Behavioral Health News

A newsletter relating activities of the Kings County Behavioral Health Agency .

Abraham Valencia, Editor

VOLUME 3, ISSUE 2

SEPTEMBER 2013

SPECIAL POINTS OF INTEREST:

- September is Recovery Month
- James Green
- Oak Wellness Center
- MEDYA
- Festival of Hope 2013

INSIDE THIS ISSUE:

MH 1st Aid	1
I Am Home	2
Myths & Facts	3
Suicide Prevention	4
Recovery Festival	5
Anger Management	6
FIND US	6

SEPTEMBER IS RECOVERY MONTH

What is National Recovery Month?

National Recovery Month (Recovery Month) is an annual observance celebrated each September since 1989. In September and throughout the year, ***Recovery Month*** spreads the message that behavioral health is essential to overall health, prevention works, treatment is effective, and people recover.

The 2013 Recovery Month theme, **"Join the Voices for Recovery: Together on Pathways to Wellness,"** represents the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life. In its 24th year, Recovery Month educates individuals and communities that there are multiple pathways to achieving physical and mental wellness, and that an entire community can make a big difference in guiding people to those pathways.

From 2008 to 2011, 12.3 percent of people seeking treatment for illicit drug or alcohol abuse were deterred from treatment because they were concerned their community would have a negative opinion of them,[1] and 8.0 percent of people were deterred from mental health services for the same reason.[2] These statistics underscore why the community's efforts to encourage people to obtain the help they need can be so critical.

Make a difference during Recovery Month and throughout the year.

Encourage people to speak up. Motivate people to share how mental and/or substance use disorders have affected their lives. These stories may inspire others to pursue recovery.
Spread the word about resources. Remind people that they can make healthy lifestyle changes by taking advantage of local prevention, treatment, and recovery support services.
Join in the local celebrations. Attend local recovery events to celebrate others accomplishments. Keep in mind that although Recovery Festival has passed, there is the Festival of Hope at the Tulare Outlets on September 28 and 29th. See page 4 for more details.

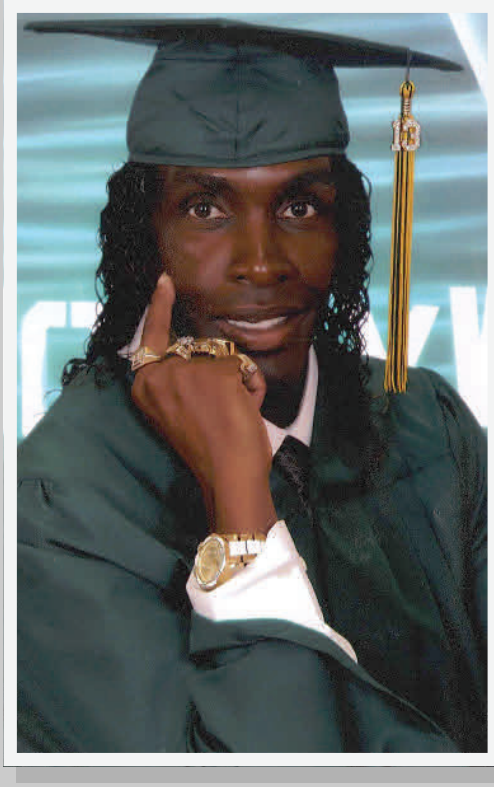
Sources:

1. Substance Abuse and Mental Health Services Administration, *Results from the 2011 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012, p. 86.
2. Substance Abuse and Mental Health Services Administration, *Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-45, HHS Publication No. (SMA) 12-4725. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012, p. 26.

Be a Mental Health First Aider!

DATE: October 10-11, 2013
TIME: 9am-4:30pm
LOCATION: Behavioral Health Conference Room B
COST: $20.00
For more information contact:
Christine Prewitt (559) 852-2372
Christine.Prewitt@co.kings.ca.us

KINGS COUNTY behavioral health



I AM HOME By James Green

If you believe in yourself, you are always home anywhere.

I was born in Oakland, CA in a family of five siblings, two brothers and two sisters. It really did not bother me that I was not being raised like most children, with loving parents. Apparently, they functioned better under substances, such as alcohol. They partied often and, as the eldest sibling, I paid the price. I stayed up many nights listening to them argue with each other about situations that did not matter, but yet they argued with us about things that did matter. My parents were so busy disciplining us that they started abusing us both mentally and physically. Home was no longer a place to call home.

As time passed and I began to get older, I became rebellious, lost interest, and started running away. I got to the point where I felt that being on the streets was safer than being at home. By the time I turned 17, I moved into my own apartment and began to exhibit the same immoral behavior that stemmed from countless of my generations, drug and alcohol abuse. At the age of 20, I was diagnosed with bipolar disorder, borderline personality disorder and post traumatic stress disorder. I was in and out of jail and, in August 1993, I was diagnosed with HIV. Not only was I battling with my mental health disorders, my addictions to crack cocaine, marijuana and alcohol, but now with HIV, all at the same time. During this time, I was evicted from more than 20 apartments.

In December 2000, needing a fresh start, I moved to Hanford, CA. That is when I realized that Oakland was not my enemy. My associates, or so called friends, were not my enemy; I was my own worst enemy. I was running from me and it was time to stop running, to take a stand and fight. Even if this meant that I had to fight against relatives and friends who continually interfered with my recovery. I decided that I was not going to be anyone's yo-yo, so I kept moving forward without ever looking back.

I wanted something better for myself so I decided that **I was going to chase my life the way I had chased my addiction for all those years.** With a strong faith in God, I enrolled in mental health services and the dual diagnosis program. I began volunteering at the Oak Wellness Center and even went to Beauty School, graduating in Cosmetology in January 2006. I began to appreciate life more, and in November 2007, I moved into my very own apartment. To this day, I still live in that same apartment. I have also served as a member of the Kings County Behavioral Health Advisory Board and I'm proud to say that this year I graduated with my GED. I'm currently attending College of the Sequoias pursuing a degree in Biology.

Home is a place that all life has to find. It is not just a place where you eat or sleep, but a place where you are in control and your heart is content. Today I live, not exist, not dwell**, I live** in my own home. Today my home is peaceful, something that I thought I would never be able to say. I quit smoking cigarettes two years ago, and have been clean and sober for 7 years. Why? **Because I am home.**

MentalHealth.gov Let's talk about it.

MYTH: Mental health problems don't affect me.

FACT: Mental health problems are actually very common. In 2011, about:

- 1 in 5 American adults experienced a mental health issue
- 1 in 10 young people experienced a period of major depression
- 1 in 20 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder or major depression.

Suicide is the 10th leading cause of death in the US. It accounts for the loss of more than 38,000 American lives each year, more than double the number of lives lost to homicide.

Learn more about mental health problems and visit www.MentalHealth.Gov

Come Check Us Out! By Nathan Baird

oak WELLNESS CENTER

The **Oak Wellness Center** serves as a social outlet for consumers.

Our facilities include computer terminals, gym equipment, pool table, cable television, access to musical instruments, a wide selection of games and puzzles, as well as our court yard that is equipped with a basketball court and smoking area.

Our major populations are the mentally ill, the developmentally disabled and the homeless, but we are also open to the public. We try to provide a warm, accepting and safe environment for a population that does not always receive this in a busy world.

We offer groups on a daily basis that range from crafts, games and cooking, as well as community outings and field trips. Many groups and activities are led by consumers.

As staff, we are constantly trying to come up with new ways to engage and promote interaction among our diverse clientele. One of our latest attempts to do this is with the addition of our **Speakers Bureau**. This gives our members the opportunity to share their life experience with others. By doing so, they can help to reduce stigma, build self respect and see that they and their experiences are valued by others in the community.

One of the most important functions of the center is to keep consumers in proximity of services and work to de-stigmatize the role mental health can play in their lives. At the **Oak Wellness Center,** we are in the unique position to spend lots of one on one time with our clientele. We can help them with the development of social skills and long term goals, in ways traditional forms of therapy cannot.

For many at the center, the connections they make here are literally a lifesaver. The relationships here are developed on a deep level. Coming from a place of mutual understanding and respect, the center's members can support one another in ways that can't be found in other areas of their lives. When asked what the center means to them, many of its members will tell you it's their family.

The Oak Wellness Center is located at 1393 Bailey Drive in Hanford, CA. Enter from Cousins Drive.
It is open everyday from 8am to 3pm. For more information call 582-4481 ext. 145.

Tulare Outlet Center

FESTIVAL OF HOPE 2013

Free Concerts
Sidewalk Chalk Murals
Cultural Performances
Children's Area

Walk of Hope
Join us Sat. Sept. 28
Tulare's Del Lago Park
Free Shuttle Service to/from the Outlets
Check-in: 8:30 - 9:00AM

Saturday, Sept. 28

Festival Main Stage
Noon to 12:30 PM - Opening Ceremonies
12:30 to 1:00 PM - Magician / Illusionist
1:15 to 1:45 PM - Ballet Folklorico Sierra Linda
2:00 to 2:30 PM - Tule River Dancer
2:45 to 3:15 PM - Tseem Tub Ntxhais Hmoob
3:30 to 4:30 PM - Los Chubascos Del Norte
4:30 to 5:00 PM - Tule River Drummers

7:15 to 8:00 PM - Song Preservation Society
8:15 to 9:00 PM - Caught a Ghost
9:15 to 10:00 PM - Big Black Delta

Children's Area
Children's Stage
Noon to 1:00 PM - Tulare Super Target Reading Center
1:30 to 3:30 PM - Music with a Kiddie Beat
4:00 to 6:00 PM - The Amazing Jonathan (Illusionist)

Activities
Noon to 2:00 PM - Bubbles the Clown
Noon to 4:00 PM - ScienceDipty
Noon to 6:00 PM - Kings County Pet Adoptions
Noon to 6:00 PM - City of Tulare Fire Dept.
1:00 to 3:00 PM - Tipper the Cow (Rawhide Mascot)
1:00 to 5:00 PM - All Aboard Train

Sunday, Sept. 29

Festival Main Stage
12:30 to 1:00PM - Magician / Illusionist
1:15 to 1:45 PM - Momentum Dance Academy
2:00 to 3:00 PM - Performances
3:00 to 3:15 PM - Tulare Youth Cheer League
3:30 to 4:15 PM - Zumba / UJam
4:30 to 5:00 PM - Ted Nunes / Richfield

6:15 to 7:00 PM - Mezcal
7:15 to 8:00 PM - Gospel Whiskey Runners
8:15 to 9:00 PM - Poor Man's Poison

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Schedule subject to change.
For more details or to register for events, please visit:

www.sptf.org

Tulare & Kings Counties SUICIDE PREVENTION Task Force www.sptf.org

MENTAL HEALTH SERVICES ACT PROPOSITION 63 CALIFORNIA
WELLNESS · RECOVERY · RESILIENCE

"Together on Pathways to Wellness" Recovery Festival 2013

This was the theme for this year's ***Recovery Festival***, an annual event that Kings County celebrated the 14th of September. Several hundred people attended the event which focused on celebrating people's recovery from addictions, among other things. The event was part of ***Recovery Month,*** a national observance sponsored by **SAMHSA**, within the **U.S. Department of Health and Human Services (HHS)**. The observance raises awareness of mental and substance use disorders, celebrates individuals in long-term recovery, and acknowledges the work of prevention, treatment, and recovery support services.

It is critical that people experiencing mental and/or substance use disorders receive the support they need from the community. The reality is that behavioral health is essential to overall health, prevention works, treatment is effective, and people recover.

If you were not able to join us this year, please make plans to attend next year's event. A huge turn-out at this event sends a signal that **Kings County** embraces recovery and supports those working in the field to provide much-needed recovery services. Come celebrate with us!

MEDYA

Mentoring • Educating • Developing • Youth • Awareness

Kings County Behavioral Health has developed a new youth group focusing on educating youth on technology through film development. The exposure to media, or **MEDYA** as we call it, emphasizes as well as stands for Mentoring, Educating, Developing, Youth Awareness. Youth will explore film development of all stages and incorporate life skills within each project produced and filmed by youth. The short films or snap shots will also educate as well as bring awareness to community resources, challenges and issues that face youth today.

On Monday, September 16, 2013 Behavioral Health presented their first premiere named, "**It's Not Worth It!**" This first short film reflected the peer pressure and contemplation that youth face when confronted with joining a gang. However, in the end, the negative consequences associated with joining a gang, such as going to jail or risking their life, was just not worth it.

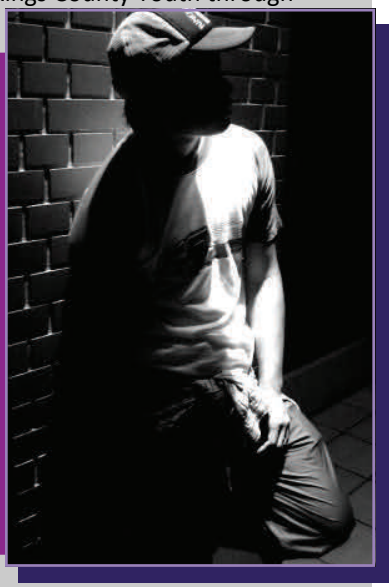
If you or someone you know of high school age is interested in taking action within our community and would like to participate by making a difference through mentoring youth of junior high age, please contact Kings County Behavioral Health at 852-2333.

Together, we may bring awareness of community resources and social issues while educating our Kings County Youth through **MEDYA!**

Youth Anger Management Group - Coming Soon!

The Kings County Behavioral Health Anger Management Group is a therapeutic, wellness, and recovery group that will target 13 through 17 year old youth. This program will be composed of a 12 week course that will enable youth to identify within themselves what it is that makes them angry and how they can recognize when they are angry. It will offer strategies on how to cope and deal with anger, and other therapeutic topics that allow youth to take ownership of their role when they become angry. This program is a needed tool for this age group as they will soon transit into young adulthood. The Anger Management Group's main objective is to assist youth in redirecting their behavior derived from the anger that they experience in their lives.

If you are interested in any of these services, please call Ceth Moore at 852-2297 or Cela Nichols at 852-2356 for further information.



Find Us

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www.KingsCountyBehavioralHealth.com