

# KYCAN NEWS FOR YOU!

## Welcome to Stephen Hall, Ph. D. the New Commissioner, for the Department for Behavioral Health, Developmental & Intellectual Disabilities

November 2009



After a thorough and exciting search process facilitated by Eric Friedlander, Acting Commissioner, Kentucky has called its new Commissioner for Behavioral Health, Developmental and Intellectual Disabilities. Stephen Hall, Ph.D. was named to this position and began his work on October 1, 2009.

Dr. Hall has worked on policy reform efforts in Indiana, Georgia, and

Colorado.

Governor Beshear said, "We are pleased to have a leader of his caliber at the helm of such a critical agency." Words of praise were echoed by Cabinet of Health and Family Services Secretary, Janie Miller.

Stephen Hall graduated from Indiana University with a Master's Degree. He earned his Doctorate in Education, Disability Policy, and Adult Education from Virginia

Commonwealth University.

Dr. Hall said that he was honored to serve the citizens of Kentucky, and we are pleased to have him here. Best wishes, Dr. Hall, as you assume your new work. You have the support of all of us who want to see Kentucky become ranked as one of the first and foremost states in the transformation of mental health services and care.

Presentation NAMI More-head	Nov 10
KY River Peer Review	Nov 18-19
KY Correctional Training	Dec 1
Advocacy Training Paris	Dec 3
Ticket to Work Teleconference	Dec 4
Pathways Peer Review	Dec 9-10
KYCAN Affiliate Teleconference	Dec 17

## Bringing Omaha Back to You!

Robert Booth, KYCAN Board President, Doreen Mills, Ph.D. Exec Director, and Renee Brusie, CPSS, KPS, Associate Director, attended a SAMHSA Training in Omaha, Nebraska. It was another great year of gaining skills to facilitate a consumer driven statewide organization.

Robert, Doreen, and Renee participated in a WRAP Pro-

gram for Organizations based on Mary Ellen Copeland's work. They also attended a class on mediation and guiding your organization through a crisis. They networked with leaders from other consumer statewide organizations who traveled across the country as far as Alaska, Hawaii, and Maine just to name a few. Robert, Doreen, and

Renee came back with new ideas for keeping KYCAN the best it can! KYCAN believes in providing excellent peer support services and empowering consumers to reach their individual goals for living a better quality of life and seeing recovery become a reality. Although the SAMHSA Institute was brief in time, it will have long lasting positive affects for Kentucky Consumers.

Medicare's Annual Election Period Enrollment dates are Nov 15th, 2009 to Dec 31st, 2009 with a January 1st, 2010 effective date.

KYCAN'S Mission Statement is: to promote mental wellness for Kentucky's mental health consumers by empowering them through education and peer support, to have hope, to take personal responsibility, and to advocate for transformation to a recovery-oriented system of care.

## Happenings and Celebrations!!!

ESH News by Debi Smith

Governor Steve Beshear appointed Doreen Mills, Ph.D., KYCAN Executive Director to the newly created Governor's Reentry Task Force. It was created to address the issues of prison reentry. The inaugural meeting was held on November 5, 2009 in Lexington.

Katharine Dobbins became the new Executive Director of Wellspring in Louisville, KY, October 2009. Steve Perkins, previous Executive Director, says, "I am proud to have had her as my colleague for these 27 years, and even more proud to



have her as my successor." KYCAN wishes Kathy the best and recognizes her years of dedication to improving the lives of consumers.

KYCAN attended the NAMI Conference; ESH and NAMI Lexington's 2nd Annual Recovery Conference; Congratulations on another successful year!

### I Quit Club

#### Congratulations:

Leonard W. the Cardinal House  
Priscilla B. the Discovery House  
Debbie S. the Discovery House  
Christopher D. the Discovery House  
Margaret B. the Discovery House

On October 29, 2009, I had the privilege to witness the unveiling of the plans for the new Eastern State Hospital at the Coldstream Center in Lexington. Four artist renderings of the new hospital were put on display. Gov. Steve Beshear, Lexington Mayor Jim Newberry, UK Pres. Lee Todd, all recognized KY State Rep Jimmie Lee (D-Hardin) and Harry Moberly, (D-Madison) for their part in keeping the plans for a new hospital forward moving in the Legislature. The new hospital will have 230 beds, including beds for patients that need a nursing home level of care. It will also be Leadership in Energy and Environmental Design certified, which means lowering energy costs and emissions. Ground breaking is expected to take place in July 2010 with an expected completion in 2012. The current ESH is the second oldest psychiatric facility in the nation at 185 years.

## CLUBHOUSE/IMR NEWS

### NEW HORIZONS CLUBHOUSE MUNFORDVILLE

Their yard sale was a huge success, and they want to say thanks to so many people who donated items for their sale. New Horizons Clubhouse's next venture is another fund raiser to raise money to help activities at their clubhouse. Monies raised are used for all members of the clubhouse.

### 7 COUNTIES CLUBHOUSES

Three 7 Counties Clubhouses: New Challenge, Pyramid House, and Welcome House came together to celebrate the 2nd Annual Mental Health Special Olympics on September 1, 2009. New Challenge Clubhouse hosted the Olympics. All participants had a great time enjoying the challenges and winning prizes. The weather was as great as the hospitality and luncheon. A special thanks to Linda Johnson, Clubhouse Director, Sheila Miller, Clubhouse Coordinator, and Craig Boren, Clubhouse Social Worker, case managers of 7 Counties, and all the rest of the New Challenge folks who put a lot of hard

work into making this event a wonderful success. Special guests were Mayor Tinnell of Shepherdsville, Dr. Howard Bracco, CEO 7 Counties, Dr. Laura Fitzgibbons, Rural Program Director, 7 Counties, and Dr. Doreen Mills, Executive Director KYCAN, Key Note Speaker. We all look forward to getting together again next year! Let the games

I hope that you and your (KYCAN) staff will have time in the future to visit. We loved having you all and learned a great deal about managing mental illness. Clubhouse Director, Jo Cottrell

begin again in 2010!

The following article was submitted by Belinda Toon, KPSS, Vice-President

### MAYFIELD IMR NEWS!

The IMR Program held its Annual Yard Sale on September 11, 2009. Consumer and staff members brought items from home. The Yard Sale was a big success! All the hard work paid off. Proceeds went to IMR, Mayfield. Sale left overs were donated to the Goodwill Store and Heart to Hands. Happy Autumn!

### Congratulations

to the participants from the Beacon House who participated in 2 trainings: Quit Smoking and Advocacy. The graduates are *Louis N., Rebecca S., Priscilla B., Debbie B., and Dave N.*

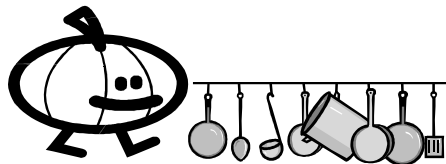
### Congratulations

to the graduates from the Discovery House who participated in the Quit Smoking Training: *Christopher D., Mary M., Russelle N., Samuel M.,*

### NEW HORIZONS CLUBHOUSE

Pauline H. from New Horizons Clubhouse sends greetings from her clubhouse in the form of their newsletter written also with Dottie M., Alice S., and Marietta Cook. Their clubhouse has been very busy in November. Some participants are enrolled in G.E.D. Classes, and many went on a Walmart shopping trip. They had an Indian Head dress day, and a Leaf Party where each consumer drew a leaf and wrote on it what they are thankful for. Everyone is looking forward to their Turkey Day Dinner Party. What a great way to kick off the Thanksgiving Holiday!





## De Besta Cook

Have a favorite recipes? Send it to KYCAN to share.

*SILENCE WITHIN* by Paul Wrege

### Apples by Helen H. Moore

Apples, apples, what a treat,  
Sweet and tart and good to eat,  
Apples green and apples red,  
Hang from branches overhead,  
And when they ripen,  
Down they drop,  
So we can taste our apple crop!

Thanks to Sandy, Jo, and the New Horizons Clubhouse for sending their favorite recipes in to share. Jo is the best cook in the county! Those of us who have visited with the folks at Horizons Clubhouse can attest to that.

She even has some really good “chefs in training!” fact. The following is a good treat for parties!

#### APPLE DIP

- 1- 8 oz. Cream Cheese
- 1 Tsp. Vanilla
- 3/4 Cup Brown Sugar
- 1/4 Cup White Sugar

Mix all of the above and let sit overnight so sugar will dissolve in refrigerator. Slice apples and soak in Lemon Juice or Sprite so apple slices won't turn dark. Eat and Enjoy!

When you're angry and ready to fight close your eyes and count to ten. *That may let your problems come to an end.*

It can give you a chance to see things that can help you be relieved.

*For anger is a terrible thing with all the confusion it can bring.*

It could make an innocent party hurt inside maybe even bring a tear to their eyes.

*So be careful in what you say and do for it can make a better day come true.*



## Fall Festival by Rebecca Horton

I truly enjoyed setting up a booth at our Mount Washington Fall Festival. I had a lot of people asking me all about KYCAN. A lot of them told me they had never heard of us. I told them about some of the things we did, like B.R.I.D.G.E.S. and W.R.A.P. I also told them that our organization was a part of the training for C.I.T. (Crisis Intervention Training) for Louisville Metro Police Department in Louisville, KY. I explained to them that we

are a consumer based program that is a help in removing stigma from mental illness. I had several people come and ask me for more information after. I even passed out some of our brochures to the local police officers and firemen. A lot of people told me that

...we are a consumer based program that is a help in removing stigma from mental illness...

they were glad that there was an organization working with the goal of recovery for people having mental illness. I hope to do this at the Spring Festival, next year!

*Editor's Note: Rebecca is a KYCAN Board Member and Affiliate Coordinator. Thanks for a job well done. Please contact the KYCAN Office for details, if you would like to represent KYCAN at your local festivals or fairs.*

## A LITTLE BIT OF HUMOR



An old Italian lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament.  
*Dear Vincent, I am feeling pretty sad, because it looks like I won't be able to*

*plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days. Love, Papa.* A few days later he received a letter from his son: *Dear Pop, Don't dig up the garden that's where the bodies are buried. Love, Vinnie.*

At 4 a.m. the next morning, FBI Agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son: *Dear Pop, Go ahead and plant the tomatoes now, That's the best I could do under the circumstances. I love you, Vinnie*

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### Year Long Thanksgiving Thoughts from KYCAN

Dear Friends,  
Thanksgiving is the time of year that we ponder upon things we are thankful for. Recently I saw a greeting card, that read, *"I get to spend Thanksgiving Day with all my family...yet somehow I manage to enjoy it anyway!"* It made me laugh, and some of us may even relate to this sentiment :) This Thanksgiving as every day of the year, I am most thankful for my fantastic family, for awesome friends, for my beautiful, furry pet family, for good health, the blessings of each new day, and for each one of you! Jill Eisnagle wrote the following poem. May her words bring to you all the happiest Thanksgiving thoughts. *With thankfulness, Doreen*

This Thanksgiving holiday with its blessings so grand,  
Should serve to remind us of joys at hand.  
The friendships we treasure, our families so dear  
The love we've been given and shared, year to year.  
The food at our tables, where many have none.  
The dawn of each morning beneath the bright sun  
The dreams that we carry, the warmth in our hearts,  
That bring us together we are apart.  
The walks by the lakeshore as stars light the sky.  
The joys in the children who quickly pass by.  
The stillness of nature, the comforts of home,  
Each blessing the greatest that could ever be known.  
The warm, pleased scents from the kitchen, delight  
Arousing the senses near the firelight,  
The wondrous décor of the season to come  
Good tidings, best wishes for everyone.

The freedom we hold, so to live peacefully  
The soldiers who serve us, so diligently.  
The air that we breathe, the flowers we grow  
The brightness of spring, the coldness of snow,  
Our sons and daughters, our husbands and wives,  
And the furry creatures who capture our lives-  
All are blessings we're given to cherish, always  
Yet, especially so on Thanksgiving Day.

Celebrate this time for the beauty abound.  
Be thankful for all the blessings you've found  
For in the end, blessed you will truly be-  
A soul filled with love, peace and harmony.  
Happy Thanksgiving, my friends, I am blessed,  
indeed.

I am thankful for the love you have shared,  
selfishly.  
May each road that you travel be paved with a smile  
Have a wonderful holiday...enjoyed in your style!

