

Staying in Touch

August 2009

Message from the Director

Inside This Issue

- 1 Message from the Director
- 2 H1N1Virus: Suggestions for Prevention and Coping
- 2 Peer Specialists Certification Explored
- 3 Employee Spotlight:
Dr. Marvin Barnard
- 3 News from Human Resources
- 4 New Mental Health Services Division
- 4 Job Fair Targets Bilingual Positions

Road to the Economy's Recovery Employment Fair

September 2, 2009



Dear DMH Employee,

I hope summer was enjoyable for you and your family. It was a busy time for the Department and two significant events took place in August: 1) our budget for the next fiscal year was developed by the Mayor and approved by the Council, and 2) a new division was created to continue delivery of unique government services and to finalize the transition of DC CSA consumers to new providers.

Regarding the FY 10 budget, because the CFO has projected a significant decrease in revenues, along with the rest of the government, we were required to identify cost savings. The Mayor directed us to protect direct services as much as possible and most savings were achieved through decreases in fixed costs, greater efficiencies in our contracts, and reductions in non personal services. However, certain program reorganizations were necessary which resulted in targeted position reductions. We have tried to minimize the impact by eliminating vacant positions. If you have questions, please talk to your supervisor.

The FY 10 budget preserves funding for the completion of the DC CSA transition. Phase 1 of the transition—during which the majority of consumers enrolled with new providers—is now complete. We are aggressively tracking this process to help ensure that appointments are being made and kept. We also are conducting surveys to assess whether consumers are satisfied with the quality of services.

Meanwhile, I am excited about the creation of the new Mental Health Division to house unique services that the government will retain. Also, I am pleased to welcome former DC CSA staff who continue to perform these duties. You can read about the new division in more detail on page 4. Please email me if you have any comments at steve.baron@dc.gov.

Steve

H1N1 Preparations: Take Precautions But Don't Panic!

DMH Presents at International Conference



Julia Maxwell
Courtesy of Robert Maxwell

Each day, we read or hear news reports about a likely H1N1 pandemic. According to **Julia Maxwell**, Director of Disaster Planning, fear, anxiety and concerns for yourself and your family are normal and common reactions. Along with taking the preparations outlined in the box, she offered the following suggestions to help cope with these feelings:

- Continue established routines for yourself and your family
- Keep busy
- Avoid drugs and alcohol
- Stay connected with friends and family
- Try to avoid upsetting images
- If you feel scared or overwhelmed, talk with someone about your feelings
- Breathe slowly and deeply
- Stay in the present. Notice what is really happening now, rather than what might happen in the future
- Get the facts.

Take common sense steps to limit the spread of germs

- **STAY HOME IF YOU ARE SICK**
- Wash your hands frequently with soap and warm water
- Cover your face when you cough or sneeze
- Get Vaccinated

Mrs. Maxwell and **Mary Campbell**, Risk Manager, are working closely with a government wide planning committee on preparing the District for a pandemic. DMH's preparation is part of its COOP (continuity of operations) plan which you will hear more about in the coming weeks.

The challenge of integrating mental health planning in preparing for a pandemic or other public emergency was addressed by **Mrs. Maxwell** in her presentation during a recent international conference on the H1N1 virus. Top government leaders, public health officials and emergency responders from 35 countries in Africa, the Middle East, the Americas and Europe attended the conference.

DMH Holds Workshops on Peer Specialists Certification

The Office of Consumer and Family Affairs led by Director **Vivi Smith** recently held workshops to gather input from providers, consumers and other partners about the role of peer support and setting up a peer specialist certification process.

Participants were broken into workgroups that focused on such topics as the core competencies required, how to ensure confidentiality, possible partnering with local educational institutions, and financing models.

According to **Ana Veria**, Policy Support Director in the Office of Strategic Planning, which supported the workshops, peer support is a system of giving and receiving support, information, and guidance. Peer support is not based on psychiatric models or diagnostic criteria, and is not intended to replace any existing mental health service. Rather, it's meant to enrich mental health services through the

participation and expertise of peers who share their experience with mental illness and journey to recovery. She pointed to the Georgia Model which has shown the effectiveness of certified peer specialists who serve on ACT teams, as Community Support Individuals (CSI) and in a variety of other services to assist the peers they are partnered with in reaching their personal goals in their recovery journeys.

The Office of Consumer and Family Affairs will be working with its consumer-based partners, such as the Ida Mae Campbell Foundation, to enhance the training and role of peer specialists.

At the recently one year anniversary of the Ida Mae Campbell Foundation which operates the Consumer Wellness Center, Director **Steve Baron** emphasized his support for peer support and its value to consumers.

Ana Veria contributed to this article.

Employee Spotlight: Dr. Marvin Bernard

Early risers on the weekend can watch CPEP's new Medical Officer Dr. Marvin Barnard sharing his holistic approach to wellness and living a well balanced life. He is the Chief Medical Correspondent for "Cooking Up a Better Life with Misha" broadcast at 5:30 am each Saturday on Channel 4.

To Dr. Barnard, his new appointment is like coming back home. He directed the Emergency Care Center at DC General Hospital for ten years and often made referrals to emergency psychiatric care and Saint Elizabeths.

At CPEP, Dr. Barnard assists the Medical Director in overseeing the general care of people who come for emergency treatment. Consistent with DMH's effort to better integrate psychiatric treatment with medical care, Dr. Barnard provides diagnosis and treatment for medical illnesses such as diabetes and hypertension in consultation with the psychiatrists.

Dr. Barnard has more than 30 years experience in the field of medicine, with particular focus on serving the indigent population. After leaving DC General, Dr. Barnard served as the Medical Director/Director of Medical Education and an Assistant Professor at Howard University. Before his appointment at CPEP, he was the Medical Officer at Saint Elizabeths and the Physician Assistant Training Director. He also chaired the Hospital's Mortality Review Committee and now serves on the DMH Committee.

Dr. Barnard believes in working hard but he also believes in living a spiritual and well balanced life. He enjoys reading and he stays physically fit with regular swimming, aerobics, and weightlifting. After he became dissatisfied with his general contractor, Dr. Barnard renovated his home himself—including the electrical and plumbing work!



Dr. Marvin Barnard

A true Bison, Dr. Barnard completed his undergraduate degree summa cum laude, his medical degree and Internal Medicine residency at Howard University. He is a Phi Beta Kappa and was named among the top 100 African American students in the country.

Raised in Richmond, Virginia, Dr. Barnard integrated the state's private school system and in 1971 graduated first in his class. He has been married for 20 years and with his wife Pamela lives in Ft. Washington, Md where his landscaping hobby has transformed his backyard into an explosion of green.

News from Human Resources

Welcome: new faces at the Mental Health Authority—**Kevin Martin** in Provider Relations, **Natasha DeBose**, **Peggy Powers**, and **Melody Crutchfield** in the Office of Programs, and **John Graham** in Public Affairs—all former staff at the DC CSA.

ePerformance evaluation training for MHA supervisors has begun. This training is mandatory for all supervisors. If you haven't signed up, please contact Mariam Brown at mariam.brown@dc.gov.

In the classes, you will learn through hands-on, instructor-led training:

- ✓ *The roles of all key players during the evaluation phase*
- ✓ *The steps in the evaluation phase*
- ✓ *The elements of an evaluation*
- ✓ *How to use ePerformance to complete an evaluation*

All classes will be held at 441 4th Street, N.W., 8th Floor.

New Mental Health Services Division Provides Unique Government Services

August was a busy month for former DC CSA employees who joined staff in the Office of Programs and Policy to create a new Mental Health Services Division.

The Mental Health Services Division includes unique services formerly offered by the DC CSA and the newly formed Physicians Practice Group. In addition, staff provide services to consumers formerly enrolled with the DC CSA and will manage their transition to private providers. The programs and services are:

Services for Children and Youth

- Psycho-Educational Program
Therapeutic Nursery / Wilkerson Elementary School
- Healthy Start Program
- Child Psychiatrist Practice Group

All programs are located at 821 Howard Road SE except the nursery. To locate staff and for more information, call (202) 698-1838.

Services for Adults

- Multicultural Services Team
- Deaf/Hearing Impaired Team

- Restoration To Competency Program
- Co-occurring Mental Health & Developmental Disabilities Team
- Physicians Practice Group
- Psychiatric Residents' Clinic
- Same Day Urgent Care Services
- Pharmacy Program
- Continuity Of Care Transition Teams until March 31, 2010

Adult services are being consolidated at 35 K Street NE. The number for information is (202) 442-4202.

Pharmacy Services

The pharmacy will continue to operate at 1125 Spring Road, NW until the renovation at 35 K Street NE is completed at which time all services will be consolidated at that address. Renovations are expected to be completed in late fall and the Spring Road pharmacy will closed.

Same Day Urgent Care Services

Same Day Urgent Care Services are offered at the 35 K Street, NE location. Services include: assessment, counseling, psychiatric evaluation and medication management. Consumers who have transferred from the DC CSA to a new provider but have not yet had an intake appointment or have not seen a psychiatrist at the new provider can see a psychiatrist at Same Day Urgent Care Services and receive a prescription, if needed.

We are informing consumers of these staff relocations. Please encourage consumers and others who may have questions to call the DC CSA Transition Information Line at 1-800-961-8528 for assistance with locating treatment team members, obtaining medication or any other information related to the transition.

Also, providers are updated by regular newsbriefs produced by **Cathy Anderson** on the DC CSA Implementation Team.

Cathy Anderson contributed to this article.

Job Fair Targets Bilingual Positions

In partnership with the Mayor's Office on Latino Affairs, DMH has invited its community mental health partners to participate in a *Road to the Economy's Recovery Employment Fair* on September 2, 2009 from 2 pm to 5 pm at the Reeves Center, 2000 14th St., NW, in the Edna Frazier Cromwell Conference Room. Employers who have positions that required proficiency in Spanish and English are encouraged to attend.

Applications and resumes will be accepted but participants should be prepared to be interviewed on site.

For more information, contact Dr. Tedla Giorgis, Language Access Coordinator, at tedla.giorgis@dc.gov.