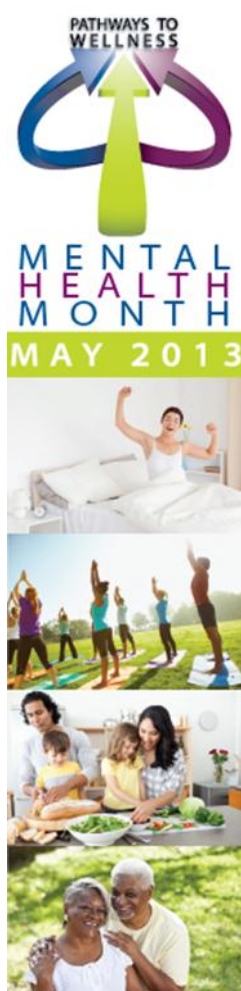




A personal note from Linda McKinnon, CEO.

**E-News This Week
May 13, 2013**



As we continue to raise awareness during Mental Health Month, today the focus is on a key goal - wellness. **Pathways to Wellness** is Mental Health America's theme this year. Several of their key messages include:

1. Wellness is essential to living a full and productive life. It's about keeping healthy as well as getting healthy.
2. Wellness involves a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well being.
3. Wellness is more than just the absence of disease. It involves general, mental, and social well being. Mental health is an essential component of overall health. The fact is, our overall well being is tied to the balance that exists between our emotional, physical, spiritual, and mental health.
4. Whatever our situation, we are all at risk of stress given the demands of daily life and the challenges it brings – at home, work, or in life. Steps that build and maintain well being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends, and community.
5. These steps should be complemented by taking stock of one's well-being through regular mental health checkups and screenings. Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic readings of our emotional well-being.
6. Fully embracing the concept of wellness not only improves health in the mind, body, and spirit, but also maximizes one's potential to lead a full and productive life. Using strategies that promote resiliency and strengthen mental health and prevent mental health and substance use conditions lead to improved general health and a healthier society: greater academic achievement by our children, a more productive economy, and families that stay together. For more information go to <http://www.nmha.org>.

This week we E-Meet Board Member Mary Lynn Edwards Ulrey. The complete Board Membership is on our website under a tab at the top of our home page. All Board Member profiles are housed there and you can also navigate to read the minutes of previous board meetings.

As always this week's E-News features timely information on special events that recognize people and issues we are passionate about. Here's hoping your week goes well!

Mary Lynn Edwards Ulrey is a CFBHN Board Member

[E-Meet Mary Lynn](#)



Mary Lynn Edwards Ulrey, MS, ARNP has been employed as the Chief Executive Officer of the Drug Abuse Comprehensive Coordinating Office, Inc. (DACCO), a CARF accredited provider in substance abuse and mental health treatment, and a leader in co-occurring disorders, for 11 years. DACCO was a founding organization of the Network and Mary Lynn chaired the Hillsborough Regional Council of all Network providers for 5 years. As a Nurse Practitioner, Mrs. Ulrey has focused on health reform, bringing a partnership with the University of Florida Medical School to DACCO and creating facilities for the future while providing quality behavioral health services to individuals and families. She volunteers at Hyde Park United Methodist Church where she is in the Chancel Choir and has served on mission trips to Nicaragua. She is appointed by the County Commission to serve on the Public Safety Coordinating Council, in the past has served on the Health Council, and is a Board Officer for the State's Substance Abuse Association, FADAA. Her interest in the Network leadership position is to help CFBHN focus on quality for all providers.

Elliot Steele Honored In Congressional Record

[Executive Director of Vincent House recognized April 16 in Florida House of Representatives](#)



“The Honorable C. W. Bill Young requested the house speaker recognize Elliott Steele and the remarkable organization in Pinellas Park, Florida, Vincent House, recently honored by The National Council for Community Behavioral Healthcare with an Award of Excellence at its National Council Conference. Mr. Steele received the Reintegration Award for Achievement for his tireless work, and that of his wife Dianne, to found Vincent House, a clean and safe haven for people recovering from mental illness. Vincent House helps adults living with severe and persistent mental illness achieve recovery through work

partnerships within the community. The more than 600 individuals who have sought help there have been treated with the utmost dignity and respect by the staff and volunteers. As a result, they have built up in themselves a sense of new-found confidence, self-esteem, and real life social and work skills that have improved their quality of life, led to their independence, and helped them regain their pride in being able to find real-life work experiences in our community.

Vincent House was the outgrowth of the love, compassion, and dedication the Steele's had for their daughter, who was diagnosed in 1993 with severe mental illness issues during her freshman year of college. The Steele's decided to devote themselves to finding a way to help those like their daughter who had lost hope and for which traditional treatments were not producing results. They each quit highly successful careers in 1999 to devote their full-time focus to the cause. By 2003, they opened the doors on Vincent House in a small storefront in a Pinellas Park strip mall. The concept was based on programs established in several other communities where a community center or club house would create a place where those with mental illness could be surrounded in a loving and supportive environment by people who listened to their dreams and helped them reintegrate into the community through volunteer and work opportunities. Those who pass through the doors of Vincent House are not considered patients, they are considered members. And once they become a member, they are a member for life.

The Steeles were joined in their quest to help those with mental illness by Bob Dillinger, the Public Defender for Pinellas and Pasco Counties, who shares a passion for helping this underserved population. Together they found funding within the community to open Vincent House and to move into a larger, stand-alone facility two years later. It is a facility that has already almost doubled in size to meet the increasing demand for these services. Mr. Speaker, having had the privilege to tour Vincent House and attend their annual Breakfast of Hope, I have seen and heard first-hand the success stories of those who have passed through its doors and are now proudly working in our community. Every one of those club members who walks through the door and one day walks out that door with a positive experience and a job is better than any award Elliott and Dianne Steele can receive. It is a sense of achievement that is shared by all of Vincent House's staff, volunteers, and members of the board. Vincent House is an excellent program that I believe can be replicated in communities throughout our nation. It is my hope that my colleagues in the House will take a look at Vincent House and share information about its success with their constituents back home. It is also my hope that my colleagues will say thank you to Elliott and Diane Steele for a job well done.” For more information go to <http://www.vincenthouse.org>.

How to Become An Evidenced Based Practice ASAP!

One Day Seminar May 16 will show you how

Dr Barry Duncan will show you that “one size can fit all” and how to address the challenges of making your agency evidenced based – tomorrow – while proving the value of your services and improving outcomes. Registration fee is \$99 and includes breakfast and lunch. Location is Embassy Suites Central in West Palm Beach. Five CEU's are available. Register on line or call 561-832-3755 or www.mhapbc.org. To see the complete flier click [\(flier\)](#).

Spotlight on A Great Volunteer and CFBHN Contractor

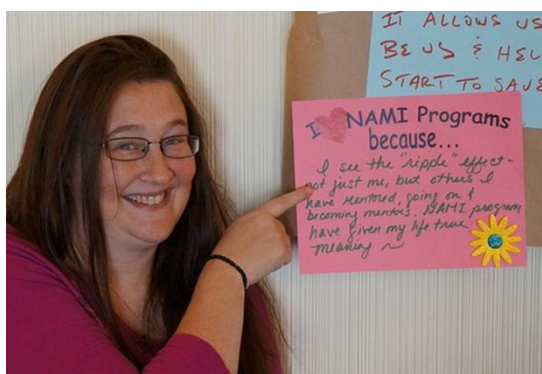
Stacy Wells serves her community and keeps CFBHN's Facebook stellar

A message from NAMI Lee volunteer Stacy Wells who was recently certified as a state trainer at the NAMI National Training of Trainers Convention in Washington, D.C.:

It was wonderful seeing so many dedicated people from all over the country gathered at the convention with the goal of helping people recover from mental illness. I love being a Peer to Peer mentor. The Peer to Peer classes offer education, allow for frank and safe discussions, and provide a variety of mindfulness exercises. This combination helps those of us living with a mental illness better understand our illness(es). Before I took the classes, I never thought that I could or would "recover" from my illness. I had just accepted that I was "sick". The Peer to Peer classes gave me the tools and education to start recovering from my battle with bipolar disorder and social phobia. I will now be teaching others how to be a Peer to Peer mentor. By participating in the Peer to Peer program, I have the potential to positively affect over 32,000 people in two years. The circle of influence and healing offered by the NAMI programs is amazing. I am both honored and excited to be part of this circle.

has been a huge component to do my first state training!

NAMI Lee thanks Stacy for talents. The dedication and volunteers like Stacy make to provide essential everyone affected by mental community.



My involvement with NAMI of my recovery. I can't wait

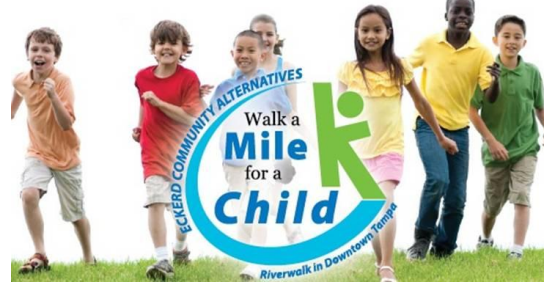
donating her time and commitment of it possible for NAMI Lee services and support to illness in our

CFBHN is proud to have Stacy as a valuable member of our communication team. She brings a dynamic to her work that is invaluable. Not only is she a consummate professional but a savvy business woman that carefully crafts our social media presence. We thank you Stacy and appreciate the great work you are doing in so many venues both personally and professionally. Stacy holds a Master of Science, Library and Information Sciences degree from Simmons College in Boston, MA and a Bachelors of Science in Psychology from the University of Massachusetts at Amherst, Amherst, MA. She has extensive experience in web design, webmaster services, and internet consulting. She launched her own business upon her return to Florida to be with family. You can reach Stacy via stacymwells@gmail.com. Thank you Stacy for all you do from your partner at CFBHN, Doris Nardelli, Manager of Business Development & Marketing.

Only 5 Days Left to “Walk A Mile For A Child” May 18th in Tampa

[Eckerd's inaugural walk benefits Hillsborough foster children](#)

There are only 5 days remaining before Eckerd's Inaugural Walk on behalf of foster children in Hillsborough County. Based on today's weather report, this Saturday will be nice and sunny with no sign of rain!!!! Remember, your donation of \$25 can make a world of difference on behalf of our kids and will go to help pay for enrichment camps this summer, school uniforms, backpacks, and other needed items. These are examples of things most kids take for granted, but for our foster youth, items they have often gone without. We still have several hundred deserving children that are in need of a “walker” to represent them on May 18th. If you are unable to join us, please take a moment and sponsor a child and we will make sure a “walker” has been secured to complete the mile on their behalf. Secretary Wilkins from Florida Department of Children & Families will be featured during the Opening Ceremony on May 18th stressing the need for the community to get involved and support foster youth. The Opening Ceremony will start at 9am and one deserving agency will be acknowledged for their support. Please help show that children matter and register today at www.eckerdcbc.org/walk. Location is **Cotanchobee Fort Brooke Park** - Riverwalk in Downtown Tampa at 601 Old Water Street.



Lee County Celebrates National Prevention Week

[Beginning May 12 through May 18](#)

On Tuesday, May 7, the School Board of Lee County presented a resolution to acknowledge National Prevention Week. On Wednesday, May 8, the Coalition and MADD appeared on Fox-4's The Morning Blend to talk about National Prevention Week and Safe Proms. During the Week of May 13, Public Service Announcements will be shown in all Lee County Schools that address alcohol, marijuana, prescription drugs, suicide, and mental health. Parents will also receive a prevention newsletter.

Areas of focus during the week include:

- May 12: Focus on Tobacco Prevention
- May 13: Focus on Prevention of Underage Drinking
- May 14: Focus on Prevention of Prescription Drug Abuse
- May 15: Focus on Prevention on Alcohol Abuse
- May 16: Focus on Suicide Prevention
- May 17: Promotion of Mental, Emotional, and Behavioral Well Being
- May 18: “Lookout Cookout” Safe Kids Coalition Event at Gulf Coast Town Center 11:00 a.m. to 2:00 p.m. celebrating “Safe Kids Day”

TAKE THE PLEDGE! <https://apps.facebook.com/npw-pledge/>

Coalition for A Drug Free SWFL Offers Conference

[Addictive Disorders; The ADHD Child is the topic June 6 in Fort Myers](#)

Sponsored by Hansen-Cohen Associates in Psychology, this all day seminar from 8:00 am to 4:30 pm will be held at the Caloosahatchee Room in the Lee County School District Building, 2855 Colonial Blvd. Six CEUs will be provided and the conference will feature:

- The ADHS Child, An Overview: Dr. Omar Rieche
- The ADHC Child: Traditional and Non-Traditional Treatment Modalities: Dr. Christina Hansen
- Motivation Minute with David Essel
- Sugar Rush: ADHD and Diet: Michele Silano
- ADHD and Loving It?! Documentary and Discussion: Dr Patrick Capozzoli and Mary Fischer.
- Cost is \$70 prior to May 31 and \$80 after June 1. For more information or to register go to www.drugfreeswfl.org.

LiveFree! Coalition Celebrates National Prevention Week in Pinellas County

[Experts Spotlight Pinellas County's Key Health and Wellness Community Resources](#)

May 12 marks the beginning of National Prevention Week, a week-long national event supported by the Substance Abuse and Mental Health Services Administration (SAMHSA) and dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. The observance is an opportunity to unite the community to promote prevention efforts, educate others about behavioral health issues, and create and strengthen community partnerships.

This year's theme, "Your voice. Your choice. Make a difference," emphasizes that the prevention of substance abuse and promotion of mental health starts with the choices each of us makes in our own life. Through our choices (and voices), we can set an example of health and well-being for others, raise awareness of behavioral health issues, and help create a healthier and safer place to live.

To celebrate National Prevention Week, LiveFree! Coalition, a local alliance promoting awareness about the harmful effects of underage drinking, binge drinking, prescription drug abuse, marijuana/synthetic use and other substance abuse among youth and young adults, is promoting expertise and prevention resources in an effort to spotlight problem-solving and life-saving prevention resources in Pinellas County.

A recent community health assessment survey conducted by the Florida Department of Health in Pinellas County identified alcohol and drug abuse as the top behavior of concern in the community. Rounding out the top five were: poor nutrition, lack of physical activity, being overweight, and smoking.

"Many of these identified issues are 100 percent preventable once we invest in a health and wellness lifestyle and support the prevention system of care in Pinellas County," said Jackie Griffin, executive director of LiveFree!. We need to continue our advocacy for effective evidence-based programs and environmental strategies infused within our community. National Prevention Week helps us feature our great solutions and services available to our parents, youth, and families. Investing in prevention can truly change our communities for the better."

Doing its part, LiveFree! is coordinating a week-long opportunity to connect with key community leaders and discuss important topics related to prevention, instilling that prevention is important in all areas of life and not just when it comes to drug and alcohol use.

In addition to uniting key community leaders, the organization is also hosting a prevention week celebration at Childs Park Recreational Center at 4301 13th Ave S, St. Petersburg from 3- 5 p.m. on Wednesday, May 15. The block party will include a DJ, contests, food, prizes, activity tables and more! Personal Trainer Carlos Morgan will also lead youth participants of all ages in group exercises. The event will be held in partnership with all LiveFree! community clubs. Taking part will be:

- McLin LiveFree!
- Starling School and Day Care LiveFree!
- Sumter Home and Day Care LiveFree!
- ARTZ4LIFE Academy Club
- St. James AME Church, Clearwater
- Northeast High Club
- Pinellas Park High School and Criminal Justice Academy
- Dunedin High Club
- Osceola High Club
- Largo High Club
- Largo Middle

Experts available throughout the week (and daily national themes of National Prevention Week to be covered) include:

- Chris Lewis, Tobacco Free Coalition of Pinellas County and Samantha Staley, Students Working Against Tobacco (SWAT) Coordinator of Pinellas County
 - Prevention and Cessation of Tobacco Use (Sunday, May 12)
- Jackie Griffin, Executive Director of LiveFree! Coalition
 - Prevention of Underage Drinking (Monday, May 13)
- Sgt. Dan Zsido, Pinellas Sheriff's Office and Laurie Serra from NOPE (Narcotics Overdose Prevention & Education)
 - Prevention of Prescription Drug Abuse and Illicit Drug Use (Tuesday, May 14)
- Renee Carter-Gura, Vice President of Juvenile Services at Operation PAR
 - Prevention of Alcohol Abuse (Wednesday, May 15)
- Maxine Booker, Senior Director of Crisis Services at Personal Enrichment through Mental Health Services
 - Suicide Prevention (Thursday, May 16)
- Maria Roberts, Senior Director of Children's Services at Personal Enrichment through Mental Health Services
 - Promotion of Mental, Emotional, and Behavioral Well-Being (Friday, May 17)

Additional experts available to discuss other important topics related to prevention are:

- Daphne Miller, Administrator at Operation PAR
 - Healthy Goal Setting and Resources for Adults and Ways Everyone Can Help
 - Childs Park Event in Saint Petersburg on May 15
- Jackie Griffin, Executive Director of LiveFree! Coalition
 - Building Health and Wellness communities; Synthetic Use, Marijuana Use
- Laurie Serra, Pinellas Coordinator at NOPE (Narcotics Overdose Prevention & Education)
 - NOPE Student Assemblies
- Robin Saenger, Vice Mayor of Tarpon Springs
 - Peace 4 Tarpon, a project aimed at making Tarpon Springs a trauma-informed community
- Louise Hamilton, Nutritionist at Great American Natural Products
 - Nutrition

“The best way to make the community a healthier and safer place is to unite its members and discuss the importance of prevention,” added Griffin. “While this is something we strive to do year round at LiveFree!, National Prevention Week serves as the perfect opportunity to remind others to join us in our mission.”

LiveFree! encourages those looking for a way to take part in National Prevention Week to sign and share the "[Prevention Pledge](#)" on SAMHSA's Facebook page to make a difference and commit to a healthy lifestyle. SAMHSA has also provided a downloadable [Toolkit](#), which provides resources for National Prevention Week 2013 events and year-round prevention efforts.

About LiveFree! Coalition

LiveFree! Coalition raises awareness about the harmful effects of substance abuse among youth, young adults, and adults in Pinellas County. By offering trainings, advocacy, town hall meetings, a Speaker's Bureau, environmental strategies, and awareness events, LiveFree! encourages Pinellas County families to live safe, healthy, and drug-free. For more information, visit the blog at www.livefreeblog.org or Facebook page <https://www.facebook.com/livefreeFL>.

VA Launches Hotline for Women Vets

[1-855-VA-WOMEN \(1-855-829-6636\)](#) is the number to call for answers on VA health care and benefits

The Department of Veterans Affairs has launched a new hotline to receive and respond to questions from veterans, their families, and caregivers about the many VA services and resources available to women veterans. The service began accepting calls on March 27, 2013.

“Some women Veterans may not know about high-quality VA care and services available to them,” said Secretary of Veterans Affairs Eric K. Shinseki. “The hotline will allow us to field their questions and provide critical information about the latest enhancements in VA services.”

The hotline is staffed by knowledgeable VA employees who can provide information about benefits including health care services for women. Callers can be linked to information on claims, education, or health care appointments as well as information about VA cemeteries and memorial benefits. Staff can answer urgent questions and provide referrals to homeless and mental health services as well as provide Vet Center information.

Women make up nearly 15 percent of today's active duty military and 18 percent of National Guard and Reserve forces. The population of women Veterans using VA benefits including health care is growing rapidly. Since 2000, the number of women using VA health care more than doubled, from nearly 160,000 in 2000 to more than 354,000 in 2012. Based on the upward trend of women in all branches of service, the number of women Veterans—and female VA users—will keep climbing.

VA is committed to making improvements for the growing population of women veterans, including the way it communicates with them. In 2010, VA established an outbound call center to contact women veterans and encourage them to enroll in VA health care.

“In VA health care alone, women constitute only 6 percent of VA patients, but those veterans have a high perception of the quality care they are receiving,” said Irene Trowell-Harris, director of VA's Center for Women Veterans.

“Many women who served don't self-identify as veterans and therefore don't think they qualify for VA benefits. We need to correct existing misinformation and misperceptions so we can serve more women veterans with the benefits they've earned.”

Women veterans are entitled to apply for the same benefits as their male counterparts, which include health care and pharmacy benefits as well as education benefits, disability compensation, home loans, employment assistance, and more.

The hotline (1-855-VA-WOMEN) joins numerous other VA hotlines that provide critical information and assistance to Veterans, such as those for Veterans in crisis and in danger of becoming homeless. Veterans can also receive information and apply for benefits online at VA's www.eBenefits.va.gov and manage their health care at MyHealtheVet.va.gov.

Free May 29th Webinar Focuses on Reducing Seclusion and Restraint Use

[USF/DCF sponsors and Continuing Education units are available for a \\$25 post webinar fee](#)

The presentation by Kevin Ann Huckshorn, PhD, RN, CADC, ICRC, will focus on changing cultures of care in mental health settings. The webinar will be from 10:00 am to 12:00pm EST. Anyone that is involved with the Baker or Marchman Act processes would benefit from this webinar. The purpose is to ensure that behavioral health staff working in Florida's service system fully understand the issues surrounding the use of coercion and the implications regarding violence and the use of Seclusion and Restraint as these affect both clients and staff. The webinar will present an evidenced based best practice model to reduce coercion, violence, and the use of SR in mental health's settings. [Click here to Register Now!](#)

For CE and general questions please email bakertrain@usf.edu

For technical webinar questions please email Centersupport@usf.edu

Louis de la Parte Florida Mental Health Institute, Dept. of Mental Health Law and Policy 13301 Bruce B. Downs Tampa, FL 33612

Family Recovery Peer Specialist Training in Ft Myers

[Parents/Caregivers will learn skills to mentor other parents of children with behavioral health issues](#)

CFBHN is approved to provide education by the Florida Certification Board, and this training meets 24 of the required 40 hours of education to become a Certified Recovery Peer Specialist-Family (CRPS-F). Participants must have at least a High School Diploma, GED or Higher, and must be a parent/legal guardian who provides care for a child diagnosed with a mental health disorder (ages 1-24). Training will be Friday June 21, Saturday, June 22, and Sunday June 23 from 8:30 am to 4:30 pm at Southwest Florida Addiction Services (SWFAS) in Ft. Myers. There is no cost for the training and materials but travel, lodging, meals, and childcare are NOT included. To apply or for more information regarding this training please contact Carol Eloian at celoian@cfbhn.org (813) 373-9958

CFBHN Awarded “Most Efficient” Company!

[Pearl Logic evaluation shows CFBHN is “lean and highly efficient”](#)

Engaged by CFBHN to determine if there were ways that could save the company money and lower administrative costs, Pearl Logic returned with an award because they were unable to find any new ways to “squeeze” the budget. Instead they certified CFBHN as a highly efficient company. The award was



presented at a recent CFBHN Board meeting to Dr. Robert Nixon, Board President, and Linda McKinnon, CEO. The actual certificate reads “Certificate of Operating Cost Efficiency. Certifies that CFBHN has successfully completed an operating expense reduction and optimization audit and analysis. Minimizing operating expenses and improving overall operating services environment. April 26, 2013. Presented by Barry Rowley, President, Pearl Logic.”

DACCO Receives Award

[Comprehensive coordinated care treats opiate-dependent pregnant/post-partum women](#)

This promising practice is implemented by the Drug Abuse Comprehensive Coordinating Office and University of Florida. This multi-disciplinary approach coordinates substance abuse/co-occurring mental health disorder treatment with OB/GYN and primary care, to engage mothers in Medication Assisted Treatment, promoting positive birth outcomes and long-term recovery. Key to the model is the coordination of addiction treatment with healthcare provided outside our agency, personalized attention from our physicians specializing in addiction, and case management. DACCO physicians conduct weekly pregnancy rounds and groups to educate women on their baby’s development, and treatment staff monitor mothers’ prenatal visits and connect them to a pediatrician and community services for ongoing support. DACCO’s facility offers a “one-stop shop” where clients can access MAT dosing/counseling, plus detox, outpatient/residential treatment, family housing for mothers in treatment, a psychiatric clinic, and a health clinic. Contact Dr. Bobbi Davis, Ph.D., Contracts Management & Development Director at 813-384-4216 or bobbid@dacco.org.

Prepared for Immediate Release:

Doris G. Nardelli, MPA

Manager of Business Development & Marketing



719 South US Highway 301, Tampa, FL 33619 • phone: 813-740-4811 fax: 813-740-4821 • www.cfbhn.org