

CHOICES

Fall 2012

PORTSMOUTH BEHAVIORAL HEALTHCARE SERVICES

A Message from the Clinical Director

The staff of Behavioral Healthcare Services (BHS) continues to recognize that individuals with co-occurring disorders, mental health/substance abuse or mental health/intellectual disabilities have lower outcomes due to the multiple clinical domains of improper treatment and continual hospitalizations, which results in the financial cost to the agency being higher. Traditional services do not meet the needs of individuals with co-occurring disorders and there is an over utilization of resources. It is apparent that there are very large numbers of our consumers that fall into this category. Recent research has proven that with the proper assessment and services to meet their specific needs, these individuals will be on the road to recovery, healing, empowerment and self-determination.

BHS has come together and while utilizing the principles of Recovery, we have designed and implemented a process that will improve the outcomes of our co-occurring population. The Management staff along with staff, the Advisory Board of Directors, Recovery Champions, Recovery Advisory Board and concerned citizens will address the challenges and barriers to developing the Recovery Process. BHS management is committed to developing the clinical and administrative initiatives to meet the challenges of this new, innovative path of hope. Since the implementation of these principles we have noted less hospitalization and more clients dealing with both disorders (substance abuse and mental health). Women are openly addressing childhood trauma in women services, prevention staff assisted with the City's higher graduation rate, there has been a higher success rate among co-occurring consumers and staff have skills to work with the population.



Other Agency-wide accomplishments include:

- 90% of individuals served by Opportunity House did not experience a psychiatric hospitalization during the year.
- A Portsmouth Chapter of the National Alliance for the Mentally Ill was re-established in Portsmouth after many years to improve peer support within the community.
- 99% of families responding to the State Department of Behavioral Health and Developmental Services Developmental Disability Family Survey reported overall satisfaction with their case manager.
- The State identified women and pregnant females as one of the BHS priority treatment populations and the Women's Intensive Outpatient Program was developed to serve the extreme needs of these women in a nurturing, women-only environment.
- 100% of eligible infants and toddlers met the thirty and forty-five day State timelines for assessment and initiation of services.

Helping to Make Dreams Come True

The Outpatient Program- Methadone Services provided 122 consumers with a twelve question survey and 103 responded. Overall, 92% of consumers were satisfied with services, 65% are currently employed and 96% stated that methadone has helped them stop illicit drug use. We want to thank the program staff for guiding and assisting our clients on their road to recovery. The program has helped our clients in parenting, seeking healthcare, reestablishing broken family ties, maintaining employment and avoiding any additional charges from the criminal justice system.

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Special points of interest:

- October 1, 2012- Credible Go Live Date
- Upcoming Staff Training Dates:
 - October 10, 2012 - Blood-borne Pathogen
 - October 17, 2012 - First Aid Recertification
 - October 19, 2012 - BMT Recertification
 - October 31, 2012 - CPR/AED Recertification
 - November 7, 2012 - BMT New Staff

Taking the Pressure Off



Clients seen in Medication Management take a myriad of medications to control and/or manage their behavioral problems. We not only have to be concerned with the client's mental health, but their physical health as well. Over the past several months we began obtaining and documenting vital signs (BP, weight and pulse) on all clients for all in-house services. In this short time, the findings have indicated approximately 10-15% of the clients have elevated blood pressures. Monitoring the blood pressure twice for accuracy, if elevation persists the physician and nurse manager are notified.

The nurse assesses the client for other possible medical conditions, review medication list and for any history of hypertension. The nurse will then provide education to the client, their case manager and/or other health care member on prevention, signs and symptoms of hypertension. The client is referred to their primary care physician or other community resources for follow up. With an increase number of clients being identified with elevated blood pressure, in collaboration with the physician and nurses, new guidelines on vital signs were implemented.

Let's Stop HIV Together

The U. S. Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) launched a new national HIV awareness campaign, "Let's Stop HIV Together". The nationwide campaign takes aim at the stigma and complacency fueling the HIV epidemic in the United States.

Every year in the United States, approximately 50,000 individuals are newly diagnosed with HIV. More than one million people are living with HIV in the U.S. and one in five does not know he or she is infected. To reach those unaware of their HIV infection, the campaign encourages all of us to learn about HIV prevention, testing and treatment.

"LET'S Stop HIV Together" encourages everyone to:

- Get the Facts- Learn the basics of HIV transmission and prevention.
- Get Tested- CDC recommends that every adult and adolescent get tested at least once in his or her lifetime and those at increased risk (for example, men who have sex with men and individuals with new or multiple partners) get tested at least once a year.
- Get involved- Encourage friends and loved ones to get tested and speak out against the stigma and complacency that help fuel the spread of HIV.

The campaign gives voice to many individuals living with HIV and to their loved ones in helping to shatter stereotypes. We can all help to reduce the stigma and discrimination against individuals living with HIV. To hold a "no-fee" HIV/AIDS Awareness Presentation at your organization contact Jackie Tennessee at 757-393-8896 or e-mail tennesseej@portsmouthva.gov.

New Partnership with Chesapeake CSB

In 2007, the Safe Haven Crisis Stabilization Program and Portsmouth Police Department CIT program were developed. In 2010, Portsmouth was awarded a grant to provide a jail diversion program.

Building on these past successful initiatives BHS partnered with the Chesapeake Community Services Board (CCCB) and submitted a joint grant application to develop and collocate their sub-regional Drop off Center at Maryview Medical Center. This proposal was accepted and awarded in 2012 and offers an exciting, unique opportunity to creatively maximize precious resources and the strengths of both Community Services Boards to significantly improve the regional delivery of community based medical and mental health services to consumers in need.

Stay tuned- this is an exciting collaboration between Cities, Maryview and the Portsmouth Police Department.

**"The power of one, if fearless and focused, is formidable, but the power of many working together is better."
- Gloria Macapagal Arroyo**

Women's Services

The Woman's Intensive Outpatient Program (WIOP) had a graduation on July 19, 2012 at the Golden Coral in Chesapeake, two participants graduated, five received completion certificates and six received participation certificates. During this cycle the ladies learned etiquette, self-care and acceptance, healthy lifestyle changes towards a fresh start, healthy self-expression techniques through the arts, as well as ways of finding relaxing and economic forms of entertainment within the City of Portsmouth. As part of the graduation ceremony the ladies presented some of their artwork created in the 'Expressions of Me' group. If you have any ladies that may benefit from the self-improvement groups provided by WIOP send your referrals to Mrs. LaTonya Williams, Clinical Supervisor.

Youth Have Their Say

In 2010, BHS with the sponsorship from the City of Portsmouth and Church and Community in Action (CCIA) coordinated their second youth summit. The summit was a great success that included volunteers from the Portsmouth Alumnae Chapter of Delta Sigma Theta Sorority Inc., Parks and Recreation, Police and Fire Departments and many more. As part of the summit, gowns were given away to students who needed gowns for the prom. Gowns were donated by the sororities Delta Sigma Theta and Alpha Kappa Alpha and City employees. The City's marketing division made the summit a highly publicized event.

Based on this previous success, Prevention Training Specialists have been working closely with the Portsmouth Coalition for Youth (PCY) to identify youth that can be a part of a Youth Advisory Board (YAB). The YAB's purpose is to allow youth in Portsmouth to have their say about youth events and services provided by the PCY's partner agencies. In July, 2012 the PCY held it's first meeting of the YAB. They have begun planning a youth event for the fall to coincide with other youth prevention events and will be planning and holding a youth summit in the Spring of 2013.

"Let us ensure that all young people have every opportunity to participate fully in the lives of their societies."

- Kofi Annan

Ending Homelessness is Possible

What does affordable means to you? Many Virginia families face serious affordability concerns; however, there are scarce affordable rental options and ownership costs require much more than is considered affordable. Who needs affordable housing? Everyone! We all need quality homes at a price that enables us to also afford other necessities. The term "Affordable Housing" often describes a range of housing options that meet the needs and income levels of all members of a community. Generally speaking, if housing cost a family less than 30% of its income, then it is considered affordable.

Affordable housing also promotes economic prosperity, acts as a building block of opportunity that helps individuals improve their financial situation, helps communities to attract and retain employers, and helps the Commonwealth through revitalization and economic development.

BHS's Homeless Outreach Team is committed to improving the homelessness situation by revising current priorities and outcome- oriented goals while integrating and collaborating with housing organizations including The Virginia Coalition to End Homeless, The Virginia Association of Housing Counselors, Redevelopment Housing Authorities, Gateway Housing Inc. as well as other participating local housing agencies.

Thanksgiving Assistance

The Wesley Center is providing food baskets for Thanksgiving, please contact them at (757) 399-0541. **The Union Mission** in Norfolk provides a Thanksgiving meal for anyone in need, please contact them at (757) 466-4470. In previous years the following organizations have provided either food baskets or a hot meal for Thanksgiving. Please contact them closer to November to find out about possible services for your clients- **The Salvation Army-** (757) 393-2519, **Calvary Evangelical Baptist Church-** (757) 399-1050 and **Hope Charitable Foundation-** (757) 393-0664.





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Welcome to the BHS Family

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BHS Values Diversity and Success

BHS continues to improve the quality of life for all staff, individuals served, families and organizations that come into contact with our agency. We are achieving these goals by educating and training our staff members on the dynamics of our growing and culturally diverse community. Through this commitment we will enhance our awareness, compassion and ability to interact with others who are different than ourselves with dignity, respect, patience and understanding. Embracing diversity in the workplace makes for better creativity, acceptance, tolerance and innovation. It also broadens the range of knowledge, skills and abilities of our staff members. Better clinical decisions can be made based on culturally diverse perspectives. As an agency, our focus on cultural competency and diversity will enable staff to improve our ability to provide culturally sensitive services to the individuals we serve.

As a result we have a commitment to improving employees' awareness of services available relative to cultural awareness and competency including the following populations:

- Battered women, women in trauma, pregnant women
- Single parents
- Co-occurring population
- Individuals taking methadone who have mental health disorders
- The homeless
- Wounded warriors and veterans
- People of various cultures, socio-economic status, religions, linguistic profiles and sexual orientation
- Advocacy groups (e.g. NAMI and SAARA)

Consumer's Creative Corner



This poem was submitted by a consumer residing in a BHS Recovery house and was created during the 'Expressions of Me' group during the summer WIOP group cycle. 'Expressions of Me' was a group focused on using creativity through writing, collage and painting, as a means of expressing the inner thoughts and feelings of women in recovery.

**I am whoever I chose.
I am strong in heart.
I am fierce as the wind.
I am gentle as a kitten.
I am a woman in bloom.
I am moody and choosy.
I am who I am and I can't lose.
I am who I am
I am a child of God.
I have feelings that get hurt.
I breathe in the air and decide that it's a day of my choice.
I listen, I cry, and I can flirt.
I am who I am
I am shy and insecure but I believe in change.
I am young and intelligent and I'm really not afraid.
I can speak when I want; I know that my mind is my own.
I AM WHO I AM AND I AM GOLD!**