

PURPOSE: TO PROVIDE  
CURRENT INFORMATION  
TO ALL DMH EMPLOYEES.

Mission of DMH:

Prevention,  
Treatment, and  
Promotion of  
Public Understanding  
for Missourians with  
mental illnesses,  
developmental  
disabilities, and  
addictions

Vision of DMH:

Hope \* Opportunity

Community Inclusion

Missourians  
receiving mental  
health services will  
have the  
opportunity to  
pursue their dreams  
and live their lives as  
valued members of  
their communities.

**Fighting Abuse 2**  
**Through Education**

**Annual Golf 3**  
**Tourney Raises**  
**\$5,000 for MHC**  
**Parents'**  
**Association**

**Art Opening and 3**  
**display in St. Louis**

**Employees of the 4**  
**Months**

**Dates to 4**  
**Remember**

# DMH Monthly

ISSUE 19

June, 2009



## Director's Corner

*The guest columnist is John Hanauer, ITSD-DMH Technical Architect.*

In light of the current global recession, tools that enable us as a department to be more efficient are becoming increasingly important. Information technology tools such as online meeting software and video conferencing allow cost savings through reducing travel budgets while maintaining – or in some cases increasing – our communication effectiveness. Several enhancements have recently been made to the tools available to us.

The ITSD staff that supports Mental Health now provides the Department with online meeting software that allows us to collaborate virtually. Several divisions have already taken advantage of this service and each has praised the functionality and inherent cost savings. This tool enables online presentations and training allowing the presenter to share voice, video, slides, whiteboard, and even the desktop with up to 100 people both inside and outside the department. While the department has had video conferencing capabilities available for years, several enhancements have recently been made that warrant mentioning.

Within the past year, the number of locations with video conferencing equipment installed has increased from 14 to 24 locations (with eight additional units being installed this summer), effectively doubling the department's video conferencing capabilities. In addition, existing equipment was upgraded to new units and carts with improved mobility and flat screen televisions. The equipment at several facilities was further upgraded to allow for up to four simultaneous locations to participate in a conference.

Last year, a device known as a Gate Keeper was installed that allows seamless communication with outside entities. This has greatly simplified our ability to conduct conferences with external partners and our contract provider community as well as hosted interpretive services, increasing our ability to treat consumers with special needs.

Later this year, ITSD will be installing a device which will allow for up to 40 locations to participate in a conference at once.

To find out what locations currently have equipment installed or to obtain local contact information, please visit <http://dmhonline/videoconf>.

These tools have already proven to be invaluable in our environment and we expect the expanding capabilities will only increase the savings we are already seeing. We encourage each of you to try out these tools to see if they can take the place of face-to-face meetings.

# Fighting Abuse Through Education

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*The following article was written by Angie Hutschreider of the Jefferson City News Tribune and published in a recent edition. The article is reprinted with the newspaper's permission.*

The number one reason people in Missouri seek rehabilitation for addiction is alcohol.

Years ago Jacki Johnson was one of those people.

"I never drank normally. I don't think I ever knew what that was," Johnson said.

The onset of her addiction was sudden, she recalled.

"I would not drink every day but when I did, I drank quite a bit. It was just all of the sudden and the addiction was there."

Through her recovery, Johnson said she learned, like many others, that her recovery struggle was not uncommon.

"I was always quitting. But I just never went through with it—it was just the vicious cycle of addiction."

Mark Stringer, Director of the Division of Alcohol and Drug Abuse, said the division's goal is to help educate the community about the prevalence of alcohol and drug abuse and help ensure there are services for the addict when they are ready for it.

"When people seek treatment they are desperate," he said. "They call an agency wanting to get in a place for treatment.

"If people do not get the treatment within 48 hours, the crisis is over and they go back to drinking or using drugs."

Stringer said on Dec. 5, 2007, there were 3,000 people on waiting lists across the state to get into a rehabilitation program.

Despite the large demand for services, that is hard to meet, Stringer said. Prevention and education play a role in the work of the division to help prevent addiction in the first place.

"We absolutely know we do not have the resources to meet the need for treatment," he said. "We also know we work diligently to help people get treatment and to educate and hopefully prevent problems for your youths and adults."

Dispelling myths, fighting stigma, reinforcing the dangers of drinking and using drugs while pregnant, and educating parents and youths about the true prevalence of drinking in the state are all programs Stringer and his staff work with.

The state has come a long way in fighting alcohol use among youths.

"Most kids do not drink and do not do drugs," Stringer said.

A 13-university coalition, headed at the University of Missouri-Columbia, reported in 2003 that 47 percent of college-aged youths were binge drinking. That number has fallen to 33 percent.

While Johnson said finding and working on an active recovery program was key for her, she feels the

ongoing prevention efforts can help others from the cycle of addiction she and her family experienced.

"My family had a history of alcoholism, we just never talked about it. And maybe being open and honest would have helped me," she said.

Stringer said treating addiction has come a long way.

"We are at the point with treating addiction that treating depression was 30 years ago before anti-depressants came out," he said. "A medication was found that helped people deal with their depression. We are finding there are medications on the market to help battle addiction—and they are working."

With the advent of anti-depressants, depression became a mainstream illness that could be treated and treated well."

Through the encouragement of a co-worker and the support of her boss at the time, Johnson said she finally realized she was ready for recovery.

"Once I made up my mind the cravings were gone, then the work on me began," she said. "There is hope for everyone battling addiction, they just have to take the first step.

For more information and a list of resources, go to [www.dmh.missouri.gov](http://www.dmh.missouri.gov) or call (573) 751-4942.

## Annual Golf Tourney Raises \$5,000 for MHC Parents Organization

Reprinted with permission from *The Marshall Democrat-News*

State Rep. Mike McGhee and State Sen. Bill Stouffer presented a check for \$5,000 to Mary Fangmann, Superintendent of the Marshall Habilitation Center, at the annual hab center benefit at Indian Foothills Golf course Friday,

April 17.

A check for the same amount was presented to April Maxwell, Superintendent of the Higginsville Habilitation Center.

In the three years this benefit has been held, over \$40,000 has been raised for the Parents' Association of the Higginsville-

Marshall Habilitation Centers.

This year, 12 teams participated in the benefit.



## DMH Kicks Off Director's Creativity Traveling Showcase

The Missouri Mental Health Foundation in collaboration with Queen of Peace Center, presented the opening of the 2009 Director's Creativity Traveling Showcase and "The Many Faces of Motherhood," on May 20, 2009, at the Northern Arts Council Gallery, 27 South Florissant in Ferguson, Missouri.

"Making the art available for public viewing is just one of the ways we can help reduce stigma associated with having a mental illness, developmental disability or substance abuse issue," said Debra Walker, Executive Director of the Missouri Mental Health Foundation. "The artwork is inspiring and shows



the amazing talents of many individuals faced with mental health issues."

The artwork was created as part of therapy or for recreation by people receiving services for developmental disabilities, mental illness, or substance abuse.

The Missouri Mental Health Foundation's mission is to reduce stigma for individuals and

families living with mental illness, developmental disabilities and substance abuse or addictions.

"Sharing some of the artwork we received is one small way we can celebrate the abilities of those with disabilities," said Debra Walker.

The artwork will be on display at the Northern Arts Council Gallery until June 20, 2009. The Gallery hours are: Saturdays, 9:30 a.m.—1:00 p.m. with additional summer hours beginning in June on Wednesdays, 10:00a.m.—4:00pm.

Please contact Debra Walker at (573) 751-1647 or [debra.walker@dmh.mo.gov](mailto:debra.walker@dmh.mo.gov) for more information.

# Employees of the Month

## Why is Dr. Englehart the EOM?

Jay Englehart, M.D. exhibits excellent leadership with staff and clients that bring results of improvement in communication and treatment.

Dr. Englehart has high standards for himself and others and is kind and caring. His leadership touches all employees at Southeast Missouri Mental Health Center (SMMHC). He readily coaches, teaches and is supportive of all disciplines in job performance duties.

He took on additional duties while there was a staff shortage including a full-time position of ward psychia-



**Jay Englehart, M.D.**  
**January Employee of the Month**  
**Southeast Missouri Mental Health Center**

trist and he also helped covered overnight and weekend call in addition to his duties as clinical director. This was an extraordinary effort and positive example.

## What are Dr. Englehart's co-workers saying?

"Dr. Englehart has exceptional clinical and diagnostic skills and helps individual patients and other psychiatrists through his knowledge of treatment and medication."

"It has been a pleasure to have worked with a professional of Dr. Englehart's caliber."

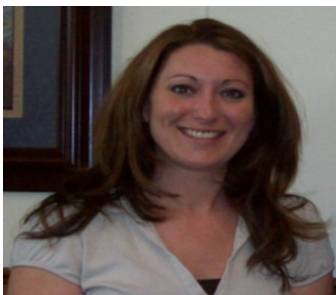
"Dr. Englehart has been and continues to be the reason for the excellent working relationship between doctors and nurses at our facility."

## Why is Leslie the EOM?

Leslie's contributions to the Marshall Habilitation Center (MHC) are positive and productive. She goes above and beyond what is required of her to gain information about consumers so she will know best how to approach any consumer and to meet their treatment needs.

She displays concern for everyone as an individual and is committed to providing nursing care at the optimal level for all consumers at MHC.

Leslie is able to share and communicate concerns regarding consumer health issues while managing to maintain individual consumer privacy.



**Leslie DeGroat**  
**March Employee of the Month**

Leslie strives to be knowledgeable about all aspects of each individual's life so that she knows how to initiate programs or health care for maximum benefit.

## What are Leslie's co-workers saying?

"She has an attitude of happiness that contributes to the ability she has to work with all staff and consumers, thus creating a positive working environment for everyone."

"Especially important is her willingness to talk with consumers about their health care needs. She ensures they understand the procedures so that fears are addressed and alleviated which allows consumers to be more involved in their care."

"Leslie is genuine in her concerns for others and encourages others to be their best. "

**4th Annual**  
**Show Me You Care About Suicide Prevention Conference**  
**July 30-31, 2009**

**Where: Truman Hotel, Jefferson City**

**For Information regarding registration, please call**  
**(314) 877-6419 or register online at [www.mimhtraining.com](http://www.mimhtraining.com)**

**For information on featured speakers, please click on:**  
**<http://www.dmh.mo.gov/cps/issues/suicide/conference/2009/index.htm>**

## DMH DATES TO REMEMBER

June 20.....Last Day to view the  
Director's Creativity Traveling Showcase in  
St. Louis

July 30-31.....Fourth Annual Show Me You  
Care About Suicide Prevention Conference