

Choices

Spring 2013

Special Upcoming Events:

- April 20, 2013- Pretty Up Portsmouth City Wide
- April 27, 2013- Healthy Portsmouth Launch Event N'telos Amphitheater
- May 24-26, 2013- Umoja Festival N'telos Amphitheater

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An Update from the Assistant Director

Behavioral Healthcare Services (BHS) despite numerous challenges the staff continues to strive for excellence.

BHS Updates:

- The methadone program had their CARF Survey in February. Out of over 1,000 standards that are checked our program received only two recommendations. The teamwork of BHS has made this accomplishment possible.
- Five members of the Recovery Advisory Board (Consumer Board) went to the capital in January. They met with Senator L. L. Lucas, Delegate Matthew James and the legislative aid to [Delegate Johnny Joannou](#). They expressed their concerns regarding any future cuts and praised the services of their therapists and case managers.
- BHS is getting a new building. Plans are in motion for a beautiful two-story building. BHS will be located next to the Department of Social Services (DSS) and the Portsmouth Department of Health (PDH) and a Healthcare Campus will be the result.
- Our Support Services, HIV/AIDS Prevention Services, MHSS, Shelter Plus Care, Case Management, Recovery Services for Women and Prevention Youth Services are making impacts throughout the community and serving the Portsmouth Family!

Safe Harbor- Serving the Community with Collaboration and Intervention

Chesapeake Community Services Board (CCSB), BHS, and Bon Secours Maryview Medical Center collaborated to submit a grant to the Department of Behavioral Health and Developmental Services. The grant was awarded and allows the development of a sub-regional, centralized Drop Off Center site to serve their Crisis Intervention Team (CIT) officers and consumers from their respective communities.

The site at Maryview Medical Center is a Drop Off Center staffed with off-duty CIT Police Officers twenty-four hours per day, seven days per week. CCSB and BHS staff the Drop Off Center with Emergency Services/counseling staff. Individuals who are seeking services are transported to the CIT Center to receive an assessment and triage to other services in the community. Police Officers placed at the Drop Off Center receive and accept transfer of custody when indicated, provide a secure presence for the Drop Off Center, and also provide a visible presence to Emergency Room visitors through periodic walking rounds in the area and availability by call if needed.

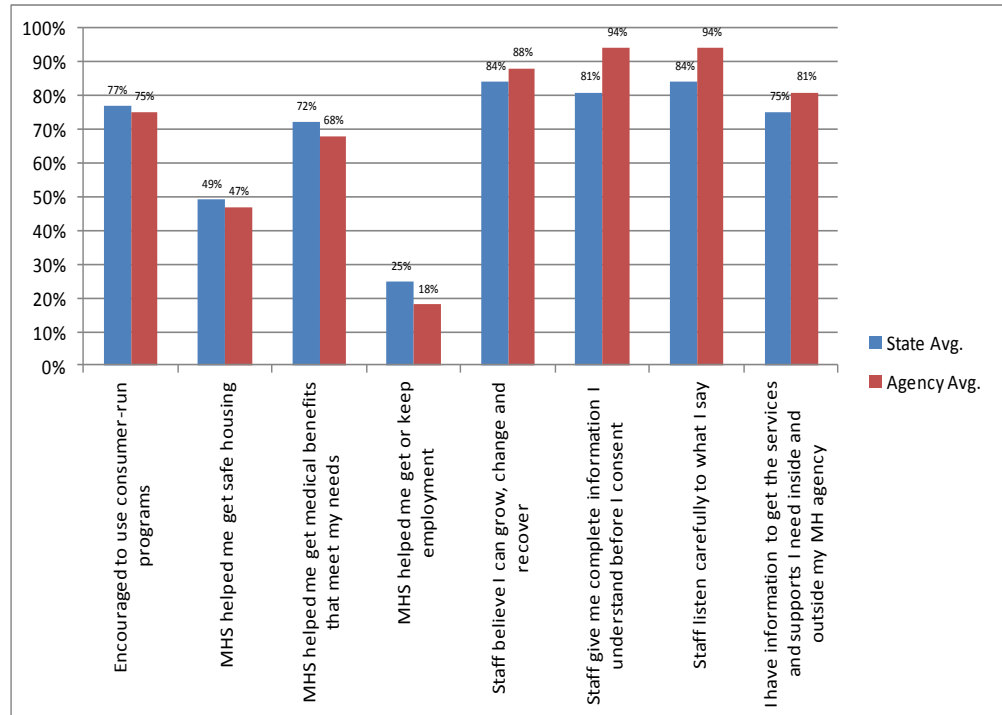
**“You don't
make progress
by standing on
the sidelines...
You make
progress by
implementing
ideas.”
-Shirley Chisholm**

Your Opinion Counts!

The Portsmouth Department of Behavioral Healthcare Services (BHS) is in the midst of assisting individuals with mental illness and/or co-occurring disorders to answer the Virginia Department of Behavioral Health and Developmental Services Recovery Oriented System Indicators (ROSI) Survey. 75 individuals from Opportunity House, Mental Health (MH) Case Management and Outpatient Treatment Services will be selected at random to participate in the BHS survey this year. Staff will assist individuals in understanding the 42 question survey that looks at what helps mental health recovery and what hinders it. The survey is anonymous. We don't ask for any information that would identify individuals. It takes about 15 - 20 minutes to complete.

There are 8 ROSI Recovery Domains that include:

- Formal Service Staff
- Formal Services
- Social Relationships
- Choice
- Basic Material Resources
- Meaningful Activities
- Peer Support
- Self/Holism



We appreciate your time in completing the survey so that we can measure the effectiveness of our mental health services (MHS) and improve our processes based on survey results. Results of the BHS FY 2012 ROSI Survey Results will be posted on the City's website at <http://www.portsmouthva.gov/behaviorhealthcareservices/>.

BHS Partnership Grant to Benefit Portsmouth Youth

In December, the BHS Prevention Services Team in partnership with the Portsmouth Coalition for Youth (PCY), was successful in securing a grant for prevention services throughout the City. The grant will provide curriculums, training opportunities and support for local environmental strategies and events in 2013.

The new curriculums cover all children ages 2-18. The first, Incredible Years, will provide social and emotional prevention education for preschool and elementary aged children. The second, SPORT, combines sporting opportunities and physical education with prevention education for middle and high school students.

Training will be provided to members of the PCY in prevention topics and it's Youth Advisory Board in youth leadership development. Training will also strengthen the prevention services delivery throughout the city by providing the necessary support for the Prevention Services Team to become (or re-certify as) Certified Prevention Specialists.

PCY Member agencies will be working toward environmental strategies that promote teen drug-use prevention, particularly the prevention of tobacco sales to underage teens.



Recovery Advisory Board

The Recovery Advisory Board consists of consumers of DBHS recommended by staff and appointed by the Assistant Director thru an application process. Members are chosen for their demonstrated concern for alcoholism, drug addiction and mental health problems throughout the community. Members of the Board are representatives of the community and the agency, and we encourage clients throughout the agency to join and participate in the Recovery Advisory Board.

The Board allows a diverse group of individuals to provide valuable recommendations and advice that will assist in providing top notch services to our consumers. The Recovery Advisory Board will work on a variety of projects while imploring involvement with our community partners. Partnership and working together is an important part of keeping our community safe and involved in the process of eliminating the stigma that is associated with those in recovery. The Board is currently working on an Outreach Program that will educate, inform, and feed the homeless. Unless otherwise scheduled, the advisory board meets on the 3rd Wednesday of the month at 9:30 a.m. at 505 Washington St Portsmouth VA in the 5th floor conference room.

When Your Hut's On Fire: Hope and Faith

The only survivor of a shipwreck was washed up on a small, uninhabitable island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but non seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions. One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened and everything was lost. He was stunned with disbelief, grief and anger. He cried out, "God! How could you do this to me?" Early the next day, he was awakened by the sound of a ship approaching the island! It had come to rescue him! "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

The moral of this story: It's easy to get discouraged when things are going bad, but we shouldn't lose heart or faith because God is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground; it just may be a smoke signal that summons a helping hand.



-By Anonymous

Welcome

Welcome to the BHS Family to all our new staff members

Michelle Binns-Liles
Clinician
Mental Health

Mary Baker
Clinical Therapist II
Mental Health

Angela McKinley
Clinical Therapist I
Mental Health

Newsletter Articles Contributed By:
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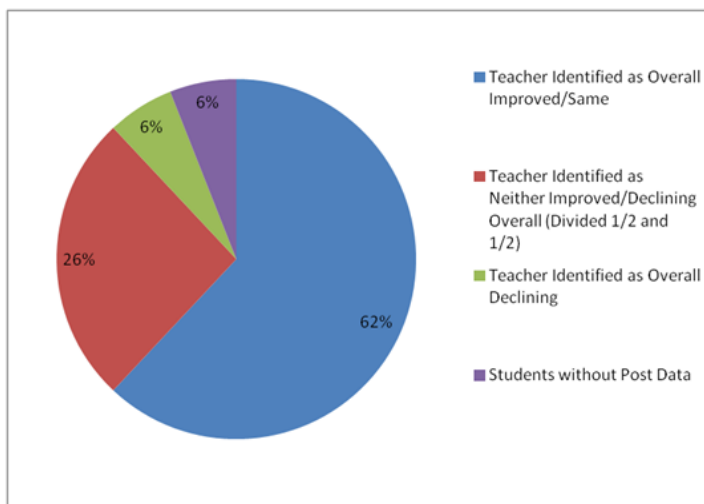


Schools Data- Prevention

During the 2012-2013 school year starting September 1, 2012, the Prevention Services Team has worked with thirty-three professionals, 105 adults, 1260 participants (children, families and adults) at community events and 1077 school-aged children (aged 4-17) through evidence-based curriculums (Too Good for Drugs and Violence, Life Skills Training and Here's Looking At You) during in-school and after-school programs.

Pre and post surveys are an integral part of the process for prevention services when trying to determine the effectiveness of prevention programming and evidence-based curriculums. Longitudinal studies are best conducted over many years and therefore relationships are being fostered within local agencies and schools to achieve this goal. However, preliminary findings over a session can be very helpful as well.

Over half of the students were identified by their teacher as having improved or stayed the same in the four emotional and behavioral competencies measured in the instructor checklist provided. Approximately a quarter of students were identified as neither improving nor declining. Only a small percentage of students were identified by their teacher of having a decline in these competencies and only two students were without post-survey data.



Overall students showed significant improvement or no change in their behaviors over the course of the fall prevention programming. Social behaviors have been identified, as with the youth surveys previously, as an area requiring more focus and attention in future prevention programs.

