

# Staying in Touch

December 2007

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*Please join us for a  
Labor-Management  
Partnership Council  
Holiday Open House  
December 12<sup>th</sup>, 2 p.m.  
to 5 p.m., Saint  
Elizabeths Hospital  
Chapel*

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## COSIG Graduates First Class!

After 100 hours of class room instruction, the first class to complete the COSIG Co-Occurring Competency Certificate Program celebrated its success with family and friends last Thursday. All of the 30 students who started classes in October 2006 completed the curriculum.

The COSIG class was made up of front line and supervisory clinicians who work with clients who suffer both from mental illness and substance abuses, and who could be homeless or involved in the criminal justice system. About half of the class participants were from DC CSA and DMH licensed providers with the other half from APRA licensed providers. By summer 2008, about 140 individuals will be certified.

To graduate, each student was required to prepare a co-occurring case presentation that demonstrated an ability to understand and integrate treatment for the co-occurring client.

Dr. Steven Steury, Chief Clinical Officer and COSIG Director, and Lynn Smith, COSIG Director of Training, presented a certificate of competence to each graduate. Director Baron and DOH APRA Deputy Director Tori Whitney also attended the graduation ceremony.

## Message from the Director

Dear DMH Employee,

As we approach the Holiday Season, it good to remind ourselves why we are here and the difference we can make through our commitment and hard work. During the last year of available data, DMH served about 12,000 adult consumers and 3,500 children and youth. Last fiscal year, 640 consumers received housing subsidies and another 461 supported independent living services. And, as reported in the last newsletter, we are planning to develop 300 new affordable housing units over a two year period. We can be proud of the work we are doing, but eager for the opportunity to do more.

I hope to see you at the Holiday Open House on December 12 which we are sponsoring with the Labor-Management Partnership Council. As always, you can email me directly at [steve.baron@dc.gov](mailto:steve.baron@dc.gov) about issues of concern to you.

*Steve*

## School Based Mental Health Program Keeps Growing

The School Based Mental Health Program is expanding to four new public schools: J.O. Wilson Elementary; Harriet Tubman Elementary, Bertie Backus Middle School and M. Washington Senior High School.

Based in a growing number of public and public charter schools, the school based mental health program provides prevention, early intervention and clinical services for children and youth experiencing behavioral and/or emotional problems that may act as barriers to their learning. In addition, counselors are on hand in the aftermath of traumatic events affecting the school population.

The U.S. Surgeon General reports one in five children and adolescents experience the signs and symptoms of a diagnosable mental disorder each year, resulting in significant disruptions of school classrooms, increased truancy, increased risk for alcohol and drug abuse and decreased graduation rates.

"This program brings services directly to the children who need them," said Shauna Spencer, Associate Deputy Director for Children and Youth Services. "It is a key component of our comprehensive clinical services for children and their families, and we plan to add another two schools early next year."

Since its inception in 2002, the program has grown to 46 schools. According to a report issued earlier this year, a majority of principals with a mental health clinician in their schools believe that the number of fights between students lessened, the number of students repeating a grade decreased, and disciplinary referrals declined.

## Announcements

Dr. Albert Fernandez-Milo has been appointed Director of Medical Affairs at Saint Elizabeths Hospital. He is currently the Medical Director of Substance Abuse Services at the Healthcare System Veterans Administration in Miami, Fla and a former director of the Comprehensive Psychiatric Emergency Program at Bellevue Hospital Center in New York.

And, Dr. Farooq Mohyuddin was appointed Director of the Hospital's Psychiatry Residency Training Program. Dr. Mohyuddin, himself a graduate of the residency program, is an outpatient psychiatrist at Georgetown University and a member of the Psychiatry faculty at Howard University.

"The professional expertise and experience that both doctors bring will help us improve the quality of patient care," said Dr. Patrick Canavan, CEO of the Hospital.

## In Case of Emergency Dial ICE

*An easy, quick contact during an emergency*

Most of us store names and numbers in our cell phones. But, usually we are the only ones who can identify family or friends who should be contacted during an emergency. Dr. Mary Campbell, Risk Manager, Office of Accountability, wants us to know about **ICE**... a unique and easy way to change that....

Store the number of the person to be contacted during an emergency under "**ICE**"—In Case Of Emergency.

Emergency technicians and hospital staff are trained to recognize this way to contact family and friends during an emergency. The **ICE** campaign was started by a paramedic who found that when he went to scenes of accidents, usually the victims had a cell phone, but the emergency responders didn't know which number to use to notify family and friends.

Special thanks to Dr. Campbell for bringing this to our attention.

## Employee Spotlight: Paul Adegbite

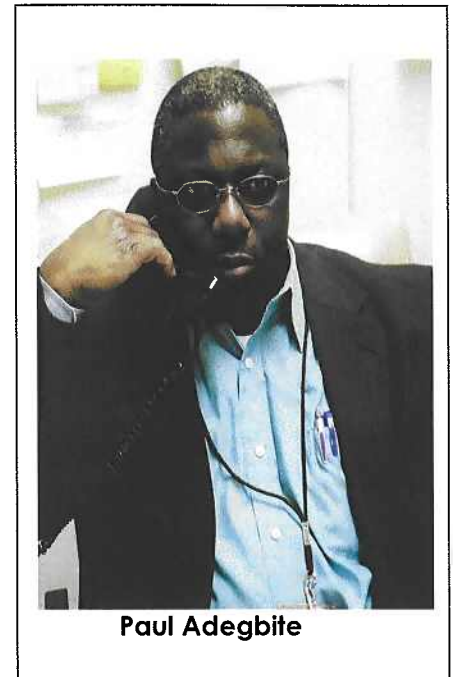
**Paul Adegbite** is scheduled to report to work at 12:30 p.m., but he often starts his day at 8:00 a.m. to escort a client to a medical appointment and his day ends long after his shift is over.

A mental health specialist with DC CSA, Paul is involved in every aspect of the lives of his clients. He counsels them and helps them solve problems, helps them manage their money, monitors their compliance with prescribed medications, and even helps with laundry and grocery shopping. He also helps locate housing for consumers who are discharged from Saint Elizabeths or who are homeless.

Paul joined DMH in 1997 as a mental health counselor at CPEP. Though he has an MBA from Morgan State University, he switched careers because of his interest in mental health. After two years, he moved to DC CSA. A substance abuse addiction counselor as well, he is now in the second class of the COSIG Co-Occurring Competency Certificate Program.

Paul has worked with some consumers for more than eight years and points with pride to one whose life has changed for the better. He helped a 51 year old consumer with co-occurring mental health and substance abuse disorders suffering from emphysema...and still smoking...move into a nursing home. The consumer is getting better, stopped using drugs, and even stopped smoking!

"My job is very challenging but I enjoy it," he says. "I care about the consumers and I will do what ever I can to help them recover."



**Paul Adegbite**

## News from Human Resources

**Open Enrollment Draws to a Close.** Open enrollment for employee benefits will end on December 12. Don't forget... this is your only chance to make changes in your benefits, sign up for Flex Spending and modify your coverage categories for the upcoming year. In addition, HR encourages you to use this time to review and approve your benefit elections and personal and dependent information whether you are making adjustments to your existing plans or not. And, make sure your address, phone and emergency contact information is up to date.

**Use or Lose Leave Reminder.** Accrued annual use or lose leave should be used by January 5, 2008. If you have any questions, contact Frankie Wheeler, HR Director,

## Patient Advisory Council Marks One Year Anniversary

Sharon White, Acting Director of the Office of Consumer and Family Affairs, sent the following letter to the Advisory Council pictured with Saint Elizabeths CEO Dr. Canavan and Director, Forensic Services, Mr. Joe Henneberry (far left).

Dear Patient Advisory Council:

The DMH Office of Consumer and Family Affairs would like to take this opportunity to congratulate you on the celebration of your One Year Anniversary.

One year ago the Office of Consumer and Family Affairs and a group consumers from the John Howard Pavilion came together to form the Patient Advisory Council. The Council's mission statement: "Our mission is to address issues that affect the lives of ourselves and fellow consumers within the administration. We hope to inform and uplift the consumer population." To this mission you brought your collective experiences, strengths and abilities united in the common goal of self determination, open communication with administration, recovery, reintegration and relapse prevention. The monthly meetings gave the Council an opportunity to express ideas/concerns and to dialogue with various members of the treatment community, support personnel and consumers and advocates living in the community.

One year later the Council is still growing and striving in its effects to influence positive change, advocate within the system and to encourage consumers to take responsibility for their own recovery. The Office of Consumer and Family Affairs is proud of the small role it played in the organization of the Council and will continue to support your efforts and provide you with information and guidance.

Wishing you many years of continued success; congratulations to all of the members and participants!



## Upcoming Events

Please let me know about your upcoming event at [phyllis.jones@dc.gov](mailto:phyllis.jones@dc.gov)

Open Enrollment Closes	December 12
Holiday Open House	December 12
Saint Elizabeths John Marr Day	December 12
Court Monitor Visit	December 11 – 13
Children/Youth Community Service Reviews	March 3 – 14, 2008
Adult Community Service Reviews	June 2 – 13, 2008

**Enewletter produced by Phyllis Jones, PIO; Paul Davis, photographer**