



King County

The King County Mental Health R & R Roundup

News about Recovery and Resiliency in King County

2011: Taking a deep breath for Recovery and Resiliency

"Diagnosis is not a destiny"
- Patricia E. Deegan

The King County Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD), in partnership with the mental health agencies in King County, and the people who participate in services, are building a recovery and resiliency oriented system.

Based on a recovery ordinance passed by the King County Council in 2005, MHCADSD has implemented the 2005-2010 King County Recovery Plan.

System change for recovery is a work in progress. 2011 is a year to **"take a deep breath"** - to review our accomplishments, measure our progress, and turn to planning for the future.

As we do so, we will continue to do our best to incorporate the fundamental components of recovery in our planning and our initia-

tives, including empowerment, peer support, strengths-based, holistic, non-linear, person-centered, self-direction and individualized, respect and responsibility, and, perhaps most important, hope and resiliency. Walking our talk in this way results in a system with great strength, integrity, and resilience.

In 2010, MHCADSD focused on employment as a critical element of recovery for adults. Recovery incentives, which began in 2007, will continue to evolve (see more inside.)

For 2011, we'll add:

- Increasing consumer voice and leadership throughout the system
- Workforce skill building



- Beginning to merge the recovery conversation for chemical dependency and mental health
- Beginning to take the great news about mental illness and recovery to the wider community of King County.

The original mission of the Roundup was simply to give the community updates about our progress. We will continue to report on system change. We are adding columns to provide a place for creative work celebrating mental health recovery and resiliency.

This change was recommended by the King County consumer advisory committee for recovery, the Voices of Recovery (VOR). VOR has agreed to become the editorial board to review submissions.

See page 6 for more about how to submit your creative work to be considered for future editions of the King County R&R Roundup.

1st Quarter, 2011

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The Roundup is changing to:

The King County Mental Health R&R Roundup

to acknowledge both Recovery and Resiliency as stepping stones to wellness.

Resiliency has more relevance for children, families, and older adults.

.....Breaking News.....Breaking News.....

.....2011 Recovery & Resiliency conference in September.....
See the "Save the Date" flyer inside.....

...2011 Recovery and Resiliency Poster Art Contest announced.....
see page 3 for more information.....

Save the Date!!



RECOVERY & RESILIENCY: STEPPING STONES TO WELLNESS



King County
Mental Health, Chemical Abuse and Dependency
Services Division is proud to announce a

2 day conference on mental health recovery & resiliency*

When: September 9 and 10, 2011
Where: Seattle Central Community College

* your presence is requested. This conference will be at no cost to you. Lunch will be provided.

Watch for information about how to register!



King County is sponsoring a 2 day conference on mental health recovery and resiliency on September 9 and 10, 2011.

The conference will be held at Seattle Central Community College and in the Broadway Performance Hall, which is adjacent to the college.

This conference will be FREE to everyone who registers.

This conference is for people who participate in mental health services and people who provide mental health services.

A keynote speaker will be selected soon.

The conference workshop topics may include:

- Wellness
- Employment
- Recovery and Resiliency for older adults
- Recovery and Resiliency for children, youth and families
- Skill building for mental health workers

We intend to present the best of the best in King County.

We will be seeking people to present their expertise in workshops on the topics listed above. We encourage consumers to consider sharing their

skill and experience as a presenter. A call for proposals will be announced very soon.

More information about the conference, including how to register, will be announced in coming months.

In the meantime, please feel welcome to cut out the Save the Date flyer above, make copies and hand them out to the consumers and mental health workers you know.

Feel free to copy and paste the Save the Date flyer into your newsletters and notices as well.





King County

Mental Health, Chemical Abuse
and Dependency Services Division

2011
Mental Health Poster Art Contest !
Call for entries on the theme:
Recovery and Resiliency: Stepping Stones to Wellness

The theme for the 2011 Recovery poster recognizes the critical importance of recovery and resiliency to increasing wellness for people who live with the challenges of mental illness. The “stepping stones” refer to the journey of healing and transformation people begin as they build resilience and focus on recovery.



In 2010, the Recovery Poster celebrated three keys to recovery: Love, Work and Laughter.



In 2009, the Recovery Poster Art Contest focused on 11 Fundamental aspects of Mental Health Recovery:

- Self-Direction; Individualized & Person-Centered Care; Empowerment ; Holistic ; Non-Linear ; Strengths-Based ; Peer Support ; Respect; Responsibility ; Hope; and Resiliency



Poster Art must be submitted by April 30, 2011

The winning poster art will be incorporated into materials for the 2011 Recovery and Resiliency Conference and into the 2011 Mental Health Recovery & Resiliency Poster, distributed by the King County Mental Health, Chemical Abuse and Dependency Services Division

The artist of the winning entry will receive a \$150 gift certificate for the store of their choice and a framed copy of the poster made from their artwork.

Who is eligible to enter: Current and former clients of the King County Mental Health Plan

Specifications for all entries:

- Posters must be on 11 x 17 paper
- May be painting, drawing, photograph, poem, etc., suitable for a poster
- Must be all original work (no magazine or copyrighted material)
- Must be unframed and unmounted
- Must have name, address, and phone number on back
- Must be reproducible
- More than 1 entry accepted
- Must include a completed entry form and a *signed permission* form (see next page) to reproduce and distribute the work.

Mail or deliver your entry to:
King County Mental Health, Chemical Abuse and Dependency Services Division
401 Fifth Ave., Suite 400
Seattle, Wa 98104



2011 Poster Art Contest Entry Form

1 form per entry

Date: _____

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Provider (if applicable): _____

Title of Entry: _____

Permission to Reproduce this entry and distribute copies as a poster: I understand that the purpose of this contest and the posters that will be made from the winning entry is to help promote understanding of people who have mental illnesses and to help reduce the stigma associated with having a mental illness. If this entry is the winner, I hereby give my permission to have it professionally prepared as a poster, edited if necessary, printed in multiple copies, and distributed throughout the U.S. and Canada. I understand that once this original entry is reproduced as a poster, this original entry will be returned to me by mail, and I will have no further rights to either the posters reproduced from this original entry, their distribution, or the use made therefrom.

I declare that this entry is my original work, and that it contains no previously copyrighted material. I understand all the above, and hereby give my permission to use my entry if I become the winner in the 2010 Poster Art Contest, "Recovery and Resiliency, Stepping Stones to Wellness."

_____ (signature line)

King County would like to display all of the entries during the King County Exemplary Service Awards ceremony and the Legislative Forum in the autumn of 2011. Please sign below if you are willing for you're your artwork to be displayed. You will be given advance notice of the dates of the events and an invitation to attend.

_____ (signature line)

Recovery Incentives - What gets measured, gets done

Why is King County using financial incentives?

MHCADSD developed the incentives plan because research into successful system change demonstrated that money tied to outcomes is a potent motivator for change. The incentives encourage the development of services and practices that will help people build resiliency and recover.

Stakeholders, people who care about what happens, made recommendations to King County about what measures would lead to the outcomes desired by consumers and family members.

In 2007, mental health agencies received incentives by agreeing to participate in the incentives and other recovery initiatives. Since then, incentives have been earned by developing the structures and processes that lead to identified outcomes. For example, agencies serving children earned the incentives on the measure of providing developmental assessments by participating in training and implementing guidelines for assessing

development.

Agencies were notified in March 2011 whether or not they had hit their targets in 2010 for the 2011 incentive payments. The percentages of agencies that earned their incentive:

Children

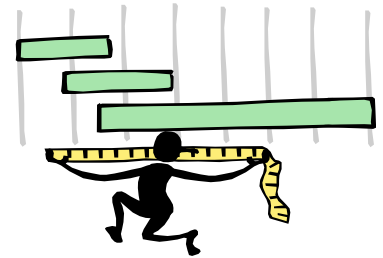
- Developmental assessments 100%
- Collaborative contacts with allied systems 70%
- Parent peer supports 55% (45% earned 1/2)

Adults

- Employment ** (see next page) 42% (33% earned 1/2)
- Peer support 63% (36% earned 1/2)
- Face to face service w/in seven days of hospital or jail release 72%

Older Adults

- Goals to increase meaningful activity 100%



For 2012 incentive payments, agencies must reach individualized targets for 2011. For example, agencies provide collaborative contacts by coordinating care with other systems children might be involved with such as school and juvenile justice. If an agency provided collaborative contacts to 35% of the children they serve in the baseline year, their target will be 10% of the difference between 35% and the overall system target of 80%.

As system targets are met, new incentive measures can be added. For older adults, all agencies met the system target for both measures of 85%. The Older Adult Workgroup chose to add collaborative contacts as an incentive measure for 2011. They also recommended increasing the system target for choice/voice and meaningful activity on the Individual Service Plan to 90%.

Suggestions for improving Employment** incentive outcomes

Employment is a powerful way to boost a person's mental health. Making a contribution, meeting new people, and having structure to the day can open the door to recovery.

The critical importance of employment to wellness was a focus in 2010. For the most part, we're talking about regular jobs in the community, along side other people who may or may not have a mental illness...and... everyone needs to start somewhere. For some people, that means volunteer work, for others, any sort of work, even informal work like babysitting or mowing lawns, provides a way to make a contribution and get started in the world of work. For the recovery

incentives, agencies get credit for any sort of paid work people do.

Bill R. Wilson, King County lead for Supported Employment, offers the following suggestions to improve outcomes for employment:

- Conduct periodic and careful reviews with each worker regarding the employment status of the people on his/her case load
- Provide workers with specific resources, referrals, and tools to help people with employment.
- Track employment numbers and provide staff feedback about these numbers
- Arrange systems to track the consumer employment status for each worker's caseload and provide this feedback to that worker.
- Simplify data change forms for mental health workers
- Remind staff to ask people if they have done any paid work so the data can be updated.
- Include vocational staff in team meetings
- Provide agency-wide promotions to encourage employment.
- Provide easy to access information to people about the impact of work on their benefits and let them know that information about informal work is kept confidential

WRAP (Wellness Recovery Action Plans) — choices, choices

WRAP is a guide to wellness. WRAP was developed by Mary Ellen Copeland as part of her recovery journey. A WRAP is practical, helping people identify what helps them be well, how to recognize early warning signs of illness, and steps to take to return to wellness. Many people report their symptoms decrease over time as they use their WRAP.

The King County mental health workforce training plan includes a course in 2011 created by the Copeland Center. This course will train each mental health worker in how to help another person create a WRAP.

This year, 2011, King County provided full scholarships for 15 peers

employed in the mental health system to receive the WRAP Facilitator training. WRAP Facilitators can lead groups of people to create their own WRAP together.

You can also go on-line to create your own WRAP. The company, Essential Learning, provides many on-line courses. They partnered with The Copeland Center to create an on-line version of a WRAP workbook. For \$10, you can create WRAP, print it and share it. You can



go back later to update it as your life changes. (Note, you must have an email address and a credit or debit card.) To create your WRAP on-line, go to: <https://wrap.essentiallearning.com/Register.aspx>

OR, you can purchase a WRAP booklet and create your own WRAP. Booklets are available for purchase from the Copeland Center. Go to: <http://mentalhealthrecovery.com/store/wrap.html>

For more information about WRAP, go to <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/Wellness/WellnessRecovery.aspx>

Peer Support Specialist Services continue to grow in King County

Peer support specialists are people who are on their own recovery journeys and have received training in how to be helpful to others who participate in mental health services. They provide a living example of hope for others with mental illnesses.

In order to be a certified peer counselor, a person must complete the state approved Peer Counselor Training, pass an exam, and find a job in an agency as a peer. The agency will assist them in applying to the State Department of Health to be an "Agency-Affiliated Counselor".

King County created Standards for Peer Support to ensure peer specialists (including peer counselors,) receive appropriate training, supervision, and support. King County reviewed agency practices in the fall of 2010 and found the Standards are working

Since 2007, King County has



provided 9 of the state approved trainings.

To date, 173 consumers have successfully completed the training. The state Division of Behavioral Health and Recovery also provides the trainings and we know there are more peers trained by the state.

The number of persons employed as peer support specialists and the number of Full Time Equivalent (FTE) positions in King County continue to grow.

There were 64 peers working in the system in 2009. In 2010, there were 83.

Since 2007, there has been an increase of 39.75 FTE positions in King County for a total of 54.65 FTE positions.

In the King County Mental Health Plan network, 82% of the agencies provide peer services. Of the agencies serving adults, 80% provide peer services. Of the agencies serving children, 66% report providing parent partners/parent peers and/or youth peers. Of older adult serving agencies, 66% provide peer services

For more information and the training application, go to: <http://www.dshs.wa.gov/dbhr/mhpeer.shtml>

People who work or volunteer as a peer, have priority for the trainings. Check with mental health agencies and the National Alliance on Mental Illness for volunteer opportunities.

Calling all artists....The King County R&R Roundup wants you...

The King County Recovery and Resiliency Roundup wants to share your creative work representing your experience of recovery, resiliency and wellness. This will be a regular feature of the Roundup.

If you are willing to share your poetry, essays, pictures, or drawings with the King County mental health community, please make a submission to be considered to be published in the R & R Roundup. The Voices of Recovery group will review and decide which

work will be published.

Submissions must follow these guidelines:

- Must be all original work (no magazine or copyrighted material)
- Must be unframed and unmounted
- Must have name, address, and phone number on back
- Must be reproducible
- Must include a *signed permission* form to reproduce and distribute the work.

Work must be respectful of other people's privacy. Any submissions that refer to people by name (other than the artists,) will not be accepted. Work must also be appropriate for a general audience, including children.

Work may be edited by the Voices of Recovery group to fit. An artist will be given the opportunity to approve any changes.

Please use the Permission Form below when submitting your work.

Entry Form for creative work to be submitted to the King County Recovery and Resiliency Roundup

Date: _____

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Title of Entry: _____

Permission to Publish this entry: I understand that if my entry is accepted, my work will be reproduced in the King County Recovery and Resiliency Roundup (also known as the R&R Roundup.) The R&R Roundup is available on the King County Mental Health Recovery website and may be printed and distributed. If this entry is accepted, I hereby give my permission to have it edited if necessary and reproduced in the R&R Roundup. I understand that once this occurs, this original entry will be returned to me by mail, and all copyrights (beyond the R&R Roundup) return to me. I declare that this entry is my original work, and that it contains no previously copyrighted material. I understand all the above, and hereby give my permission to use my entry if selected.

_____ (signature line)

Please mail or deliver your work with your permission slip to: Terry Crain, Recovery Specialist
401 5th Ave., Suite 400
Seattle, WA 98104

My Recovery story...

DAWN : Old English. Inherent Meaning: "A NEW BEGINNING"

"We have the word of the prophets made more certain, and you will do well to PAY ATTENTION TO it as to a light shining in A DARK PLACE, until the day DAWN'S and the morning star rises in your hearts. 1st Peter: 1:19

Once upon a thousand times.....

There was a little girl, born one of four girls and two boys. In a big house full of sound, it seemed to go unnoticed that it was the little girl who had a hand in much of it, and likely the cause of any trouble.

With a mother so busy while her father went away several times to a place called Vietnam, he was never there to see his children's first steps, or the tears their mother shed every night alone. Still, there was never a night that passed without being kissed and hugged, or the sound of a lull-a-bye.

This tale of a little girl is told by the woman she became today. Given the name of "New Beginnings", no one would have known just how many there would be. At the age of seven, normal things coming from six children, were not to be so normal for me.

I found myself in places where the devil feared to tread, trying to hide from what I would later find out was and still is a mental condition (some would call it an illness) with symptoms that would change as often as the medications and doctors.

These medications caused me great confusion and made it difficult, if not impossible to know if in fact it was the medication, or the diagnosis of a scattered mind. We know through the many years there have been many names given to our changed minds. Imagine if you will, the ears that hear the constant babble that reach no

others but your own.

Try if you can to live with the intrusions that are invisible to anyone else. Rarely have I known a welcome visitor or the sounds of pleasant music.

Though my intentions were always harmless, I could not prevent displaying actions of a criminal mind.

The consequences according to the law looked over what I needed most in order to find Mental Wellness, and RECOVERY.

I had nineteen years; two months; and twenty-seven years behind bars, being property of the Department of Corrections since April 2nd, 1981 until March 8, 2008. My final destination in 'Disneyland' would be Purdy prison, Washington.

After twenty-seven years going in and out and reporting to too many parole officers, I needed to find yet again, a new beginning.

With two strikes and threat of life without the possibility of parole, I am now the woman who's attention will not be lost, and a mind clear enough for the moment to know that I would need to change everything and not fear the challenges to which I am faced with daily.

Self medicating would be one of the many hoops I learned to jump through with the understanding it would be a battle I could not fight alone. Being dual diagnosed with both a mental condition and a drug


addiction, I needed to create a network of people that remain on my team today.

With case managers, doctors, therapists and others, I am able to go to high schools and universities to tell my story.

Most Importantly, I share this story not to regret my past or close the door on my future, but to reach the lost child, one without hope. There are no shortcuts, but after all..... I do know the way.

Who knows, Maybe there is A HAPPILY EVER AFTER....and my golden years don't have to be so black and blue.

The names have been changed to protect the guilty..... Except my own that is!!!!




King County

Mental Health, Chemical Abuse and Dependency Services Division

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