

DMH CONNECTIONS

A publication of the Massachusetts Department of Mental Health September 2017



National
Recovery Month
Prevention - Work - Treatment - Education - People Recovery
SEPTEMBER 2017

CELEBRATE RECOVERY MONTH!

DMH joins the Substance Abuse and Mental Health Services Administration (SAMHSA) in celebrating National Recovery Month during September! This year's theme is **Join the Voices for Recovery: Strengthen Families and Communities**. In this month's issue of DMH Connections we celebrate recovery highlighting Me/2 Orchestra as they create beautiful music for the Boston community, while bringing musicians together under the theme of mental health. Julia Cardosa also tells her story of balancing her mental health challenges, and succeeding in college. She shares what it took to get the accommodations and support needed from her college community.

Me2/ORCHESTRA HEADQUARTERS OPEN AT THE FULLER

The DMH Metro Boston Area welcomed [Me2/Orchestra Inc.](#) to their new headquarters in the Solomon Carter Fuller Mental Health Center in August. Me2/ ("me, too") is the only classical music organization in the country that brings people together under the theme of mental health. Founded with one orchestra in Burlington, VT in 2011, the organization launched an additional orchestra in Boston in 2014. Now the co-founders, Ronald Braunstein and Caroline Whiddon, are happy to call Boston their home, both personally and professionally.

"We are excited to be located in the midst of this vibrant city. The Massachusetts Department of Mental Health has shown tremendous enthusiasm for Me2/'s work. We couldn't be more thrilled to have their support and look forward to continued collaboration through future programming," said Caroline Whiddon, Me2/'s Executive Director.



Photo: Me2 Rehearsal at the Lindemann Mental Health Center last spring.

Me2/Orchestra rehearses on Mondays from 7:00 – 9:00 p.m. at [Bethel AME Church](#) in Jamaica Plain. The rehearsals begin September 18. The orchestra rehearses from September through May of each year.

New members are accepted at various points throughout the season. If you are interested in joining the orchestra, please email: info@me2orchestra.org or call 802-238-8369.

LEARN MORE ABOUT Me2

MENTAL HEALTH IN COLLEGE: HOW I GOT ACCOMMODATIONS



By Julia Cardoso

Students and faculty can often overlook mental health in college. Even though college counseling and disability centers exist, many students including myself are unaware of how they could be helpful to someone who may find themselves struggling with their emotional and mental health. Studies have shown that when studying young adults who attend college and those who do not, there are little differences in the occurrence of mental illness between the groups. Half of all health challenges among young adults ages 18 - 24 are mental health related, and the onset of the mental illness generally begins by the age of 24. When mental illness goes untreated for these students, it could impact academic performances, social relationships, and substance use. Anxiety is one of the most common mental health challenges that many college students face. Starting college is already a tough transition and when a mental illness is involved it gets even more challenging. My own personal experience of having an anxiety disorder while enrolled in undergrad was probably the toughest challenge I went through.

[READ JULIA'S STORY](#)

BACK TO SCHOOL RESOURCES

Upcoming Webinar

Thu, Sep 14, 2017, 12:00 to 1:00 p.m.

Transitions RTC presents

[It Can Be a Bumpy Ride: Navigating School and Work with a Serious Mental Health Condition](#)

Toolkit

Mental Health America's [Back to School Toolkit](#)

DMH ADOPTS ZERO SUICIDE PROCESS

The Department of Mental Health has identified the goal of reducing the impact of suicide on the lives of the individuals we serve and their families. The rate of suicide deaths among people served by DMH is significantly higher than the rates for the general population of Massachusetts. In partnership with the DPH Suicide Prevention Program, DMH has adopted **Zero Suicide**, a comprehensive quality improvement process, to inform a review of our current practices and to identify areas for improvement. Commissioner Mikula has convened a state-wide Suicide Prevention steering committee with representation from all five areas, all divisions, and people with lived experience.

44TH ANNUAL
NATIONAL SUICIDE
PREVENTION WEEK



SEPTEMBER 10-16, 2017

[LEARN ABOUT DMH ZERO SUICIDE PROGRESS](#)

THE NAN PROJECT BRINGS A SERIOUS LIGHT TO SERIES GLORIFYING SUICIDE

[The NAN Project](#) (TNP) is currently filming a video that addresses several of the “misportrayals” seen in the Netflix series [13 Reason Why](#) . Recognizing that many young people will watch and be influenced by the Netflix production, The NAN Project is taking this opportunity to create a video that will help guide the discussion around mental health challenges and suicide. TNP believes it is important to deliver an honest and careful depiction of the very serious issues surrounding suicide, many of which are not accurately painted by the series, such as suicide being an act of revenge. With TNP Peer Mentors scripting, producing and acting in the production, TNP’s 13 Reasons helps dispel the messaging of the Netflix series that glorifies suicide, discounts helping adults, and ignores mental health as a risk factor.

The NAN Project’s response to **13 Reasons Why We Need to Talk About Suicide** will be airing this fall in classrooms, workshops and youth groups, the TNP video will be further enhanced by a follow up discussion led by TNP Peer Mentors.

[LEARN MORE ABOUT THE VIDEO](#)

UPCOMING COMMUNITY CONVERSATION ABOUT SUICIDE PREVENTION

Join NAMI Bristol County in Partnership with The New Bedford Veteran’s Center as they present a [Community Conversation on Mental Health & Suicide Prevention](#) . The event will include conversation, resources, speakers and videos regarding Mental Health & Suicide Prevention. Food Trucks Izzy’s, Two Sisters, Richie’s & Dawg in the Road will offer food for purchase, Assurance will be offering free cell phones to individuals with proof of I.D. and MassHealth card. Children’s activities will be available.

Donations of non-perishable food items are welcomed to benefit the Veteran’s Transition House. All donors will receive a free raffle ticket for a chance to win a prize.
(Must be present to win)

Thursday, September 14th from 5:30 to 8:00 p.m.
DMH New Bedford Site Office
888 Purchase Street-Rear Entrance, New Bedford, MA

SUMMER INTERNS TOUR STATE HOUSE

By: Kasey Cook, Summer Intern

The Department of Mental Health interns enjoyed a summer full of learning lunches and events. But none have been quite as memorable as their time at the State House. During their first trip to the MA State House, the Interns from DMH and the State House heard Governor Charles D. Baker speak during an intern speaker series at the State House. Governor Baker spoke about his journey and time as a politician, focusing a good deal on the importance of putting the issues ahead of political affiliations. He also spoke a lot on the legislation that was passed and is currently being worked on regarding the opioid crisis in Massachusetts. The interns and a few DMH staff members also toured the State House learning of its varied history and fun facts. Representative [Antonio Cabral](#) from the 13th District Bristol joined the interns, and discussed the legislative process and his experience with legislation on mental health

[READ MORE](#)

DMH EVENTS CALENDAR

Our Events Calendar is the one stop location for upcoming events planned around

the state.

TIP - click the search tab to search for events by area, category or keyword

[View Events Calendar](#)

SEPTEMBER QUIZ

On average, how many suicides occur each day in the US? Answer revealed in the October issue.

21

[Select](#)

121

[Select](#)

1,021

[Select](#)

AUGUST POLL RESULTS



Is the content of this newsletter relevant to you?

Total Responses: 32

Yes - more than one article - 75% (24)

Yes - one article - 9.4% (3)

No - 15.6% (5)

THANK YOU! We're glad to hear that the majority of respondents are finding relevant content in DMH Connections.

We'd love to hear more from you about DMH CONNECTIONS:

[Send Feedback](#)

NEWSLETTER SUBMISSIONS OR QUESTIONS CONTACT

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