

Shaping the Future of Public Health: Connecting Mental and Physical Well Being

ACMHAI is pleased to announce that we will be partnering this year with the Illinois Public Health Association on a groundbreaking conference to emphasize the importance of integrating mental and physical health, both in treatment and prevention of illness. Our goals for this conference are: 1) to build relationships on local and state-wide levels that strengthen the competency of the Illinois public health, human service, and behavioral health workforce to address systemic issues and key health objectives, and 2) to advance continuing education and fellowship needs of IPHA and ACMHAI membership by providing a forum where relevant and timely ideas can be presented and discussed in pursuit of public health and behavioral health knowledge, skills and performance enhancement.

Attendees will benefit from three plenary sessions, thirteen educational sessions, exhibits, posters, and several networking opportunities over the course of three days. Featured speakers include Joseph Parks, who will present "Integrating Mental and Physical Healthcare in Public Mental Health Settings, NASMHPD Policy Recommendations", highlighting important issues facing persons with major mental illness that contribute to early mortality, such as obesity, substance abuse, cardiovascular disease, diabetes, sedentary lifestyle, poor nutrition, and smoking; poor access to healthcare services, particularly preventive care, and little integration between psychiatric and medical care. Pete Earley, author of *Crazy: A Father's Search Through America's Mental Health Madness*, will discuss his attempts to help his college age son after he becomes ill with bipolar disorder and is arrested, as well as describe his year spent at the Miami Dade County Jail where he followed persons with mental disorders who had been in jail out into the community to see what sort of services they received.

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Register now for ACMHAI's Spring Conference, co-hosted with the Illinois Public Health Association, April 8-10, Springfield Hilton: go to www.ipha.com to register online and to download the forms or email: acm-hai@shout.net to request registration.

- ACMHAI/IPHA Spring Conference
- Letter from our new ACMHAI President
- Hanover Township Workshop and Benefit Event
- Whole Health Campaign
- Piecing It All Together Conference
- Legislative Update

From the President...

Dear ACMHAI Members and Friends,

When I was asked to serve as president of this association, I was thrilled and honored. I was thrilled because this gives me a chance to repay ACMHAI for all the knowledge and experiences my peers from across our state have shared with me over the last 10 years. I consider them all to be my mentors and teachers in our efforts to better serve our residents. And I am honored that they think enough of me to lead them into the near future. I will do my best to live up to their trust.

The future promises to be challenging. The needs of our residents for mental health, developmental disability

and substance abuse services are ever increasing and often out-pace our available resources. ACMHAI has invested a great deal of resources, both time and money, in assisting its members in generating additional resources through the Local Funds Initiative (LFI). LFI will result in federal funds coming to local ACMHAI members and their provider agencies, making more services available to their residents.

ACMHAI has forged strategic relationships with the state departments and other organizations with similar or complementary missions, working together to serve better. ACMHAI will continue to work for its members to assist them in being efficient, in bringing more resources to Illinois and to serve more residents of our communities. As we move into the future, we hope you will join us in this quest. — Jerry Murphy

Hanover Township MHB Sponsors Workshop on Effects of Drugs

The Hanover Township Mental Health Board is sponsoring a professional workshop, Psychoactive Drugs-Effect and Public Health on Monday, March 10, 2008 2:00-4:00 PM. Presented by the Medical Accountability Network, this program will describe the effects of a broad spectrum of prescription medications on mood, emotion, behavior and thinking, and the impact on public health. Program participants will discover which drugs have FDA-mandated warnings on homicidal behavior; scores of medications that carry warnings on violence; how medical treatment of one condition can precipitate another; and how the psychotropic side effect profiles of common medications compare to known effects of recreational drugs.

With an expanded knowledge base, the public/mental health professional is equipped to take a wider view of the person with a disability, including inquiry into contributing medication factors. Easily obtained but little appreciated drug facts can lend new depth to the evaluation and development of public policy.

The Mission Statement of Medical Accountability Network is to provide resources on issues of integrity in medicine and focuses on informed consent as the keystone to an ethical physician patient relationship.

Through advocacy and education, the MAN seeks to raise the responsibility level of participants in all aspects of the professional and public communities affected by medical issues.

For more information on this workshop, please contact Danise Habun, Executive Director, Hanover Township Mental Health Board (630) 837-0301 or at mhb@htonline.info.

(Shaping the Future of Public Health, continued)

Dr. Vincent Felitti, who has served as Co-Principal Investigator of the Adverse Childhood Experiences (ACE) Study for 15 years, an ongoing collaboration between Kaiser Permanente's Department of Preventive Medicine and the Centers for Disease Control and Prevention (CDC), will share findings of this important research linking stressful and traumatic childhood experiences to the origins of behavior that underlie the leading causes of disability, social problems, health-related problems, and premature death in the United States. Please make plans to attend and spread the word about this first-ever integrated mental and physical health conference in Illinois.

WHOLE HEALTH CAMPAIGN

The Whole Health Campaign is a collaboration of over 40 national organizations working to ensure that the current healthcare debate includes both mind and body. Although the presidential candidates have been releasing their healthcare plans, very little has been said about how the candidates will address mental illness and addictive disorders. As we who work in behavioral health are well aware, people with mental illnesses and addictions can recover and have a meaningful life in the community, if they get help. The problem is that well over 59 million of these individuals do not receive specialized treatment or benefit from prevention initiatives that have been proven successful. People recovering from mental illness and addiction are discriminated against as they seek employment, insurance, housing, and other necessities of life.

In this election year, the Whole Health Campaign calls on every Presidential candidate and political party to adopt three principles:

1. Ensure equitable and adequate mental health and addiction treatment coverage in all public and private health care plans.
2. Support policies that promote both individual and family recovery from mental illnesses and addictions as integral to overall health.
3. Commit to investing in America's future through prevention, early intervention, and research on mental illnesses and addictions.

— Excerpts from wholehealthcampaign.org

LEGISLATIVE UPDATE

2008: Peace or War in the Capitol?

The recent enactment of legislation to fund mass transportation in the RTA region could have been the first step toward regaining a semblance of civility between the warring factions in Springfield. Then again, maybe not. Even after months of stalemate and seemingly fruitless negotiations were finally brought to a close by legislative approval of a resolution to the projected crisis, there was still a hurdle to overcome by way of an amendatory veto by the governor inserting language providing free rides for senior citizens on mass transit busses and trains. The amendatory veto caught legislators completely off guard and was a sure sign that the enmity still exists. The General Assembly eventually accepted the Governor's recommended changes and is considering an amendment to limit free transit eligibility to those seniors that qualify for the Circuit Breaker program.

Does the Governor's action signal that "Leader Wars" are moving forward full throttle? Consider that when the rules intended to implement the Governor's plan to extend health care benefits were considered by the Joint Committee on Administrative Rules (JCAR), comprised of twelve legislators, and overwhelmingly rejected, the Governor issued a statement indicating that JCAR action was merely advisory, an interpretation of JCAR authority that may need the courts to resolve. Peace? A very ominous sign, indeed.

When the legislature reconvenes on February 13 all eyes will be focused on the strategic moves being made by leaders in each legislative chamber after the issuance of the Governor's upcoming budget proposal to see whether some level of harmony can be achieved or Illinoisans will have to endure yet another round of "Gunfight at the Springfield Corral".

Piecing It All Together Children's Mental Health Conference

Don't miss the training event of the year!

The 5TH Annual Piecing It All Together, How Children's Mental Health and Mental Illness Affect Family, School and Community, March 7 & 8, 2008 Southern Illinois University, Edwardsville, IL.

This two day event is a true family driven, collaborative effort between family, schools and community. This year's keynotes feature Carol Kranowitz, the author of the bestseller "Out of Sync Child" and Darcy E. Gruttado, J.D., Director of NAMI National Child and Adolescent Action Center who will present Evidence-Based Practices. There will be twenty workshops offered that will provide information about current practices, interventions and strategies that parents, schools and professionals can utilize to more effectively address children's mental health issues. More conference and registration information available at www.stc708.org or www.madisoncty.nami.org

Ten Legislators Not Seeking Re-election

Ten members of the Illinois General Assembly will be leaving legislative service at the end of 2008, having chosen not to seek reelection. Five of those retiring were mentioned in the last newsletter. This is the complete list: Senator William Peterson (R-26), Sen. Todd Sieben (R-45), Rep. William Black (R-104), Rep. Joe Dunn (R-96), Rep. Kurt Granberg (D-107), Rep. Carolyn Krause (R-66), Rep. Patricia Reid Lindner (R-50), Rep. James H. Meyer (R-48), Rep. Milton Patterson (D-32), and Rep. Aaron Schock (R-92) (running for seat in Congress).

Other incumbent legislators faced primary election challenges on February 5, the results of which will shape the contests for November's general election ballot.

Those legislators who are retiring have been very supportive of our issues. A note or letter of thanks for their valuable assistance would be a very positive thing to do.

— Terry Steczo, Government Strategy Associates

EVENING WITH THE STARS BENEFIT

On January 19, 2008, Hanover Township MHB Executive Director Danise Habun assisted PADS of Elgin in raising awareness of, and funds to address, the needs of persons who are homeless. While 708 boards across the state recognize the link between mental health issues and homelessness, the approach used on the 19th was a bit different.

Rather than speaking to the issue, Habun and her partner, Dan Roseman, danced the tango to a crowd of over 300 individuals in a "Dancing with the Stars" type fundraising event. Six teams competed and brought in over \$11,000 the night of the event. Habun and Roseman did their fair share and raised over \$1500 that night. All proceeds benefited the social service organization that shelters 40 men, women and children each night. According to Habun "While the evening was a great success and brought much needed attention to this issue, I will keep my day job!"

MARK YOUR CALENDAR

February 27-29	NACBHDD Legislative Conference	Washington D.C.
March 7-8	Piecing It All Together Conference	Southern Illinois University Edwardsville
April 8	ACMHAI Quarterly Meeting	Springfield
April 8-10	ACMHAI/IPHA Mental/Physical Wellbeing Conference	Springfield
April 23-27	CANVAS showing and Anti-Stigma Panel at EBERTFEST	Champaign

Mental Health Statistics from *The Whole Health Campaign*

* Mental health and addictive disorders are the leading cause of combined death and disability for women and the second leading cause for men.

* Mental illness and addiction annually cost the US \$171 billion in lost productivity.

* Mental health and addictive disorders account for the third highest loss of workplace productivity among chronic diseases.

* More than half of all prison and jail inmates have a mental health problem or addictive disorder.

* 50% of students with mental disorders drop out of school, the highest rate of any disability group.

* Americans with serious mental illnesses die – on average – 25 years earlier than the general population, mainly due to untreated health conditions.

If you would like additional information about any of the articles, please call 217-369-5168 or email acmhai@shout.net.
Also check out the ACMHAI website, www.acmhai.org.