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Dear Mental Health Professionals:

Reducing the Stigma of Mental Illness is our focus in this issue of the Project INTERFACE Newsletter, which features the continuing education program: Meeting the Mental Health Needs of Children and Families: Policy and Current Strategies, plus myths and facts about mental illness, Guidance for Transformational Language from the SAMHSA Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health and highlights from recent research. We hope you will find the information helpful, and share it with your clients as appropriate.

Please Note: More and more families are requesting weekend therapy appointments. Be sure to let us know if you see clients on Saturdays and/or Sundays, so we can provide the most up-to-date information.

Project INTERFACE continues to receive overwhelmingly positive feedback from both providers and parents. We recently heard from Mark Yetman M.Ed., who gave us permission to share his response:

"I have used Project INTERFACE several times this year. Each and every time my experience has been a positive one. The reports I receive from families are always positive as well. Overall, Project INTERFACE is a very valuable service for my work as a guidance counselor with students and families in Needham."

Thank you again to all providers who participate in Project INTERFACE. If you have not yet updated your profile, please e-mail us at updates@projectinterface.org to receive instructions for easy updating online.

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Continuing Education for Mental Health Professionals

Meeting the Mental Health Needs of Children and Families: Policy and Current Strategies

Date: Friday, June 11, 2010
Time: 2:30 pm- 5:00 pm
Location: MSPP, 221 Rivermoor Street, West Roxbury (Boston)
Program No: EL33
CE Credits: 2.5 (for Psychologists, Social Workers, Nurses & LMHCs)
Tuition: $35 per person

Protecting the well-being of children was one of the earliest approaches to preventive mental health
intervention. Now, children and their families are more vulnerable in an era of decreased public service and economic resources. This program presents the current status of child mental health services, policy trends, and the Rosie D. case that stimulated a community mental health approach to improving services for Massachusetts children. Can this be a lesson for a national mental health program?

Speakers
Ruth B. Balser, Ph.D., Representative, Massachusetts State House; member, Mental Health and Substance Abuse Committee; clinical psychologist

Peggy Kaufman, M.Ed., LICSW, Director, The Center for Early Relationship Support, Jewish Family & Children’s Service (JFCS)

Emily Sherwood, Director, Children’s Behavioral Health Interagency Initiatives (CBHI), Commonwealth of Massachusetts Executive Office of Health & Human Services

Marylou Sudders, MSW, President & CEO, Massachusetts Society for the Prevention of Cruelty to Children (MSPCC); former Commissioner, Massachusetts Department of Mental Health

Moderator: David G. Satin, M.D., DLFAPA, Assistant Clinical Professor of Psychiatry, Harvard Medical School; Chairman, Erich Lindemann Memorial Lecture Committee

To register, visit http://www.mspp.edu/academics/continuing-education/programs/el33.asp

Open to the professional community and the general public. No admission charge for those who do not want CE Credit. Pre-registration requested.

Spotlight on Upcoming Programs

When Your Child Drives You Mad: Understanding and Managing Anger in Ourselves and Our Children

Date: Wednesday, June 9, 2010
Time: 10:30 am
Location: Children’s Trust Fund, 55 Court St., Boston
Cost: Free

This is a free workshop providing family-support professionals the opportunity to learn new methods of working with parents while getting hands-on experience with the resources available through CTF’s Parenting Education Curricula Lending Library.

This workshop will fill up quickly, so please register early to ensure your spot.

To register, contact Janel Mackey at (617) 727-8957 Ext. 8742 or email janel.mackey@state.ma.us

For more information, visit http://www.mctf.org/sp.aspx?id=634

Sponsored by: Children’s Trust Fund
Primary audience (s): Teachers, Health Care Providers
Myths and Facts about Mental Health

Excerpted from SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health

Myth: Mental illnesses are brought on by a weakness of character.
Fact: Mental illnesses are a product of the interaction of biological, psychological, and social factors.

Myth: There's no hope for people with mental illness.
Fact: There are more treatments, strategies, and community supports than ever before, and even more are on the horizon. People with mental illnesses can lead active, productive lives.

Myth: People with mental illnesses cannot tolerate the stress of holding down a job.
Fact: In essence, all jobs are stressful to some extent. Productivity is maximized when there is a good match between the employee's needs and working conditions, whether or not the individual has mental health needs.

For more information, visit http://promoteacceptance.samhsa.gov/publications/myths_facts.aspx?printid=1&

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Transformational Language

Excerpted from SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health

"Transformation in services and supports for adults, and children and youth with mental health problems, requires a complementary transformation in the language used to describe the people served. Quite literally, providers should seek to employ "people first" language, prefacing descriptions of the people served as people first, such as people "with mental health problems or challenges," rather than "mentally ill" people. No one should be defined by his or her problem or diagnosis."

Read more at http://stopstigma.samhsa.gov/publications/TransformationalLanguage.aspx

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Highlight from Recent Research

Excerpted from "Eliminating the Stigma of Mental Illness"

Clyde H. Hedgcoth, Jr. M.Ed. asks "How can we help eliminate the stigma of mental illness? First, we must recognize that mental illness is just that - an illness. Those who suffer from a mental illness are not mentally deficient in their mental capacity; they just have had a chemical imbalance or a severe head injury that hinders their ability to function normally in a certain part of the brain."


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Project INTERFACE at WarmLines