

Guiding Principles of Recovery

A new working definition of recovery from mental disorders and substance use disorders has been announced by the Substance Abuse and Mental Health Services Administration (SAMHSA). The definition is the product of a year-long effort by SAMHSA and a wide range of partners in the behavioral health care community and other fields to develop a working definition of recovery that captures the essential, common experiences of those recovering from mental disorders and substance use disorders, along with major guiding principles that support the recover definition. SAMHSA led this effort as part of its Recovery Support Strategic Initiative.

Recovery emerges from hope

The belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.

Recovery is person-driven

Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s).

Recovery occurs via many pathways

Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds, including trauma experiences that affect and determine their pathway(s) to recovery. Abstinence is the safest approach for those with substance use disorders.

Recovery is holistic

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. The array of services and supports available should be integrated and coordinated.

Recovery is supported by peers and allies

Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.

Recovery is supported through relationship and social networks

An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

Recovery is culturally-based and influenced

Culture and cultural background in all of its diverse representations, including values, traditions, and beliefs, are keys in determining a person's journey and unique pathway to recovery.

Recovery is supported by addressing trauma

Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

Recovery involves individual, family, and community strengths and responsibility

Individuals, families, and communities have strengths and resources that serve as a foundation for recovery.

Recovery is based on respect

Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problem—including protecting their rights and eliminating discrimination—are crucial in achieving recovery.



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Recovery is a *process* of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
- SAMHSA's definition of recovery



Our Mission

To provide mental health services and supports in Solano County that are person-centered, safe, effective, efficient, timely and equitable, that are supported by friends and community, that promote wellness/recovery, and that fully incorporate shared decision making between consumers, family members and providers.

Our Vision

Individuals of all ages will receive support to optimize their best development, increase their resiliency and recover from mental illness.

Our Values

- Hope
- Resilience
- Choice
- Community Integration
- Empowerment
- Inclusion
- Self-Reliance & Responsibility
- Meaningful Quality of Life

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this issue

Quick Tips: Get to Steppin'
The Power of Positive Reinforcement
Mental Health Recovery Road
Consumer Spotlight—Paul Sanford
Guiding Principles of Recovery

Quick Tips: Get to Steppin'

Walking is a great way for people living with chronic health and behavioral health problems to get and stay fit — it is free, it can be fun, and they can do it at any time. Just two 10-minute walks a day add up to a suggested 20 minutes of low impact aerobics per day. Even if the weather is bad, a person can walk inside. In fact, Greater Cincinnati Behavioral Health Services hosts an indoor walking club. Here are a few other ways consumers can slip in more steps:

- ◆ Get off the bus before your stop and walk the rest of the way.
- ◆ Park your car at the back of the lot.
- ◆ Walk to the coffee shop or store instead of taking the bus or driving.
- ◆ Take a meeting outside or catch up with a friend while walking around the block.
- ◆ Rake leaves in your yard or offer to rake a disabled or elderly neighbor's yard.
- ◆ Walk around the mall – window-shopping is optional.
- ◆ Give the elevator a rest and take the stairs instead.
- ◆ Walk around your apartment complex each time you get the mail.
- ◆ Mop or vacuum to your favorite upbeat tunes.
- ◆ Walk a dog. Even if you don't have one, you can volunteer at the local animal shelter.



The Power of Positive Reinforcement and Personal Strength

One Consumer's Experience of Integrated Care Translates to a Healthier, Brighter Future

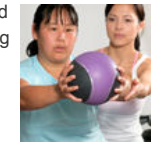
by Laura Galbreath, Deputy Director of Center for Integrated Health Solutions (CIHS)

Research over the past decade has revealed ominous health risks associated with mental illnesses and addictions. Individuals living with these conditions are at risk of premature death from complications from untreated, preventable chronic illnesses like hypertension, diabetes, obesity, and cardiovascular disease. Consider that 50% of people with serious mental illness smoke, 42% are obese, and as many as 80% do not exercise regularly. Obesity and sedentary behavior are major risk factors for myriad diseases and reduced life expectancy. Facing such grave statistics, how can we make a meaningful difference? Specifically, how do integrated primary and behavioral health organizations translate existing knowledge into health promotion interventions that measurably improve health outcomes?

To start, we must think about these issues in the context of the people we serve. Instead of thinking, "how can we help our clients stop eating poorly?" we must ask, "How can we help Joe meet his goal of eating one vegetarian meal a week and walking to and from the coffee shop each day?"

Linda Andersen received such individual attention at the Greater Cincinnati Behavioral Health Services (GCBH). A **Primary and Behavioral Health Care Integration program** grantee, GCBH received funding from SAMHSA to integrate primary care into their behavioral health practice. When Linda came to GCBH, she was struggling with various chronic health problems such as bipolar disorder, diabetes, and high

cholesterol. She was used to hearing doctors tell her what she couldn't eat and what she shouldn't do. She often heard, "you are going to die." Today, Linda has lost 42 pounds, reduced her insulin levels by more than 70%, and gotten off one of her diabetes medications. She attributes her success in part to the positive reinforcement she received at GCBH. "The nurse care manger never talked down to me or said that I couldn't do anything." The strength-based, holistic care Linda received at GCBH empowered her to make meaningful changes in her life such as learning to recognize hunger and fullness, eating healthier foods, and the power of walking for fitness.



Linda now leads numerous GCBH wellness programs as a peer support manager. As part of its suite of services, GCBH offers emotional eating groups, exercise classes, stress reduction, nutrition classes, and more. GCBH also offers incentives — such as hygiene and beauty products donated by local businesses — to those who accomplish the goals.

So, while researchers continue to identify best practices in health promotion for people with mental illnesses and addictions, a growing number of behavioral health and primary care centers are already providing these needed services. In fact, all organizations participating in the PBHCI program provide wellness services. They know that despite grave statistics and multiple barriers, optimum health and recovery are possible.

For additional information on wellness and SAMHSA's efforts, visit **SAMHSA's wellness webpage** at: <http://www.integration.samhsa.gov/about-us/esolutions-newsletter/january-2012>

Get Involved

Committees & Boards
Consumer/Family Advisory Committee—CFAC
3rd Wednesdays, 10:00—11:30 am
Call for location (707) 784-8102

reford@solanocounty.com
Local Mental Health Board
3rd Tuesdays of every other month, 4:30—6 pm
2101 Courage Dr., Fairfield (707) 784-8320
cllimerick@solanocounty.com

Get Linked

Mental Health & Self-Help Resources
For information on **Solano County Mental Health Services**, please visit:
www.solanocounty.com
www.networkofcare.org

Anxiety Disorders
www.adaa.org

Bipolar Disorder
www.bipolarhappens.com

Children & Adults w/ Attention Deficit Disorders
www.chadd.org

Depression/Bipolar Support Alliance
www.dbsalliance.org

Mental Health Net
www.cmhc.com

Obsessive Compulsive Disorder
www.nlm.nih.gov/medlineplus/obsessivecompulsivedisorder.html

NAMI
www.nami.org

Schizophrenia
www.schizophrenia.com



Your Roadmap to Our Mental Health Services

Q: What if I am, or someone I know is, experiencing a psychiatric emergency?

A: Call our Psychiatric Emergency Team (24 hours a day) at (707) 428-1131 (Fairfield)/ (707) 553-5331 (Vallejo), or call 911, or go to the nearest Emergency Room of any hospital.

Q: I think I need mental health services but I have never received services in Solano before. What should I do?

A: Call our Access Line at 1-800-547-0495. We consider this the front door to any of our mental health services.

Q: I spoke to someone about getting help for my child 2 weeks ago. Someone said that I would be contacted to schedule an assessment but I still haven't heard from anyone.

A: Please, call our Access Line at 1-800-547-0495 to follow up.

Q: Where do I call to re-schedule the appointment I have with my psychiatrist?

A: Call the clinic where you normally see your doctor. You can find a list of numbers to each clinic below. (*Only call the clinics directly if you are already receiving services*).

Q: I am almost out of medication and need my

psychiatrist to authorize a refill.

A: Please do not wait until you are almost out of medication before you seek a refill. Ask the pharmacist to fax the refill request to the clinic where you see your doctor (at least a week in advance). Most local pharmacies will have this information and staff at the clinic will see to it that your prescription is refilled.

Q: I am not happy with my therapist and want a new one.

A: We are sorry things are not working out with your provider (psychiatrist, psychologist, case manager, therapist) and will do our best to accommodate your request. Please complete a "Request to Change Service Provider" Form located in your clinic lobby and give it to the receptionist. Your current Solano County Health Services will NOT be adversely affected in any way by requesting to change your service provider.

Q: I have bipolar disorder and I would like to get support from others like me.

A: We encourage you to participate in activities that will help promote your mental health. We have several groups that may fit your needs. Please refer to the "Get Connected" section of this newsletter.



For all **NEW** services please call our:
Access Line 800-547-0495

Psychiatric Emergency Team (24 hours a day)	(707)428-1131 (Fairfield) or (707) 553-5331 (Vallejo)
Patient's Rights Advocates	(866) 523-7128
Problem Resolution Coordinator	(800) 459-9914

Only call the clinic numbers below if you are already receiving services otherwise, call 800-547-0495

Fairfield Services—2101 Courage Drive, Fairfield

Mental Health Forensics	(707) 784-2059
Mental Health Institutional Care Services	(707) 784-2235
Mental Health Managed Care	(800) 547-0495
Adult Mental Health Outpatient Clinic	(707) 784-2080
Children's Mental Health Services	(707) 784-4900

Vacaville Services—233 Dobbins Street, Vacaville

Child & Adolescent Mental Health Services	(707) 469-4540
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Vallejo Services—355 Tuolumne Street, Vallejo

Adult Mental Health Outpatient Clinic	(707) 553-5331
Children's Mental Health Outpatient Clinic	(707) 553-5810

Local Comedian and Rising Star, Paul Sanford, Proves That Laughter Really is The Best Medicine

By Lynne Hunt

Many of us view a mental illness, such as Bipolar Disorder, as no laughing matter. We imagine the struggles of living with dramatic and unpredictable mood swings. How do you find the norm between bouts of mania with racing thoughts, inability to sleep, restlessness, and agitation that can soon become a bout of depression with irritability, loss of energy, uncontrollable crying and thoughts of death or suicide?

When I pitched the idea for this "success story" article in a staff meeting, the answer was unanimous—I had to interview Paul Sanford.

Though I have never met him, he is described by those who have as "funny" and "quite a character". Not knowing what to expect, I called Paul armed with only a pen, paper and a preconceived notion that my "success story" would be about someone who was "cured" or no longer suffered from mental illness. Nothing prepared me for the answers I found.

Diagnosed with Bipolar Disorder in 1987, Paul has been living on a mental health rollercoaster for over 25 years. He has experienced the gamut of frustrations in seeking mental health services such as, inadequate services with an HMO, searching for any other provider who accepts Medicare, and fighting to get refills timely. Paul has plenty he could be upset and bitter about, but he isn't.

In June 2011, he accompanied his daughter to an open mic night under the premise that he was there to watch her sing. After signing herself up, she returned to their table saying, "By the way, I just signed you up to do comedy too." With only 45 minutes to prepare, Paul got on stage, got some laughs and got hooked.

Getting anxious just thinking about it, my natural question was, "Paul, weren't you nervous, weren't you anxious, weren't you scared?!" His response, "No more anxious than when I have to leave the house." My first thought was how easy that must be for him, until he described how difficult it was for him to leave the house some days. At times, Paul explains, he can go 3 days in isolation where leaving the house can be impossible due to lack of energy, overwhelming anxiety, and the inability to make simple decisions such as what socks to wear.

My notion that I had a "success story" was shattered by this revelation until he shared his views

on life a little further. Paul explains himself in such a positive, humorous and charming way, with wit that is infectious. He explains that bipolar doesn't define him but, is merely an "element of his personality" - an element for which he is grateful. Bipolar has implanted a metaphoric "chip" in his brain that allows him to "see things in a slightly different way" and allows him to be "productively creative". Paul sees events in his life as opportunities that he can report in a funny way which is perfect for his comedy act.

At 64, Paul has some rules by which to live, that we can all learn from:

- "One way to get well is to have a place to go—it is too easy to isolate yourself."
- "Having a routine helps."
- Be Active. Paul represents consumers on Solano County's Quality Improvement Committee and Cultural Competency Committee.
- Do *something*. "You will feel like doing it when you do it."
- "Go to a support group—GO whether you feel like it or not."
- Know that you have the ability to "rise to the occasion".
- "Take advantage of how you are at any given moment. Don't feel guilty if your productivity comes in spurts."

In my brief conversation with Paul, my view of "success" had changed. Success isn't being "cured" or no longer having mental illness, and it isn't finding the "norm" between the highs and lows. It is finding **YOU** and being happy with you.

Paul has found himself on stage doing comedy at Pepperbelly's and various comedy clubs in San Francisco. He is currently preparing to do his show entitled, "LOL, Everybody, LOL" in nursing homes starting March 9th.

Thank you, Paul, for sharing your **true** success story. You are an inspiration to us all.

By the way, Paul asked that I mention in addition to being incredibly funny, he is also smart and handsome and likes attention from the ladies. He also warned I better spell his name right. LOL, Paul, LOL



Get Connected

Support Groups

Bipolar & Major Depression Support Group
Wednesdays, 6—8 pm
2101 Courage Dr., Fairfield
For more info call Rachel (707) 784-8102 or e-mail reford@solanocounty.com

Family Members & Loved Ones of Persons with Mental Illness
Wednesdays, 6—8:30 pm
2101 Courage Dr., Fairfield
For more info call Karen (707) 784-2096 or e-mail kasmith@solanocounty.com

Finding Your Way
2nd & 4th Mondays, 6—7 pm
Solano Parent Network
470 Chadbourne Rd., Fairfield (707) 427-3545 x.817 or x. 820
www.solanoparentnetwork.org
(Child care w/Reservation)

Hidden Moods, Emotions & Feelings Group
1st & 3rd Fri, 1:30—3:30 pm
Global Center for Success
1055 Azure St. (Mare Island), Vjo (707) 562-5673 or (707) 784-8102
reford@solanocounty.com

NAMI—National Alliance on Mental Illness
(Solano Chapter)
4th Mondays (except Dec.)
6:30—8:30 pm
275 Beck Ave, Rm. 1, Fairfield (707) 422-7792
www.nami.org

Schizophrenia Support Group
1st & 3rd Mon, 9:30—11 pm
First United Methodist Church of Vallejo, IMANI Fellowship
502 Virginia St, Vallejo
(enter at black iron gate & up stairs—follow the signs)
No child care available
(707) 784-8102
reford@solanocounty.com