



Fall 2013

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SARATOGA COUNTY MENTAL HEALTH CENTER MOVES TO SOUTH BROADWAY

By Peter Lacy, Assistant Director,
Saratoga County Mental Health Center

It has finally happened, all three of our programs – Saratoga County Mental Health Clinic, Saratoga County Alcohol & Substance Abuse Services, and Friendship House – are now operating at our beautiful new facility at 135 South Broadway in Saratoga Springs. Although we are still working out some minor bugs with the building, the initial response from both staff and clients has been very positive. It is very exciting to have all of our administrative, clinical, and support staff working together under one roof.

There are so many to thank for making this dream come true: the Saratoga County Board of Supervisors, the Community Services Board, the Saratoga Springs Planning Board, Syvertsen Rigosu Architects PLLC, Bonacio Construction, Inc., our new landlord Frank Parillo, and the County Building & Grounds crew who moved us. I would also like to thank our previous landlord, Saratoga Hospital, for being such a great support to us over many decades.

We could not have achieved this move without the leadership of our Director, Hans Lehr, who spearheaded the project and kept us all on track. And a special thanks to our staff for their tireless efforts and dedication during the move and to our clients for their patience during the short disruption of services.

Our phone numbers have **not** changed:

Adult & Youth Mental Health Clinic:	584-9030
Alcohol & Substance Abuse Services:	587-8800
Friendship House Day Treatment:	885-4521

We vow to continue to provide high quality services to the people of Saratoga County at our new location and look forward to a successful integration into our new neighborhood.

Call to Action!

Southern Adirondack Independent Living (SAIL) and SCCCMH have partnered to present two mental health wellness fairs coming in 2014. SAIL has provided services in Saratoga County for over 20 years to promote the independence, equality and dignity of persons with disabilities. Together SAIL and SCCCMH aim to reduce mental health

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CHAIRPERSON'S NOTES

By Peggy Lounsbury

The SCCCMH Annual Dinner and Fundraiser held on May 9th was a wonderful event. In addition to raising money that will benefit the mental health community in Saratoga County, the dinner recognized the contributions of our 2013 Citizen of the Year, Collette Fox. Collette has touched the lives of many people living with mental illness and several spoke to this during the presentation.

Also, during the dinner, Cliff VanWagner was presented with a Certificate of Appreciation for his respectful and supportive efforts as Chairperson of the Saratoga Springs Planning Board when the board was reviewing the application to move the Saratoga County Mental Health Center to South Broadway.

Community leaders who take a public stand in support of people living with mental illness do so because their values tell them this is the right thing to do. At times, this can result in political fallout. VanWagner had the courage to do the right thing at the right time. As a result, the Saratoga County Mental Health Center has a new facility accessible to clients at the "gateway" of Saratoga Springs!

Fall Network Meeting At The New Mental Health Center Location

The fall meeting of the Saratoga County Network of Mental Health Professionals and Advocates (SCN-MHPA) will be on **Thursday, November 21st, 4:30 to 5:30** at the new Broadway location of the Saratoga County Mental Health Center. In addition to a tour of the new facility, guest speaker will be Dr. Sophia Monsour, psychiatrist at the new Saratoga Community Health Center. Dr. Monsour will talk about the integrated physical and behavioral health model of the Center. To attend, please RSVP by contacting Peggy Lounsbury at 518-583-8371, or e-mail plounsbury@saratogacare.org

WANTED: Board Members

The SCCCMH Board of Directors has two openings. Lay people from the community, mental health advocates, and others who want to ensure that the needs are met for people living with mental illness in Saratoga County are needed for our Board of Directors. In particular, the Board is in need of board members who have public relations or fund raising talent or interest. The Board meets the first or second Thursday of the month at 5:30 - 6:45 pm at the Transitional Services Association administrative building in Saratoga Springs. If you are interested, please contact Chairperson, Peggy Lounsbury at plounsbury@saratogacare.org or call 518-583-8371.

WANTED: Members

Join the SCCCMH now. SCCCMH has a "pay what you will" approach to membership so you can join even if you are unable to provide financial support. You will find a membership form in this newsletter. You can also go to the SCCCMH website to join. Help give voice to the mental health needs of our community.

SCCCMH Grants Available to Organizations

The SCCCMH awards monetary grants to not-for-profit organizations that provide services to people with mental illness.

Awards are generally up to \$1,000 and are distributed in December, March and June. For an application and more information, go to our website www.scccmh-saratoga.org. **December 1st** is the next deadline for grant proposals to be reviewed at the February SCCCMH Board meeting. Grant recipients and unsuccessful applicants will be notified in March.





IN THE NEWS...

PROS Implementation Academy 2012

By Patricia Huber, LCSW-R
Program Coordinator

Friendship House Continuing Day Treatment Program

In November 2012, a two-day training was held in Albany, NY titled, "PROS Implementation Academy: Meeting the Challenge of Healthcare Reform: Developing the Tools for Today and Tomorrow." This conference provided information about health homes being implemented in NYS, integrating health and wellness into treatment, as well as utilizing person centered planning in goal setting and how to integrate treatment for individuals with a co-occurring disorder of both mental illness and addiction.

The information that was presented at the conference would be beneficial for any type of mental health treatment setting, but it was specifically geared toward PROS programs.

PROS is an acronym which stands for Personalized Recovery Oriented Service. A PROS program is a NYS OMH outpatient mental health program which is rooted in the psychiatric rehabilitation model and holds the belief that people who are affected by mental illness can and do 'recover'. In a PROS

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program, 'recovery' is defined by the PROS participant and revolves around helping participants define their life goals and life roles which may have been given up due to mental illness. The program is meant to be dynamic and change according to the needs of the program participants.

Currently, Saratoga County does not have a PROS program. However, Friendship House, the county CDTF, Continuing Day Treatment Program, is currently making a transition to a recovery-oriented program. The information presented at the PROS implementation academy has helped Friendship House to implement person-centered treatment planning, as well as implementing the steps necessary to train staff in the treatment of co-occurring disorders as well as the importance of overall wellness in a person's recovery. Friendship House is well on the way to moving from the CDTF philosophy of symptom stabilization and maintenance into a recovery-oriented program which will more effectively meet the needs of individuals seeking mental health services in Saratoga County.

Become a Part of the Voice of Saratoga County Mental Health Community.
Join SCCCMH Today!

SCCCMH Newsletter is the official publication of the Saratoga County Citizens Committee for Mental Health, P.O. Box 820, Saratoga Springs, New York.

www.SCCCMH-Saratoga.org

The views expressed in this newsletter represent the opinions of the authors and do not represent the official position or opinions of the SCCCMH unless specifically stated.

The SCCCMH Board of Trustees reserves the right to decide the content of the newsletter, and reserves the right to review, revise, shorten or deny articles for publication. Articles submitted for publication consideration should not be longer than 250 words unless the author is specifically invited to do so. Also, submitting the copy as a Microsoft Word document, or typed within the body of an e-mail message is preferred. Send articles to the Newsletter Editors e-mail address. Articles not submitted electronically can be mailed to the address above.



THE VIEW FROM HERE

New Health Center Offers Integrated Physical and Behavioral Health Care

The concept of embracing the "whole self" physically, mentally, and spiritually is not new; yet, today's health care system is only slowly jumping on this band wagon. Treating behavioral health and physical health together seems to be common sense. According to the Integrated Behavioral Health Project website (www.IBHP.org), research has suggested treating the mind and body together leads to better overall health care outcomes and cost. While models of integrated care are becoming more prevalent, the current reality is primary care providers (PCP) are providing behavioral health services for over half of the identified people living with mental illness. Patients feel comfortable sharing their personal issues with their PCP because of their comfort and familiarity with their PCP. However, only a portion of those patients will seek a higher level of behavioral health care when needed.

The Saratoga community realized there is a need for integrated physical health and behavioral health care in Saratoga County and has taken action. With generous benefactors, the Saratoga Community Health Center (SCHC) was created by Saratoga Hospital to help to achieve affordable healthcare for those who are underinsured or not insured. The Center will help patients navigate the affordable health care act, obtain Medicaid or offer a sliding fee scale. Dr. Renee Rodriguez, Medical Director of the Center, along with Center Psychiatrist, Dr. Sophia Monsour, researched integrated health care models. As a result, the new SCHC uses a model out of California (www.IBHP.org) to provide improved physical and mental health care to their patients. This model focuses on the primary care team assuming responsibility for the patient as before, but rather than referring out of the office when the patient

(Continued pg 5; View)

ANNUAL DBSA WALK FOR MENTAL HEALTH AWARENESS

On April 27, 2013, the Depression and Bipolar Support Alliance of Saratoga County (DBSA-Saratoga County) held its 3rd Annual Mental Health Awareness Walk at the Saratoga Spa State Park. It was a great turnout, great weather and great fun, too!

The Mental Health Awareness Walks are not only fund raisers, but also are important to increase awareness and decrease stigma by this solidarity. Thank you to the sponsors and participants for making the walk a success.

For more information about the DBSA-Saratoga County visit their website: www.DBSASaratogaCounty.com.



Fall Youth Conference - Transforming School, Parenting, Mental Health Culture and Climate

The Saratoga County Youth and Family Services Team and the Saratoga County Citizens Committee for Mental Health joined efforts to bring Mr. Mark Weiss, Education Director of Operation Respect, to speak about "Factors Affecting Youth Violence - Prevention, Intervention & Change- Transforming School, Parenting, Mental Health Culture and Climate".

Mr. Weiss focused on social-emotional competencies that we would like to see developed in our children and how we can create the climate in which this learning happens. Many of the participants felt that they could use the exercises that Mark used with the children in their professional field. One of the many jewels that Mr. Weiss discussed is the "EFFORT SCORE" - praising our children for their effort they put in and not for the outcome or product.

(Continued pg. 5; Conference)



(View, Continued from page 4)

needs behavioral health care, the patient can be seen that day by a member of the in-house Behavioral Health Team. Utilizing standardized screening tools and onsite training by Dr. Monsour, the Primary Care Team will identify patients at risk who may require a higher level of behavioral health care. During the office visit, a licensed social worker may join the PCP to determine the treatment plan the patient requires. However, rather than referring out of the office, the patient will be referred to a member of the Behavioral Health Team and/or the in-house psychiatrist, Dr. Monsour, for further consultation. At that juncture, the behavioral health team will evaluate and treat patients with short term therapy (ranging from motivational interviewing for substance abuse to short term psychodynamic therapy) and medication management in full collaboration with the Primary Care Team.

The goal of this integrated model is to limit risks for drug-drug interactions, conflicting information and noncompliance. This model also reduces the stigma of behavioral health care and may put the patient at ease concerning the possibility of longer term treatment. If the patient requires further stabilization or therapy, they will be referred to behavioral health providers in the community. To minimize disruption in treatment, the SCHC has the capacity to continue treatment until the patient's first appointment with the community behavioral

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This publication was prepared with the assistance of Four Winds –Saratoga

health provider. Also, the Behavioral Health Team may help coordinate available services

In addition to primary and behavioral health care, Saratoga community members identified an area of medicine incredibly difficult to obtain for the uninsured and underinsured: dental care. Dr. Sarah Fox is the dentist for the SCHC and developed a program to provide services to those within the integrated model as well as those in the community who are in need of dental care. In the past 5-10 years, research has found a number of links between the state of dental health and general overall health. Poor oral hygiene can result in tooth decay, oral infections and discomfort. Being in a long term state of constant discomfort will undoubtedly affect mental health. Not many integrated models are fortunate enough to include a dental component.

When patients walk through the doors of the Saratoga Community Health Center they will be introduced to the health care team and receive an explanation of the integrated model of primary, behavioral and dental health care. The SCHC will provide affordable and high quality health care to those who need it in Saratoga County.

For more information or an appointment, call the Saratoga Community Health Center at 518-886-5600.

(Conference, Continued from page 4)

He covered topics on Heart-Centered education, diversity training, bullying and conflict resolution, how communities – parents, schools and mental health – can come together to reduce suicide and to reduce violence, building emotional intelligence, expanding our outreach to youth, becoming "upstanders" instead of "bystanders" and using restorative approaches that hear the voices of our youth. All the participants felt the training was worthwhile and everyone appreciated Bev Lazar's leadership in overseeing the organization of this annual event.



Lifeline Crisis Call Center at the Moreau Community Center

Following several incidents of suicide and untimely deaths 5 years ago, the Moreau Community Center, partnering with Family and Children's Services of the Capital Region, received funding from the New York State Office of Mental Health to form a satellite CONTACT Lifeline crisis call center at the Moreau Community Center. The call center answered an estimated 4,000 calls in its two years of service.

There are many ongoing stressors which affect families and individuals living in our communities: economic issues, conflict within relationships and family, mental and physical health issues, the effects of abuse, eating disorders, cutting, self-esteem, bullying and feelings of isolation and loneliness. These are the issues that are most commonly talked about on the crisis hotline and crisis chat lines.

There continues to be a stigma against reaching out for mental health help in our society. It is often difficult for people to seek face-to-face help regarding their problems. Calling on a telephone or reaching out on a chat line are often far less threatening steps in seeking needed support in times of greatest crisis. Offering help via hotline or chat line increases accessibility to mental health services in a community. Community members may use the hotline and chat line in different ways: sometimes one call or chat is the only intervention needed, sometimes several chats or calls provide the needed support to get through a difficult time, and other times the intervention can be a comfortable first step into accessing more formal mental health services.

Thankfully, the Saratoga County Citizens Committee for Mental Health recognized the importance of the Crisis Call Center and was able to provide the Moreau Community Center with a \$1,000 grant to be used for training and technology upgrades in order to expand and improve this much needed program. With the funding we have been able to purchase three new headsets and make some necessary

Technology upgrades to both our call and chat software that wouldn't have been possible otherwise. We are also currently looking to provide a refresher course for our volunteers; the funding received by SCCCMH will help to make this goal much more attainable. The volunteers and staff at the Moreau Community Center, and most importantly the people we serve, thank the Saratoga County Citizens Committee for Mental Health for continuing to fulfill their mission by increasing public awareness of the needs of individuals with mental illness.

Those interested in volunteering for the crisis call center contact Andrea Bello at 792-6007 or go to www.fcscr.org and complete the volunteer questionnaire and application.

National Suicide Prevention Lifeline 24/7:
Call: 1-800-273-TALK (1-800-273-8255)
Chat: www.SuicidePreventionLifeline.org

Gaining Insight & Fighting Stigma

Visit: <http://www.gaining-insight.com> and take a look at Amber Christian Osterhout's "Gaining Insight" artwork and "Fighting Stigma" posters. *Replace fear with empathy; shame with courage.*

(Call to Action, Continued from page 1)

stigma and educate the community about available traditional and non-traditional supports. SAIL is currently looking for organizations and businesses interested in promoting their services at one or both of our fairs. The first fair is scheduled for January, with more details to follow. If your business provides supports to enhance mental, emotional and/or behavioral wellness to people of all ages and you would like to learn more about this opportunity, please contact Kathy Wallace at SAIL's Ballston Spa office (518)584-8202. **Help**



For more information, contact:

Chairperson: Peggy Lounsbury
E-mail: plounsbury@saratogacare.org
Phone: 518-583-8371

Or visit our website: www.SCCCMH-Saratoga.org

ANNUAL MEMBERSHIP REGISTRATION FORM FOR YEAR: April 1, 2013 to March 31, 2014

SCCCMH Mission: The SCCCMH is a non-profit, charitable organization [501(c)3] whose mission it is to:

Program Development and Enrichment: Award grants of approximately \$1000 to agencies and programs in Saratoga County that provide services to people with mental illness or have mental & emotional needs so they can enrich existing programs or expand services.

Education: Provide affordable educational opportunities for mental health professionals and consumers of mental health services.

Advocacy: Advocate for improved mental health care and services by lobbying government and elected officials.

Increase Awareness: Increase public awareness of the needs of individuals with mental illness. E.g., increase access to public transportation, decrease stigmas or stereotypes.

Member Benefits: Membership fees support the development of mental health services in Saratoga County through grants, educational opportunities, and lobbying, as well as the publication of the biannual SCCCMH Newsletter.

More Members. More Power. More Benefits.

PLEASE CHECK ONE:

New Member Membership Renewal Remove my information from the SCCCMH mailing list.

First Name _____ Last _____ Prefix/Suffix: _____

Address Home Work _____

City: _____ State: _____ Zip Code: _____

Phone Number: Home Work _____

If you want to receive the newsletter and other notices from the SCCCMH via e-mail, please provide your e-mail address:

If you are a provider of mental health services and would like to be included in the Saratoga County Network for Mental Health Professionals, then check here:

If you would like to participate in a mental health consumer workshop that is organized by consumers, then check here:

Membership fee is based on a “pay what you will” basis (Check One):

- I want to be a member, but I am unable provide financial support.
- I want to be a member. I will consider a contribution at a later date.
- I want to be a member, enclosed is my tax deductible donation of: __\$10 __\$25 __\$35 Other.

MAKE CHECKS OUT TO: SCCCMH. Do not send cash in the mail. Appreciated if submitted before **April 30th.**

MAIL TO: SCCCMH, P.O. Box 820, Saratoga Springs, New York 12866

MAKE SURE THE VOICE OF THE SARATOGA COUNTY MENTAL HEALTH COMMUNITY IS HEARD.....JOIN SCCCMH TODAY!!



www.scccmh-saratoga.org

*For more information about
the SCCCMH, contact
Peggy Lounsbury,
Chairperson,
at 518-583-8371*

*The Saratoga County Citizens Committee for Mental Health (SCCCMH) is a non-profit, charitable organization that **distributes grant money** to agencies and programs in Saratoga County so they can enrich existing programs or expand services for people with mental illness. The SCCCMH also provides affordable **educational opportunities** for professionals and consumers, **advocates** for improved mental health care and services; and is committed to **increasing public awareness** of the needs of people with mental illness.*

**Saratoga County Citizens
Committee for Mental Health**

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