

DMH Connections

A publication of the Massachusetts Department of Mental Health
May 2010



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DMH Celebrates Mental Health Month

The Massachusetts Department of Mental Health is promoting this year's Mental Health Month by raising awareness about mental health and how important it is that all of us enjoy "good" mental health. To help observe Mental Health Month, DMH and the mental health community will host and participate in a number of events and activities statewide that highlight mental wellness and overall health throughout the Commonwealth.

[Learn more about Mental Health Month](#)

Mental Health Month was founded 52 years ago by Mental Health America to raise awareness about mental health conditions and the importance of mental health for everyone. This year's theme, "Live Your Life Well," is particularly timely as we strive to manage the stressors of our modern life.

On Monday, May 17, Commissioner Leadholm and DMH will honor the six Recovery Learning Communities (RLCs) in the Great Hall at the State House. All are welcome to join in this celebration of the RLCs and the achievements peers have realized through these unique consumer-run hubs. The event begins at 12:30 with the awards program starting at 1 p.m.

The award-winning young performers of Express Yourself will hit the Citi Wang Theatre stage on Wednesday, May 19 at 7 p.m. It's the most anticipated event of the year and this year will be no different with the group's "Red, Hot & Blue" performance. This was a very big year for the DMH youth of Express Yourself and co-directors Paula Conrad and Stan Strickland. Express Yourself was the winner of the prestigious President's Coming Up Taller Award presented to the group by First Lady Michelle Obama in Washington, D.C. in November 2009. The Express Yourself Drumming Group travelled to D.C. as well and was the featured performer for the pre-awards festivities at the Kennedy Center, the only honorees nationwide do be invited to do so.

"I couldn't be more proud and excited for these remarkably talented young performers, said Commissioner Leadholm. "It is an incredible honor to be acknowledged by the President and First Lady. More than

[DMH Lowell Case Manager Margo Martel Featured on Go Red for Women Poster](#)

[Photo of the Month](#)

[Articles of Interest](#)

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:

May 21 for the June 7 newsletter

June 18 for the July 5 newsletter

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

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.

that, the youth of Express Yourself truly show us that recovery from mental illness is possible. We are very excited to see this year's show."

For a list of Mental Health Month events and observances throughout the DMH Areas, visit the DMH website or [click here](#).

Kids and Families Rule During Children's Mental Health Week May 2 to 8



Celebrate Children's Mental Health Week May 2 through 8 with the Parent/Professional Advocacy League (PAL) and the Federation of Families for Children's Mental Health, the national sponsor of this annual observance. Children's Mental Health Week is an annual observance which works to combat the stigma and promote awareness around children's mental health needs.

Planned events focus on educating communities about children and youth with mental health needs and the impact it has on families. PAL has participated since 1996. In addition to PAL, Children's Mental Health Week is supported by DMH and families and professionals who provide understanding, care and support for children and youth with mental health needs. Here are just a few of the many events taking place across the Commonwealth in observance of Children's Mental Health Week and throughout the month of May.

For a complete listing, visit the May is **Mental Health Month** page on the DMH internet or [Click Here](#).

May 1: "Ask the Advocate" From 10 a.m. to noon, an advocate will be available to answer your questions at 51 Union St., suite 308, in Worcester. Contact PAL Central Mass at 508-767-9725.

May 3: Coffee Talk with PAL at the CMCC Youth and Family Center, 365B Broad St., Fitchburg. Contact PAL Central Mass at 508-767-9725.

May 3: Children's Mental Health Campaign State House Event, 1 to 2 PM, in the House Members' Lounge at the State House in Boston. Contact Matt Noyes at 617-275-2939.

May 4: "Adolescent Psychology-the Parent Version" workshop at Horizon House, 78 Water St., Wakefield, from 6:30 to 8:30 p.m. presented by Joani Geltman. Child care provided, registration required by calling PAL Central Mass at 508-767-9725.

May 4: "Ask the Advocate" From noon until 1:30, an advocate will be available to answer your questions, at 61 Pine St., in the Health and Wellness Conference Room, Southbridge. Contact PAL Central Mass at 508-767-9725.

May 4: "Who Shot Rock and Roll" at the Worcester Art Museum, 4 to 8 p.m. Registration required by calling PAL Central Mass at 508-767-9725.

May 5: Parents of Transition Age Youth Resource Fair at the Massachusetts Society for the Prevention of Cruelty to Children, 206 Breeds Hill Road, Hyannis, from 10 a.m. to 2 p.m. Call 508-947-8779 for more information.

May 6: Children's Mental Health Day!! Check out the [SAMHSA site](#).

May 7: Family Partner, Parent and Advocate Training at 51 Union St., suite 308, Worcester, contact PAL Central Mass at 508-767-9725.

May 8: Battle of the Bands Youth Event at the Grind Café at Clark University Campus in Worcester. Call PAL Central Mass at 508-767-9725

Healthy Changes: DMH Staffers Lose Big in Pocasset

If you noticed that the staff at the DMH Cape and Islands Mental Health Center was looking a bit lighter, you were right. DMH staff just recently wrapped up a twelve-week "Biggest Loser" contest. There were three teams consisting of five to six members on each team. Team members were weighed in every week and were given written diet education materials by a registered dietitian. Although the margin of victory was slim, **Team Awesome** was declared the winner, losing a total of 3.4 percent of body weight. What is even more impressive, however, was that the "Biggest Losers" lost a total of 100 pounds. Congratulations to all!



Photo of Team Awesome left to right: Diane Santos, Terry Lopes, Patricia Lagondinski and Karen Marot; not pictured is Dana McLane.

Only Two More Weeks until NAMIWalks 2010!

Get Ready, Set, Go! NAMIWalks Massachusetts 2010 is Saturday, May 15 at Artesani Park in Brighton.

to register.

May 11: PAL Central Mass. Annual May Dinner with Guest Speaker Steve Gross, Project Joy; at Henry M. Hogan Campus Center, College of the Holy Cross in Worcester. Starts at 5 p.m. Registration is required, contact PAL Worcester at 508-767-9725.

May 13: Sharing Meeting - Welcome New Families Pizza Night at PAL Central Mass., 51 Union St., Suite 308, Worcester, from 5:30 to 7:30 p.m. Call ahead for childcare at PAL Central Mass at 508-767-9725.

May 17: "Coffee Talk" Event at CMCC Youth and Family Center, 365B Broad St., Fitchburg, from 10 to 11:30 a.m.

May 19: Support Group Honoring Families Breakfast and Video Presentation in Wareham, from 10 a.m. to noon, contact Parent Information Network at 508-947-8779 for more information.

May 19: The Award Winning "Express Yourself" Annual Performance at Citi Wang Theater - Citi Performing Arts Center, Boston, seating starts at 6:15 and admission is free. More information is available at: info@expressyourselfinc.org Busing from Gloucester and Danvers for DMH and PAL families. Contact Krissie Burnham, 978-283-0296 x732 or KrissieBurnham@aol.com for more information.

May 20: "Medications" Workshop with Miriam Ornstein, M.D., child/adolescent psychiatrist. At the Parent Information Network, from 6 to 8 p.m. Call 508-947-8779 for more information.

May 22: Open House for H.O.P.E. Youth Group at PAL Central Mass., 51 Union St., Suite 308, Worcester, time TBD. Call 508-767-9725 for more information.

[Click here](#) to be linked to Parent/Professional Advocacy League (PAL) Celebrating Children's Mental Health Awareness Week page

Express Yourself and The Department of Mental Health
present

125 kids performing live at
Citi Performing Arts Center Wang Theatre
Wednesday, May 19th 7:00 pm

Join us in celebration of our presidential award

Admission is free

www.expressyourselfinc.org
info@expressyourselfinc.org



Photography from left to right, Paula Conrad, Co Director, Tracy Powers, Mentor, Michelle Obama, First Lady, Tyrell Paris and Edward Norton, Kai Penn and Express Yourself Drummers



It's expected that DMH's **Recovery is Real** team, pictured above, will again be the biggest Walk team with a goal of 300 members. **Recovery is Real** has been one of the largest NAMI Walks teams for the past several years, a proud accomplishment for the dedicated walkers. Other DMH teams raising the bar this year include **Team DMH North East Area** and **Team N. County DMH**.

NAMI Mass has 22 local affiliates, each of which run their own programs and projects. In 2009 the affiliates raised almost \$140,000 and more than \$60,000 for local wellness programs, purchasing recreational equipment and various consumer group activities. Additionally, NAMI Mass and its affiliates are able to conduct education programs, support groups, and advocate for those living with mental illness and their families.

It's not too late to join this year's NAMI Walks. Contact Karen Gromis at 781-938-4048 or kgromis@namimass.org.

RLC News: Metro Boston Partners With North East RLC for Warm Line Service

The North East Recovery Learning Community (NERLC) recently contracted with the Metro Boston Recovery Learning Community to expand its warm line to Tuesday through Sunday from 4 to 8 p.m. A warm line is a peer-run and entirely peer-staffed compassionate listening and information and referral line and is open to callers in the North East and Metro Boston Areas only. The

Annual Storytellers Event for Mental Health Month: A Time for Sharing, Healing

By Michael McNeice
Member of South Shore Coastal Vocational Rehab Coalition

Storytellers is an annual Mental Health Forum organized by members of the South Shore Coastal Vocational Rehabilitation Coalition (SSCVRC) in conjunction with the Quincy Career Center. Each year the event provides an opportunity for people to share their experiences with recovery from mental illness as well as with working and supported education experiences. The forum is a safe and friendly gathering for consumers and staff members to speak freely, give insights on what they believe promotes recovery and find inspiration and hope from their peers.

The coalition has at times tried to address cultural issues in mental health focusing on questions such as "What is the best philosophy by which all programs and people in them should work together?" The main speakers share first-hand accounts of recovery experiences that are intended to stimulate discussion in smaller breakout group sessions. A questionnaire booklet is also provided to participants to help facilitate the breakout sessions.

When speaking of the term "recovery," forum organizers understand that people are at different places in recovery, that sometimes we step backward before moving forward and that there are different pathways to success. Those who are working or going to school can talk about the relationship between work or school and recovery. Staff members are also encouraged to express what they believe. They help promote recovery when they share some of their experiences.

The forum is also a celebration of the successes people have had and of their goals and dreams for the future. They also discuss what changes they would like to see in the mental health system that would help promote recovery and healing. For the individual consumer, we hope the forum will provide some assurance that however challenging one's life has been it is also a "story" worth telling and that whatever you are going through you don't have to go there alone.

This year's forum will be held on May 6 from 9:30 a.m. to 12:30 p.m. at the Quincy Career Center. For more information contact Bruce Gammon at 617-626-9019 or email him at Bruce.Gammon@state.ma.us.

toll-free number is 1-877-733-7563 which can be remembered as 1-877-PEER-LNE. Callers can be anonymous and may request to be called back by warm line operators for regular check-in calls.

DMH funds six peer-run Recovery Learning Community across the state. Peer is the preferred term for people who have experienced mental health and/or addiction treatment.

The NERLC offers recovery-oriented, trauma informed care and culturally sensitive peer support, both in group settings and on an individual basis. Learn more about the NERLC at <http://www.nilp.org/RLC.html> and visit the current [calendar of events](#). NERLC director Jo Bower can be reached at jbower@nilp.org or 978-687-4288 x124.

The Metro Boston RLC www.MetroBostonRLC.org is co-directed by Howard D. Trachtman, BS, CPS. He is also Executive Director of the Boston Resource Center www.BostonResourceCenter.org located at the DMH Solomon Carter Fuller Mental Health Center, 85 East Newton St. in Boston. Howard can be reached at howard@BostonResourceCenter.org or by calling 781-642-0368.

To learn more about Recovery Learning Communities, go to the [Recovery Learning Communities](#) page on the DMH website.

DMH Projects Update

A number of projects throughout the Department are ongoing as staff and teams prepare for re-procurements, grant awards and trainings. We hope to bring you this important news and information on a regular basis.

Training on Individual Placement and Support (IPS).

The CBFS Steering Committee continues to meet and its subcommittees and workgroups are actively working to address issues related to the implementation of this



Community First Highlighted at Western Mass. Area Legislative Breakfast

Commissioner Leadholm was joined by the Western Massachusetts mental health community and legislative delegation recently at the Department's final in a series of Citizens' Legislative Breakfasts in Springfield last month.

Focusing on the Department's Community First Initiative, Commissioner Leadholm talked about some of the examples of successes there. The Western Mass. Recovery Learning Community continues to thrive with robust Resource Connection Centers in Springfield, Greenfield and Pittsfield. And the Area has established peer bridger positions throughout respite services. Peers are a key component of the Community First vision and in this role, they work to help others transition from the hospital to the community by providing support meetings in and out of the hospital.

State Representative Cheryl Coakley-Rivera of Springfield sponsored the annual gathering. The program included the screening of a short film about the history of community mental health services in Western Mass. as well as several presentations from individuals with lived experience, including a Springfield parent whose child receives mental health services.



These stories were inspirational and moving and gave expression to how services and supports funded by DMH change and save lives every day. Attorney Robert Fleischner, Esq., from the Center for Public Representation, closed the program by emphasizing how the road to recovery for citizens living in Western Mass. is steeped in the values of resiliency, recovery and personal goal achievement.

Pictured left to right: Rep. Rosemary Sandlin from Agawam, Commissioner Leadholm and Rep. Cheryl Coakley-Rivera from Springfield.

service. Of particular interest is the current development of a training curriculum for Individual Placement and Support (IPS) by the Employment Workgroup. IPS is the supported employment model that is one of the federally recognized evidence based practices for persons with mental illness. The Employment Workgroup plans to begin training employment specialists and other team members in this model this month. The workgroup is chaired by Jeanne Nesto (DMH), Alexis Henry (UMass Medical School) and Ellen Bruder-Moore (Community Counseling of Bristol County).

Last year the DMH Procurement Management Team established a workgroup to create a method for monitoring CBFS contracts. The work of this contract monitoring group was reviewed by the DMH Area Directors and the Directors of Community Services in February and the official kickoff of contract monitoring implementation was March 15. In the following months a series of trainings will be held in the field to instruct appropriate staff in CBFS contract monitoring. The co-chairs of the Contract Monitoring workgroup are Rita Barrette, Beth Lucas and Lucille Traina. For more information regarding the work of the CBFS Steering Committee, please contact Liam Seward at liam.seward@dmh.state.ma.us or 617-626-8170.

And for a friendly reminder: When scheduling public meetings, please ensure that meeting locations and rooms are accessible for persons with disabilities. This includes ensuring physical access to the meeting space and access to the meeting contents and proceedings through the provision of such things as interpretive services. Public meetings need to be inclusive and comply with federal and state law. If you have any questions about how to be sure that meetings are accommodating, please contact Jay Tallman at jay.tallman@dmh.state.ma.us or 617 626-8179.

May 14 is Deadline for Peer Workforce Survey

DMH is committed to creating a transformed mental health system that is person and family centered, respects consumer choice and promotes recovery and resiliency for all service recipients. Employment for persons with a psychiatric diagnosis who use their experience and skills to promote recovery for the clients in the program for which they work is the foundation of this work. Known as peer workers, DMH is striving to successfully expand employment of peers by both the Department and its vendors. While we intend to track and report the results in this effort, we must first establish a baseline of the current peer workforce. We are also interested in learning more about the experience of peer workers in the workforce from the perspectives of both the agency and the peer worker.

We are asking our provider community assistance with two tasks:

First, we ask that someone knowledgeable about the hiring and work of peers in your agency complete the survey accessed through this link:

<http://www.surveymonkey.com/s/YHKK599>. The individual you designate will be asked to identify your agency and a contact person in case there is a need to clarify a response. If your agency holds multiple contracts with DMH, please include all contracted services and programs in your response, including consumer-run entities. Responses from individual agencies will not be shared or used for contract monitoring purposes. This survey is being sent to provider agencies contracted by DMH and to DMH Area and Central Offices.

We also ask that you forward the below message and link to an online survey in Survey Monkey to all peer staff employed by your agency.

We thank you for helping us in this survey, the results of which will be used to establish a statewide baseline of a peer workforce and to learn ways we can work together as a system to further support and integrate this essential and transformative workforce.

For those members of the peer workforce, we ask that you help us with the survey, linked below, so that we can learn directly more about the experience of peer workers in the workforce from your perspectives.

Please answer the questions in survey accessed through this link: <http://www.surveymonkey.com/s/Y66S6XT> to the best of your ability. Your responses will be received directly by DMH and are anonymous and confidential. The survey questions do not ask you to disclose your identify or the agency for which you work. This online survey cannot be used to identify you or your agency as the source of your response. The results of these surveys will be used to learn ways we can work together as a system to further support and effectively integrate peer workers into the workforce.

If you have any questions about either of these surveys, please contact Beth Lucas at Beth.Lucas@state.ma.us or Bobbi Spofford at Bobbi.Spofford@state.ma.us. **We request that you complete both surveys by Friday, May 14.**

New Content on the DMH Website

As the Department continues to change so does the need for constant updates on the DMH website and staff intranet. We will regularly provide staff and stakeholders with changes and additions to our websites so that you can stay connected and supported in your work. As always, we strive to stay on top of website and intranet updates. If you have any site or contact changes at your facility or in your department, please send them to [Anna Chinappi](#) as they arise.

Below are a list and links of the most recent changes and updates:

On the [DMH Internet](#)

On the DMH home page in the center column

[Recovery Learning Communities](#) page features information about the RLC's, Contact information and RLC Resources

Under "Initiatives"

[DMH Redesign Initiative](#) page features announcements and other information about the DMH Redesign Initiative.

Under "News and Updates"

[May is Mental Health Month](#) page will be posted for the Month of May. The page features listings of Area events and activities for May is Mental Health Month and Children's Mental Health Week.

Planning Proves an Asset for the New DMH Hospital

Last month DMH staff visited the new DMH hospital construction site in Worcester. Team members included Lester Blumberg, Lizbeth Kinkead, Tony Riccitelli, Carol Jalbert, Mike McNamara and John Sullivan. Project manager Charles Willse and project engineer Mark Bontempo, both from the Division of Capital Asset Management (DCAM), led the team on a tour which highlighted the substantial progress of the new facility. In addition to the construction site, DMH staff also toured a full scale model of a patient bedroom. The model has proven to be useful, enabling DMH to identify necessary changes in the design to enhance safety and comfort in the rooms before they are actually built into the new building.



DMH representatives tour the mock bedroom. Pictured are Tony Riccitelli, John Sullivan, Charles Willse (DCAM), James Hoffman (Ellenzwig), Liz Kinkead and Carol Jalbert.



An interior view of the new facility's steel framework.

Conferences and Events

May 6

Fuller/Bay Cove CBFS Open House & Wellness Fair

10 a.m. to 4 p.m.

Gill Wellness Center, 284 Amory Street, Jamaica Plain. Two blocks from the Stonybrook T Station.

Join Bay Cove for an enriching day of learning about ways to live longer and live well.

May 6

Women Making a Difference Panel

6 to 8:30 p.m.

UMass Boston, Healey Library, 11th floor. Refreshments provided.

[Click here](#) to RSVP

May 7

Anger, Rage & Trauma: Talking to Kids About Difficult Things

Speaker: Daniel Jacobs, Ed.M., Psy. D., M.B.A.

8:30 to 9 a.m. Registration

9 a.m. to 4 p.m. Workshop

Foxborough, MA - Holiday Inn, Mansfield - Foxborough

This workshop is designed for mental health professionals, educators, special educators, and guidance counselors who want to be successful in helping these youth. Workshop format will include lecture, interactive case examples, and discussion.

[Click here](#) for a complete workshop schedule from Community Program Innovations

May 11

Opening Reception of Faces Places Spaces: A group exhibition of Webster House 4:30 to 6:30 p.m.

Webster House, 20 Webster Place, Brookline Village

For information call 617 739-5461



A view of the new facility construction site with the Clock Tower on the right.

Training Through the Eyes of Judges

Last month more than 70 DMH administrators, managers and clinical staff braved wet and blustery weather to attend a training in Worcester entitled "Through the Eyes of the Judge: Mental Health Cases in the Courts." The goal of the training was to provide DMH staff with a judicial perspective on the intersection of the judicial and mental health systems at three main points: forensic evaluations, civil commitments and guardianships. Given the recent changes to the Massachusetts Uniform Probate Code governing guardianships, the latter topic was especially timely.

The first session of the afternoon featured presentations from The Honorable Patricia Bernstein of the Boston Municipal Court and The Honorable Thomas Connors of the Superior Court. Presentations were followed by a question and answer session moderated by Debra Pinals, M.D., DMH Assistant Commissioner for Forensic Services.

The second session was set to feature a panel presentation by a judge and a court administrator from the Probate and Family Court. However, unforeseen, last-minute circumstances arose and Lester Blumberg, DMH General Counsel, and Catherine Correia, DMH Senior Counsel for North East Area were called in to pinch-hit. A lively question and answer period followed an update on changes in guardianship procedures by attorneys Blumberg and Correia.

The training was the result of meetings between a workgroup spearheaded by The Honorable Margot Botsford, Associate Justice of the Supreme Judicial Court, and Commissioner Barbara Leadholm. It represents the first step in planning for cross-trainings between the judiciary and DMH staff on issues of interest to both systems.

The program was a major success in large part due to the assistance of members of the Judicial Institute, the Massachusetts Supreme Judicial Court, DMH staff, DMH Staff Development, North East Area Forensic Director Paul Benedict, and the support staff from the UMass Medical School Law and Psychiatry Program who helped during the afternoon.

May 15

Children and Adolescents with Learning and Behavioral Difficulties

10 a.m. to 3:15 p.m.

Massachusetts General Hospital. This program is intended for the families and non-professional caregivers of children and adolescents with learning and behavioral difficulties. The program will explore the latest advances in parenting challenging children and adolescents. Presentations will focus on helping parents make the most of the supports available for their children, treatment options and available resources.

Pre-registration is required. For information, registration and directions, visit www.moodandanxiety.org. Questions? Email educationprogram@partners.org or call 617-724-8318.

June 3 and 4, 2010

Beyond the Basics: DBT Individual Therapy in Action

Hotel Northampton, 36 King St.
Northampton

Presented by Charles Swenson, M.D., this two-day training is for psychotherapists who are already familiar with Dialectical Behavior Therapy (DBT).

The training assumes that therapists have a basic knowledge of the treatment but want to hone individual psychotherapy skills. There will not be an overview of the therapy. For more information, including CE/CME information as well as a listing of their complete training schedule, visit their website at www.behavioraltech.org or call 206-675-8588 x121

June 9-12

Mental Health America's 2010 Annual Conference: Get Connected Social Inclusion and Recovery

Hyatt Regency Washington, D.C. on Capitol Hill. [Click here](#) to register or for more information Contact Danielle Fritze at dfritze@mentalhealthamerica.org.

For those staff who were not at the training, basic forensic training is available through PACE. Please contact Jean Comparetti in Staff Development at jean.comparetti@dmh.state.ma.us if you are interested in learning more about these opportunities.



Pictured left to right: Lester Blumberg, DMH General Counsel; Judge Patricia Bernstein; Debra A. Pinals, M.D, Assistant Commissioner, DMH Forensic Mental Health Services; Judge Thomas A. Connors.

DMH Lowell Case Manager Margo Martel Featured on Go Red for Women Poster

Congratulations to Margo Martel who was chosen by the National Heart Association for their Go Red campaign. Margo is a DMH Case Manager at the Solomon Mental Health Center in Lowell. She is a true example of what **Healthy Changes** are all about!

Margo's story below was also printed on the poster:

I woke up at 3 a.m. with a burning pain in my chest. It felt like I was running in the cold. I knew the symptoms of a heart attack but couldn't believe they were happening as chest pains grew to jaw pain and stiffness down my arm. The whole time I was thinking 'No! This can't be happening to me.'

I had surgery to have a stent put in my heart.

I had a heart attack at 42. I am young and the younger you are the less you think that this could possibly happen to you.

I'm lucky I got to make changes for my health. I quit smoking without a second thought and I bring my lunch to work. I exercise on a treadmill at home and after cardiac rehab I'm going back to the gym.

My husband and children turned their normal roles around. It was easier for me to be the patient than it was for them to deal with the uncertainty of my situation. Their support and caretaking helped me focus on my recovery.

I am your mother, your wife, your co-worker, your friend. I am the face of heart disease.



[net](#)

June 26-27

Out of the Darkness Overnight Walk to Prevent Suicide

The American Foundation for Suicide Prevention will sponsor The Out of the Darkness Overnight, an 18-mile walk to bring the issues of suicide and mental illness out of the darkness and into the light.

Register to walk at: <http://www.theovernight.org>

or for more information contact danielle.mixon@theovernight.org

Gallery Events at Alternatives

Artist Palette Exhibition

Exhibit runs through May 21

Gallery hours: M-F, 9 a.m. to 3 p.m.
Artist Palette, owned by artist Pam Murphy, is located at 70 Douglas Road, Whitinsville, in Alternatives Whitin Mill complex.

To learn more about Artist Palette and Pam's background, please visit her [website](#).

Artisans of the Valley

Exhibit runs through May 28

Gallery hours: M-F, 8 a.m. to 4 p.m.
Spaulding R. Aldrich Heritage Gallery, 50 Douglas Road, Whitinsville.

The Spaulding R. Aldrich Heritage Gallery celebrates the artisans of the Valley with a display of handwork by a diverse group of Valley crafters. For more information, call Tom Saupe at 508-266-6502 or tom.saupe@alternativesnet.org

Monday Nights, May 3 - June 28.

Monday Night Art Exploration Workshops Workshops held from 7 to 9 p.m. at the Creative Communications Art Studio 12 Cricklewood Dr., Leicester, for beginning and intermediate art enthusiasts Classes:

May 3 Painting Bird Houses

May 10, 17 & 24 Paper Mache Bowls

June 7 Salt Dough Sculptures

June 21 & 28. Mosaic Stepping Stones

A \$20 Registration fee applies for



I woke up at 3am with a burning pain in my chest. It felt like I was running in the cold. I knew the symptoms of a heart attack but couldn't believe they were happening as chest pains grew to jaw pain and stiffness down my arm. The whole time I was thinking 'No! This can't be happening to me.'

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I'm lucky I got to make changes for my health. I quit smoking without a second thought and I bring my lunch to work. I exercise on a treadmill at home and after cardiac rehab I'm going back to the gym.

My husband and children turned their normal roles



each project listed and includes all materials. Please register at least one week prior to each project. Contact [Michelle Benjamin](#) or 508- 459-7317

Upcoming Trainings offered by The Bridge Training Institute

Critical Risk Management Issues in Clinical Practice

A Series of Day-Long Trainings
All trainings run from 9 a.m. to 3:30 p.m. and will be held at the Best Western Royal Plaza Hotel, 181 Boston Post Road West, Marlborough

CEUs for social workers and mental health counselors will be provided.

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

or visit

www.thebridgetraininginstitute.org

May 20

Mindfulness Strategies for Mental Health Professionals & their Emotionally Dysregulated Clients
Barent Walsh, Ph.D., & Jennifer Eaton, M.S.

June 3

Emerging Legal and Ethical Risks in Clinical Practice: Identifying and Managing Your Professional Risks When Working on Challenging Cases
Robert Kinscherff, Ph.D., J.D.

Upcoming Trainings offered by the Mass General Hospital Department of Psychiatry

May 8, 2010

Optimal Care of Depression: Detection to Recovery

Media Type: Live Symposia
July 16 - July 17, 2010

Complexities and Challenges of PTSD and TBI

Media Type: Live Symposia
October 15 - October 17, 2010

Psychopharmacology 2010
Date: 2010

Media Type: Tuition Course

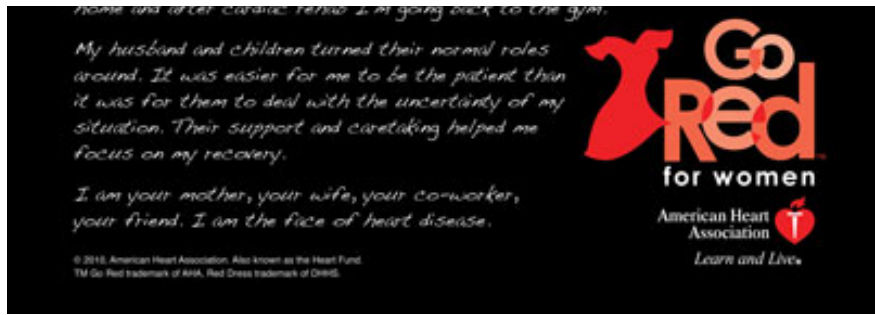


Photo of the Month

DMH Connectionctions Photo of the Month highlights staff and events across the state in the mental health community. Please share your Kodak moments with us!



This month's photo was taken at the Friends Voices for Rehabilitation and Recovery 2010 Leadership Award event. This year's award was given to state Senator Frederick Berry, Senate Majority Leader. Pictured left to right are Ruthie Poole, Transformation Center; Sue Wing, DMH North East Area Director; Wayne Marquis, Danvers Town Manager; Joan Rapp, BU Center for Psychiatric Rehabilitation; and front and center the dynamic Senator Fred Berry.

Articles of Interest

[Bullying a red flag for depression: 'Trash talk' on TV may be teaching kids insults are OK](#)

Associated Press, Msnbc.com

[Hospitalization Appears to Help Personality Disorder Patients: Most achieve long-term remission after in-patient treatment, study finds](#)

BusinessWeek

[Developing test to warn smokers of cancer danger](#)

Lauran Neergaard, Associated Press

[Crossroads Clubhouse honors Riverside Community Care](#)

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call 617-643-0261

Milford Daily News, Wicked Local Hopedale

If you have questions, please contact
Anan Nathif at: atanathif@partners.org

Massachusetts Coalition for Suicide Prevention

www.masspreventssuicide.org

The Massachusetts Coalition for
Suicide Prevention's mission is to
support and develop effective suicide
prevention initiatives by providing
leadership and advocacy, promoting
collaborations among organizations,
developing and recommending policy
and promoting research and
development.

General Membership Meetings

June 14, 2010 3 to 5 p.m.

September 13, 2010

11:30 a.m. to 1 p.m.

November 8, 2010

3 to 5 p.m.

Special Events

State Conference

May 18 & 19, 2010

Annual Kickoff Luncheon

September 13, 2010



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