Health and Human Services Secretary JudyAnn Bigby, M.D.; Division of Capital Asset Management (DCAM) Commissioner David Perini; Boston Mayor Thomas Menino; BWH president Gary Gottlieb, M.D.; and Boston City Council President Michael Ross. Also attending was Sen. Sonia Chang-Díaz and Rep. Liz Malia. Those who spoke at the ceremony represented and acknowledged the many years of collaboration and hard work that led to the new MMHC.

"The Massachusetts Mental Health Center redevelopment project reflects our core values - that DMH consumers and their families are entitled to receive care and treatment in respectful, dignified, state-of-the-art environments," said Commissioner Leadholm. "There is no question that the new MMHC to be built on this site will ensure consumers have a choice in their road to recovery."

Enthusiastic applause went to Linda Larson, an MMHC service recipient and speaker at the groundbreaking event. Linda has been involved in the project since its inception and through her heartfelt words represented those who will benefit most from this project. All speakers highlighted the hard work and dedication that brought this project to fruition and the many benefits that the new MMHC will provide to DMH clients, the medical community and the neighborhood at large.

The MMHC Redevelopment Project is a unique initiative of DMH, the DCAM and BWH/Partners Healthcare. The idea for this project began in 1994, when it was determined that the nearly 100-year-old MMHC needed to be replaced. BWH, in partnership with the Roxbury Tenants of Harvard with

DMH Office of Communications and Community Engagement

Questions or suggestions?
Call 617-626-8124

Please contribute
to the next edition of
DMH Connections

Deadlines for upcoming issues:

November 19 for
the December newsletter

December 13 for the January
newsletter

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

the full support of DMH and DCAM, were selected as developers in 2003. The redevelopment of the site calls for the construction of four buildings in a phased development. The first two buildings will be constructed for DMH and will allow the MMHC to return to the Longwood Medical Area. The scheduled completion date for the DMH buildings is mid-2012. The plans for the site also includes a major affordable housing complex, to be owned and managed by the Roxbury Tenants of Harvard and a BWH clinical and research building. Because of the unique public-private partnership, the MMHC will be built at no cost to the Commonwealth.

Department of Public Health Blog



[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.



Pictured: State, city, community and hospital representatives participate in the ceremonial groundbreaking.

[Click here](#) to view more photos from the event in the DMH Photo Gallery.

Connections Correction

In the [September Issue](#) We apologize that in the *Friends of Metro Boston Discover "We've Got Talent"* article the *Transitions of Boston* program was not recognized as one of the participating programs in the talent show. The program had five participants in the talent show and we congratulate them and the *Transitions* program for their fantastic effort!

NAMI's *In Our Own Voice* Video First to Use ASL

With the assistance of DMH, the National Alliance on Mental Illness of Massachusetts (NAMI-Mass) has added American Sign Language interpretation to the *In Our Own Voice* (IOOV) program videotape. NAMI-Mass is the first in the nation to offer IOOV with ASL.

Something Historic is Afoot at DMH

The construction of a new DMH hospital on the grounds of the historic Worcester State Hospital, the nation's first public psychiatric hospital, has sparked a wave of interest in the historic legacy of the Department and its hospitals, many of which are closed. Improvements in treatment, research into the causes of mental illness and a vibrant consumer movement have changed how mental health services are delivered. At the same time, looking at how mental health care has evolved through the past two centuries has provided a treasure trove of historical documents and artifacts.

A number of staff from Worcester State Hospital and the recently closed Westborough State Hospital came together when the new hospital construction began. Nearly two years ago, DMH staff, consumers and mental health advocates found a common goal during the time of the demolition of the original buildings on the Worcester campus to make way for the new facility. Today, the DMH Historic Committee is hard at work preserving our past as we prepare for our future with the new hospital.

The DMH Historic Committee formalized in 2008 with a mission that has evolved and expanded to include documentation, books and furniture preservation and photo digitization. The new hospital construction project resulted in the discovery of lost and unique treasures which are currently being documented and photographed for inventory by committee members. Among the items discovered were a 1930s stenciled picture book handmade by the occupational therapy department, a Chelsea clock, a polygraph machine, the hospital's morgue box, and a handwritten payroll journal. These are just a few of the many items the committee is preparing

IOOV is a unique public education presentation that offers insight into the hope and recovery possible for people living with mental illness. Trained individuals living with mental illness lead a brief, yet comprehensive and interactive, presentation about mental illness. IOOV is accompanied by a video and is meant for lay audiences, mental health professionals, police and schools alike.

The ASL-interpreted video was made possible with the technical assistance of DMH and the Commission for the Deaf and Hard of Hearing as well as Advocates, Inc.

"This project took about nine months to complete including research, meeting with providers and deaf and hard of hearing clients, and then the production of the video," said Laurie Martinelli, executive director of NAMI-Mass. "We want to reach out and provide education programs to this community and now we can. Our next step in this project is to train people who are deaf or hard of hearing and also have lived experience of mental illness to be presenters. Then NAMI National will offer the video throughout the country."

"We couldn't be more pleased and proud of this collaborative endeavor with our sister agency, the Commission for the Deaf and Hard of Hearing, and NAMI, said DMH Commissioner Leadholm. "This is a wonderful step for consumer empowerment and demonstrates a commitment to inclusiveness."

NAMI-Mass provides educational programs, support groups, a help and referral service and grassroots advocacy to all those affected by mental illness in the Commonwealth. Established more than 25 years ago, NAMI-Mass has 22 affiliates located throughout the state with more than 2,500

for preservation.

The DMH Historic Committee is co-chaired by Ann Scott and Anna Chinappi. Members are Andrea Klein, Gary Graveson, Charlene Peterson, Carol O'Brien, Carl Bielack, Joyce Burnett, Eileen Melican, Cindy Masse, Luiz Misteroni, Carole Denault, Patricia Bazemore, M.D., Ron Darmentka, Maryellen Foti, M.D., Paula Gidopoulos, Jane Musgrave and Tim Jackson.

The DMH Historic Committee is also expanding its scope from the Worcester and Westborough campuses to a statewide endeavor. Staff and anyone interested in DMH historic preservation are welcome to join the committee and its work. For more information contact Andrea Klein at 508-887-1152.

Solomon Carter Fuller CMHC Explores Avenues for Recovery from Substance Use

DMH marked National Alcohol and Drug Addiction Recovery Month in September at the Solomon Carter Fuller Community Mental Health Center. Launched in 1990 to raise awareness and to celebrate recovery from addiction, Recovery Month is an annual observance sponsored by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) *Voices for Recovery* and the Center for Substance Abuse Treatment (CSAT) now in its 20th year.

Patients at the Solomon Carter Fuller CMHC participated in activities designed to increase awareness about avenues for recovery from substance use such as readings from recovery literature at community meetings, recovery-themed arts and crafts groups and participation in a game of "Recovery Jeopardy." Patients were also treated to screenings of two films: "Inside/Outside," a 2006 documentary about eight people with significant histories of institutionalization for mental illness and substance use that was filmed in Massachusetts; and "Clean and Sober," starring Michael Keaton, illustrating the journey of addiction, relapse and recovery of a cocaine use.

Bonnie Alcott, MM, LADC-I, Addictions Treatment Program Manager at the Fuller, hosted "Recovery Day" for patients, staff and student interns. Artwork and posters created by patients were displayed along with peer-recovery literature while a newly released DVD, "Pleasure Unwoven - A Personal Journey About Addiction" by Dr. Kevin McCauley played in the background. A highlight of the event were two guest speakers from the Boston Resource Center who are in recovery from mental illness and addiction who shared their personal experience and message of hope.

members.

DMH's RaeAnn Frenette Named "Manager of the Year" by MFMA

RaeAnn Frenette, Director of Property Management and Area Emergency Management Coordinator for the DMH Central-West Area/Northampton Office, was recently named Division of Capital Asset Management (DCAM) Massachusetts Facility Manager's Association (MFMA) "Manager of the Year."

Nominated for the award by EOHHS Office for Leasing and State Owned Properties, RaeAnn is responsible for a wide variety of buildings ranging from large administration buildings, residential facilities and schools to infrastructure and leased office space. She has taken steps to improve energy efficiency at the facilities she manages and has participated in numerous offerings from MFMA to improve her skills and knowledge base. RaeAnn was a member of MFMA University inaugural graduating class. Congratulations, RaeAnn, for a job well done!



RaeAnn Frenette accepts her award from DCAM's Ed Nicosia.



Bonnie Alcott, left, introduces presenter Alberto Gomez at the "Recovery Day" at the Solomon Carter Fuller CMHC.

Dignity restored: Foxborough holds ceremony for unknown state hospital patient



The town of Foxborough recently held a re-committal burial ceremony for a century-old grave found on the property behind the former Foxborough State Hospital, which closed in 1974 and is now under redevelopment. State and local officials attended the solemn ceremony at the State

Hospital Cemetery on Cross Street in Foxborough. Rev. Steve Madden of St. Mary's Church and Pastor Bill Dudley of Union Church led the committal service for the unknown former Foxborough State Hospital patient, whose remains were moved from the solitary grave to join other deceased patients in the Cross Street cemetery.

The quest to bring dignity to this particular deceased patient was spearheaded by Foxborough Town Historian Jack Authelet who worked with the Department on this effort. Also attending the ceremony were Lynda Walsh, chairman of the Foxborough Board of Selectmen and staff from the Wrentham Development Center (the former Wrentham State School), which maintains the cemetery. DMH General Counsel Lester Blumberg, who represented DMH at the ceremony, said, "Thanks to the efforts of so many of you here today, but especially to Jack Authelet, this soul has been rescued from obscurity and is being afforded the dignity in death that each of us wishes for ourselves and our loved ones. I am personally touched by respect and reverence that Jack, his partners and the community of Foxborough have given to this nameless individual."

Voices4Hope Website for Young Adults Launched



The
Transitions
Research
and
Training
Center
(RTC)
located
at the
University

of Massachusetts Medical School (UMMS) in Worcester recently launched Voices4Hope, a website specifically designed by and for transition age youth and young adults with serious mental health conditions. The goal is to connect teens and young adults ages 14-30 across the state and the nation to talk, network and access information on gaining satisfying and independent lives.

Voices4Hope posts discussions on employment, education and mental health issues which may spark new ideas in the minds of young adults. It introduces visitors to the young adult research assistants who courageously share their personal stories and the challenges they face and continue to meet each day. They and other Voices4Hope members welcome all to share their voice and opinions on discussions topics.

Voices4Hope also offers you:

- Tips on how to achieve your goals
- Resources to help you overcome certain challenges
- The chance to share your personal story
- New research being conducted by the Transitions RTC

Visit Voice4Hope <http://voices4hope.wikispaces.com>

You can also follow Transitions RTC on Facebook and Twitter, just

For generations, thousands of individuals were patients in DMH state hospitals. They lived most of their lives at the hospitals and often died there. Foxborough State Hospital had dedicated a cemetery on the grounds of the hospital, historically used for patients who died while in the hospital who had no family or other resources for burial elsewhere. While most patients were buried in the dedicated cemetery, we learned through the research of Jack Authelet and others that some patients were buried in segregated plots apart from the regular cemetery. This was the practice if the patient died of a communicable disease and it was thought that a segregated burial was necessary. Through the research of historic records of the town, it is believed that the individual buried there was a patient at Foxborough State Hospital at the time of his or her death.

For additional stories about this service, click the [Articles of Interest](#) section of the newsletter.

"Celebrating Heroes: A Community Recognition Event" Recognizes the Unsung

The Northeast-Suburban Metro Suburban Peer Leadership Committee held its second annual "Celebrating Heroes: A Community Recognition Event" last month at Framingham Town Hall, drawing more than 140 people who honored the 13 individuals from the former DMH Metro Suburban Area for improving the quality of life for people who are in recovery from mental illness.

The event began with entertainment by Barry O'Toole and moved into a Photovoice exhibit and DVD presentation by South Shore Mental Health TRACS and Wayside TEMPO. Guests were welcomed by Nicole McMahon and Alan Jensen, who served as emcees; and Karen Dempsey, chairperson of the Town of Framingham Disability Committee. Dr. Barbara L. Fenby, Director of Community Services for the DMH Northeast-Suburban Area, provided opening remarks.

Attendees were inspired by the keynote speech delivered by Keith Scott, director of Recovery and Peer Support at Advocates, Inc., and by the stories of the unsung heroes. Adding to the festivities, participants had the chance to win one of the 18 raffle prizes donated by local area supermarkets and restaurants. The event ended with a jam session and open mike by the Advocates Music Jam Band. Andrina's Pizzeria of Arlington generously supplied pizza for the event along with Wayside Youth and Family S.T.E.P.S. Program, Potter Place Clubhouse and Riverside's Elliot House Clubhouse providing desserts and beverages.

The Peer Leadership Committee is a longstanding advisory and advocacy group comprised largely of people in recovery in positions of increasing responsibility in provider organizations and DMH. They extend their gratitude to the Town of Framingham and especially Jim Egan, Town of Framingham Director of Building Services, and Alexis Silver, Town of Framingham Human Services Policy and Program Coordinator for all their support and enthusiasm in ensuring a successful event.

search for Transitions RTC.

More about Transitions RTC

Funding for the Transitions RTC is made possible by a five-year National Institute on Disability and Rehabilitation Research (NIDRR) grant funded to Maryann Davis, Ph. D., and colleagues at UMMS Center for Mental Health Services Research. The Transition RTC focuses on at-risk populations by conducting cutting edge research on age appropriate programs that support education, training and working during the transition to adulthood. By focusing on youth and young adults between the ages of 14-30 who have serious mental health conditions, the work of Transitions RTC hopes to better understand the necessary support programs that are needed during this important developmental stage. [Click here](#) to learn more.



Pictured left to right are Alan Jensen, master of ceremonies, Wayside/S.T. E.P.S.; Kim Anderson, DMH Northeast-Suburban Area Rehabilitation Services Coordinator; and Nicole McMahon, master of ceremonies, Wayside/S.T.E.P.S.

NIH Grant Studies DMH FTT Program



The DMH Forensic Transition Team (FTT) program was the subject of an

interagency discussion recently with a group of stakeholders gathered at the Sociology Department of the University of Massachusetts in Boston. The meeting was an opportunity for interagency dialogue related to a National Institutes of Health research grant studying data available from the departments of Mental Health, Public Health, Correction and two county houses of correction to examine the efficacy of the DMH FTT program.

The DMH FTT program emphasizes re-entry and services linkages for persons who are authorized for DMH services and are returning to the community after a period of

A Personal Best: Running the Falmouth Road Race with "Team Fairwinds"

By *Joseph Dziobek*
President/CEO, Fellowship Health Resources

Last Saturday I was able to check one item off my to-do list as I completed my first-ever road race--and a seven-mile one at that! With assistance from the Friends of Fairwinds and Fellowship's own Fairwinds Clubhouse, Fellowship Health Resources, Inc. fielded its first team to run in the prestigious Falmouth Road Race.



times ranged from 47.12 for young Ben Quimet, to 1:49:50 for Rachel. Through the generosity of many supporters, Team Fairwinds has raised almost \$40,000 to date.

I, along with Fairwinds Clubhouse member Rachel Grinnell, former state representative and Advisory Committee member Tom Cahir, Kevin Jobin-Davis, Chris Suswal, former Fairwinds Assistant Director Elliot Glist, Tom Lacey, Ben Quimet, Mike Quimet, and Elizabeth Sherman, the daughter of Road Race Director Richard Sherman, all formed Team Fairwinds. Together we ran to challenge the stigma surrounding mental illness as well as to raise funds for the purchase of a new home for Fairwinds. All 10 runners finished the race and were electronically scored, which makes each of them official. The

incarceration. The FTT is a unique re-entry program for individuals with serious and persistent mental illness. Its uniqueness derives from the fact that it operates statewide, is voluntary and has a community treatment vision rather than the correctional goals of care and custody.

At the meeting, researchers from UMass Boston, UMass Medical School and agency leadership looking at programs and operations brainstormed around mutual areas of interest. Together the group is focused on examining factors that lead to criminalization of persons with mental illness and methods that might be successful in reducing this trend as individuals with co-occurring substance use and mental health disorders are transitioned back into the community following incarceration. DMH Central-West Area Forensic Director John Barber said one of the important features in the conversation was gathering information and increasing understanding of the complex network of services provided by agencies and providers for DMH consumers. Further results of this study will be forthcoming over the next two years.

Conferences and Events

November 13

MPower 23rd Annual Meeting and Appreciation Ceremony for Karl Ackerman's Contributions to the Peer Movement.

1 to 5 p.m. Unitarian Universalist Church, 90 Holden Street, Worcester MA. Food and fun available. RSVP, request a ride or get more info by calling 617-442-4111.

November 14

The Boston Resource Center remembrance gathering

The race itself was memorable on several levels, particularly the kinship we formed with a team from Genesis Clubhouse of Worcester, led by Executive Director Kevin Bradley. Together, Team Genesis and Team Fairwinds raised almost \$70,000! It was encouraging to see clubhouse members, staff and supporters come together, work hard and truly make a difference in people's lives.

I am proud to be among the estimated 10,000 runners that left Woods Hole on the seven-mile, often hilly route bound for the finish line in Falmouth Heights. The satisfaction of knowing that my run helped to increase mental health awareness and raise funds for Fairwinds Clubhouse underscored my satisfaction with completing my first race. I invite you to view a video of the event [here](#).

Thank you to all of our supporters. I sincerely hope to be back next year, running for our cause.

DMH Receives FEMA Grant and Develops New MassSupport Network Program



The Federal Emergency Management Agency (FEMA) recently awarded DMH a grant to provide disaster and crisis counseling for individuals impacted by the flooding caused by severe storms in March of this year.

Record rainfall this past spring affected thousands of Massachusetts residents and business owners in seven counties across the Commonwealth. With the federal funds, DMH's MassSupport program will provide individual and group crisis counseling, basic supportive or educational contact, public education, community networking and support to flood victims. Teams will consist of mental health professionals and paraprofessionals trained to deliver crisis counseling services in impacted areas.

"We are very pleased to be able to offer counseling assistance to the victims of the record spring flooding," said Commissioner Leadholm. "As the state mental health authority, we are committed to helping individuals and communities recover from a disaster like this, where grief over the loss of one's home or business is a long-term challenge for many of those affected."

Specialized outreach teams will provide crisis counseling services from DMH provider partners. Outreach efforts will be focused in Bristol, Essex, Middlesex, Norfolk, Plymouth, Suffolk and Worcester Counties to engage the more than 24,000 eligible residents in the affected counties, providing assistance and encourage ways to reduce vulnerability to future disasters.

DMH has partnered with three community-based providers to serve the diverse geographical areas: Boston University's Boston Medical Center - Center for Multicultural Mental Health (Suffolk and Middlesex Counties); Riverside Community Care Riverside

for past president Karl Ackerman

10:30 a.m. to 2:30 p.m.

The Boston Resource Center, Ground Floor, 85 E. Newton Street, Boston. [Click here](#) for more information.

November 16

Friends Voices of Rehabilitation and Recovery Awards Ceremony

9 a.m. to 12 p.m.

Center Club of Boston, 31 Bowker Street, Boston (Government Center) 617-788-1002 Complimentary Breakfast provided by Starbucks Coffee Co. Please join us as we present our annual awards.

November 20

American Foundation for Suicide Prevention's 12th Annual National Survivors of Suicide Day

11 a.m. to 4 p.m. Fitchburg State University, Kent Recital Hall, Conlon Building, Ross Street, Fitchburg

If you have lost someone in your life to suicide, please join us.

Admission: \$15 per person, scholarships available

For information or to preregister, contact Marie Zbikowski, MZbikowski@luk.org, 978-829-2450. Please preregister. It will help us with our planning for lunch. However, walk-ins are welcome.

December 10

ILCNCSA Holiday Open House

1:30 to 4 p.m. 27 Congress Street, Suite 107, Salem, MA

The Independent Living Center of the North Shore and Cape Ann invites you to drop by and have a cup of coffee or cocoa with staff of ILCNSCA! RSVP at 978 741-0077 or check out our website at www.ilcnscs.org for more information.

Trauma Center (Essex, Norfolk and Worcester Counties); and Community Counseling of Bristol County, Inc. (Bristol and Plymouth Counties). The program runs through April 30, 2011.

Here are easy ways to get more information or help through MassSupport:

- Visit the MassSupport web page hosted by The Center for Multicultural Mental Health at:

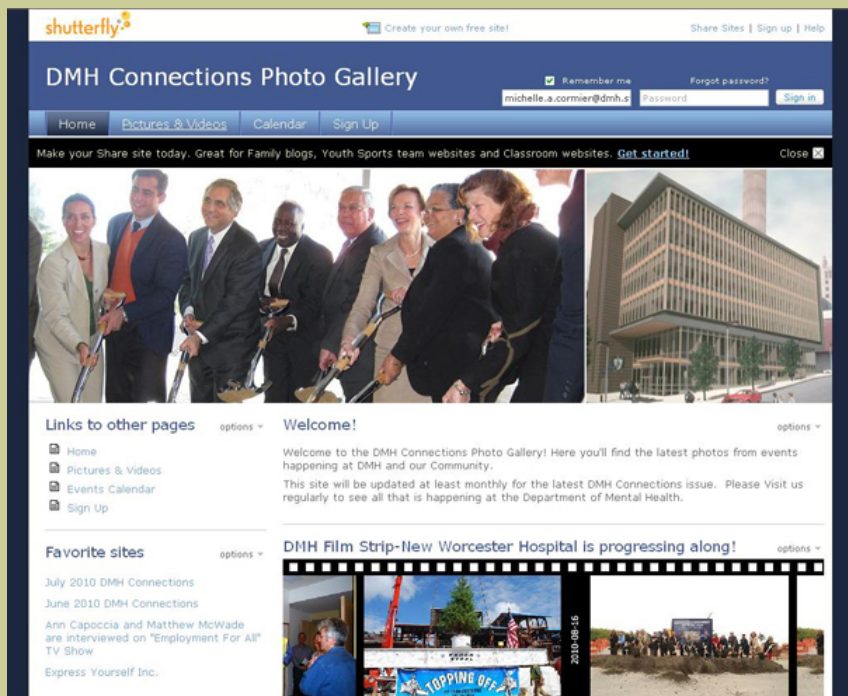
www.cmmh-cmtp.com/masssupport

- [Click here](#) to download the MassSupport Brochure.

- Contact Ashley Pearson, DMH Director of Emergency Management Services at 617 626-8145.

DMH Photo Gallery

Visit the [DMH Photo Gallery](#), available through Shutterfly. Visitors can access photos from DMH Events anytime at www.dmhconnectionsphotogallery.shutterfly.com



New to DMH Photo Gallery this Month

- Video highlights from the new hospital topping off ceremony
- Photos from the MMHC groundbreaking event

If you have photos from a DMH event that you would like featured on the site, please send them to [Michelle Cormier Tallman](#)

Upcoming Trainings offered by The Bridge Training Institute

All trainings below will run from 9 a.m. to 4 p.m. and will be held at The Doubletree Hotel, 5400 Computer Drive, Westborough, MA
Fee: \$109 per training
6 CEUs for Psychologists, Social Workers and Mental Health Counselors will be provided

December 10, 2010

Treating Attention Deficit Disorder From Adolescence Through Adulthood
Kevin Murphy, Ph.D.

January 28, 2011

Eating Disorders: Practical Considerations in Diagnosis, Assessment and Treatment of Children, Adolescents, Adults and Families
Mona Villapiano, Psy.D.

February 11, 2011

Motivational Interviewing: An Evidence-Based Practice for People Who Are Very Resistant To Change
Lisa Mistler M.D.

For more information, contact Stephen Murphy 508-755-0333
stevem@thebridgecm.org or visit
www.thebridgetraininginstitute.org

Articles of Interest

[A soul rescued from obscurity](#)

Foxboro Reporter

[A long-banished soul finally reclaimed](#)

Michele Morgan Bolton, Boston Globe

[A haven for homeless veterans: Pittsfield community a first in the nation](#)

David Abel, Boston Globe

[Rescued Miners May Be Trapped by Psychological Issues](#)

Kim Carollo, ABC News Medical Unit



Think before you print

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

Email Marketing by

