



# Changing Minds

www.cincinnatichildrens.org/about/fcc/fan/psych/changing-minds-newsletter

Spring  
2009  
Volume  
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INSIDE:

Star helps  
dispel  
stigma

Art  
transforms  
and  
celebrates

"To  
educate,  
inform,  
advocate,  
and  
empower  
people in  
order to  
affect  
positive  
change in  
attitudes  
and  
treatment  
for  
psychiatric  
illnesses."

## Social Networks Enhance Life

By Lisa Eccles

Family members of those with mental illness or other special needs can spend a lifetime searching and re-searching for answers. For those who will require a lifetime of monitoring and care, the families struggle with how to provide a good life for their loved ones. Much attention has been directed to government subsidies and financial programs, special needs trusts, etc. Although critical, they cannot guarantee the personal happiness that comes from social networks.

Some social outlets in Cincinnati, especially the newly formed "The Good Life," attempt to provide social networks for people who are isolated by any disabling challenge. They stress the importance of meaningful and lasting relationships to ensure happiness and well being of a person whose social difficulties impede the friendship process. They note it can be easy to overlook this portion of a person's life when there are so many other things to consider — living arrangements, safety, medications, education, long-term care, etc.

However, when studying quality of life issues for all people, friendships are often the nucleus of support groups and the vital link that binds us all.

For people who have limited ability to form such relationships, a purposeful social network should be formed, including people with common interests, who would make a formal commitment to spend time with the indi-

*(Continued on page 3)*



## Shared Story: How Strength Steels Us and Heals Us

*The following article is by Tony Cox, a mental health specialist at Cincinnati Children's Hospital Medical Center, division of Child and Adolescent Psychiatry. He shares his unique perspective on an often overlooked virtue—strength—and its role in dealing with psychiatric illness.*

How much does strength affect a child's condition while in the hospital? We frequently hear words like compassion, caring, love and positive regard used when supporting a child who is in the hospital. From a medical standpoint, these words are essential and also describe many of the central emotions for parents and families of the patient. Strength, however, is an often overlooked, but most important pillar for parents at this time.

This strength can take many forms and expressions; the strength to endure to provide for the child's emotional and medical needs. Strength can be bearing the child's pain, while at the same time controlling your own. This strength helps to care for other loved

ones, while living in a material world that constantly demands your time, even now. This strength seeks help for someone you love, when you've exhausted all that you can do.

Strength has everything to do with the 'magic' of a child's recovery - the strength of family, friends and loved ones

may be the single most important element of any child's treatment and possibility of a better life. Children need parental strength to lead, decide and hold hands, plus assure them that they are loved.

I thought I knew the definition of courage before I was

**"Real strength never impairs beauty or harmony, but it often bestows it; and in imposing beauty, strength has much to do with the magic." -Herman Melville**

*(Continued on page 4)*

## Connect The Dots: A List of Resources

**Child Focus, Inc.** oversees [programs](#) to support individuals and families in Clermont County through their Behavioral Health Care and Early Childhood Divisions. Their **Clermont County Crisis Response Team** offers crisis intervention, education, referrals and follow-up services. - [Info@ChildFocus.org](mailto:Info@ChildFocus.org)

PH:513-752-1555  
Fax: 513-688-8155

### **P.I.R.C. – Psychiatric Intake Response Center – Acute Crisis**

Admission & Evaluation center for children & adolescents in acute crisis. Professional mental health assessments & Emergency Department (ED) evaluations are available at two locations; Cincinnati Children's Main Campus (ED); and Cincinnati Children's Liberty Campus (EED). Call first at: **Inquiries: 513.636.4124 – 24 hours/7 days a week**

### **Substance Abuse / Chemical Dependency**

Crossroads: 513-475-5300

Department of Youth Services: 513-396-5345

Talbert House CRISIS HOT-LINE : **281 – CARE or 513.281.2273\***

NorCen Behavioral Health Systems: 513.761.6222

Teen Challenge: 513.248.0452

### **Support Groups**

Mondays 11 am – noon, Team Achieve, The Phoenix Place, 37 Main Street Amelia, Contact: 513.752.6170

4<sup>th</sup> Monday of each month, 7 – 8 pm, NAMI, Northern Kentucky, Share and Care Support Group, Erlanger Baptist church, 116 Commonwealth Rd, Erlanger, Contact: Kathy Keller –

859.866.0270

Thursdays 6:30 – 8 pm. HELP for Young Adults (ages 18 – 30) with mental health issues. St Monica/St George Church, 328 W. McMillan, Clifton, Contact Pat Brown, NAMI-HC 513.351.3500

3<sup>rd</sup> Thursday 7 pm NAMI of Butler County, 2052 Princeton Rd, Hamilton Contact: Sally Fiehrer, 513.860.2130 ext; 12

1<sup>st</sup> Saturday of each month 1: – 2:30pm: 5642 Hamilton Ave, Cincinnati Children's Hospital College Hill Campus. Parent of children up to age 18 with emotional disorder or symptoms of neurobiological brain disorder/mental illness.

The Ohio Coalition for the Education of Children with Disabilities works in collaboration with the Ohio Department of Education Parent Mentor Program. If you need one-to-one assistance, call Martha at 800-374-2806, ext. 20.

<http://www.oceed.org/>

### **Educational Resources**

**Providing Expert Advice in Advocating for your Child's Educational Needs**

**Ohio:**

**Special Education Regional Resource Center**

513.563.0045

513.563.0588 (fax)

<http://www.hccanet.org/swoserre/>

**Memorial Inc. Advocacy Services**

513.621.3032 ext. 2130

5123.559.0300fax)

<http://www.memorialinc.com/>

**Indiana:**

**InSource (Indiana Resource Center)**

812.432.5706

812.432.5178 (fax)

<http://www.inxource.org/>

Indiana Resource Center for Autism (IRCA)

Indiana Institute on Disability and Community

812.855.6508

812.855.9630 (fax)

812.855.9396 (TT)

<http://www.iidc.indiana.edu/irca/fmain1.html>

**Kentucky**

The Point Arc, Special Education Advocacy

859.491.9191

859.491.0763 (fax)

**Individuals with Disabilities Education Improvement Act (IDEIA) National Resources**

**Family & Advocates Partnership for Education** ([www.fape.org](http://www.fape.org))

- **IDEA Partnership** ([www.ideapartner.org](http://www.ideapartner.org))
- **Ideadata.org** ([www.ideadata.org](http://www.ideadata.org))
- **National Dissemination Center for Children with Disabilities** ([www.nichcy.org/idea.htm](http://www.nichcy.org/idea.htm))

## Bi-Polar Study Seeking Families For Research and Free Treatment

Adolescents aged 13-17 diagnosed with bi-polar disorder may qualify for a Children's Hospital Medical Center research project that will measure the family focus approach to treatment. Participants and their families will receive treatment at no charge and be eligible for \$40 for the initial interview and \$20 for monitoring sessions, for a total of \$280.



Participants and their families will receive treatment at no charge and be eligible for \$40 for the initial interview and \$20 for monitoring sessions, for a total of \$280.

For more information, contact Ms. Twila Rogers at (513) 636 – 0160, or [twila.rogers@cchmc.org](mailto:twila.rogers@cchmc.org)

## Exhibition Embraces Mental Health and Exceptional Talent

Several years ago, adults and children living with mental illness created murals that vividly conveyed the journey from illness to recovery. These works inspired the founding of the Mental Health Arts Collaborative in July, 2007. Because “a picture is worth a thousand words,” the Collaborative believes art has the power to foster understanding and empathy and, most importantly, to eliminate the stigma that all too often keeps people from seeking treatment. When stigma is eliminated, people who are suffering, and those who love them, will more readily seek the help that can change a life of despair into a life of hope.

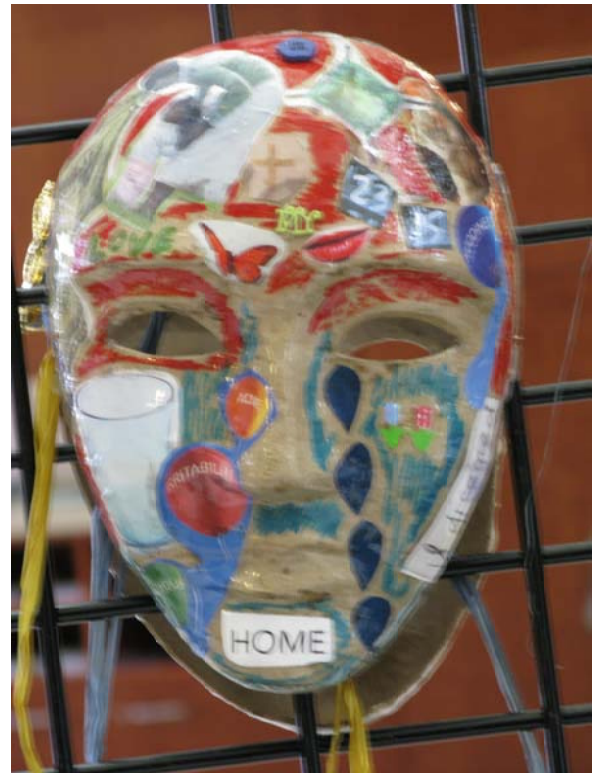
*Hope and Strength Through Art...Celebrating the Masters*, is the result of a collaboration between the Cincinnati Art Museum - Art for Life and the Mental Health Arts Collaborative. The two organizations joined forces to inspire adults and children living with a mental illness to create moving and original art, using as their inspiration Masterpieces housed at the Cincinnati Art Museum.

The goal of the exhibition is to raise awareness about mental illness and the stigma associated with it. “For the artist, art provides a powerful mechanism for expressing difficult emotions,” explained Linda Richey, director, Psychiatric Intake Response Center at Cincinnati Children’s and member of the Mental Health Arts Collaborative (MHAC). “For the viewer, art can provide insight and understanding, which helps eliminate the stigma that so many people living with a mental illness deal with on a daily basis.”

Fifteen pieces were on display in a month-long exhibition held at the Mason Municipal Center. The Mason area Arts Council hosted a gala where guests enjoyed a Gallery Talk by the artists who created these original works. The artists also discussed how art has been used in recovery from mental illness and how pieces chosen from the Cincinnati Art Museum collection inspired their most recent works.

*Hope and Strength Through Art...Celebrating the Masters* will be featured at the Cincinnati Art Museum, May through August. For more information, please contact Ms. Richey at 636-0211 or [linda.richey@cchmc.org](mailto:linda.richey@cchmc.org)

*The mission of the Mental Health Arts Collaborative is to eliminate the stigma of mental illness through the creation and celebration of the arts. The members include Cincinnati Art Museum - Art for Life, Cincinnati Children’s Hospital Medical Center, Greater Cincinnati Behavioral Health Services, Lindner Center of HOPE, MindPeace, The National Alliance on Mental Illness- Hamilton County, New American Art Gallery II, Recovery Center of Hamilton County, Rosebrook Art Center, St. Joseph’s Orphanage and The Tri-State Suicide Prevention Coalitions.*



Masks, like the one above and on page 4, were created by artists to portray part of their personal journey through mental illness.

## Social Networks Can Enhance Lives of Those Isolated by Illness

*(Continued from page 1)*

vidual on a regular basis. The group would be partially built and managed by a professional facilitator or connector, who would ensure the network’s longevity. Each network would be unique, based on the person’s needs and availability. The concept of friendships is not new, but having an organization that fosters intentional lasting social relationships seems cutting edge. For more information about social networks, please contact The Good Life, c/o Lisa Eccles at [eccles.lisa1@gmail.com](mailto:eccles.lisa1@gmail.com).

## Changing Minds

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## The Power of One

Lisa Eccles

Virginia Woolf, Eugene O'Neill, Leo Tolstoy, Michelangelo, Vincent Van Gogh—all remarkable artists - all suffered with some form of mental illness. Yet they transcended their challenges and left a legacy for us to uphold. As Linda Richey poignantly writes inside this newsletter, art has the power to foster empathy and understanding and—in the case of mental illness—reduce stigma that prevent some from seeking treatment. Some of the most brilliant artists of all time struggled with psychiatric illnesses and it might be argued that the depth of their pain and suffering influenced their power to emotionally influence us through their art. We need to recognize and acknowledge this message.

Science has long suspected a link between mental illness and genius and they are just beginning to understand the connection. A 2003 study by researchers at the University of Toronto and Harvard found that creative people's brains tend to be more open to incoming stimuli, when others would filter out that information and only keep what was relevant at that given time. This process is called latent inhibition and these scientists found that creative individuals had low levels. The study theorized that this ability to concentrate on so much stimulus could be helpful in the creative process. So perhaps their "difference" is not a negative but an advantage over most people.

Celebrating art can be a transforming experience—and celebrating art of those with mental illness fosters a deeper understanding and appreciation of their gifts and complexities. It can thread the fabric of humanity that binds us all, and in doing so, accentuates the common ground and dispels the stigma.



## Crisis Response Course

A positive trend in treatment for mental illness is more training for "first line" responders to an emergency. The Cincinnati Police Department is a leader in this area, and others are following suit.

Cincinnati State is offering a mental illnesses crisis response training course for business, industry, governmental, or other organizations. It is designed to improve the safety of those responding, the person in crisis and the public at large—recognizing that a crisis can happen unexpectedly in any location, from a doctor's office to school or shopping mall. Many people are ill prepared to recognize symptoms and de-escalate the situation.

Studies indicate that proper techniques can significantly reduce injuries to those involved in "mental disturbance" calls by as much as 80 percent. For more information about this course, contact Robert Baylor, program chair, Cincinnati State Safety and Security Program at (513) 569-4857 or [robert.baylor@cincinnatiastate.edu](mailto:robert.baylor@cincinnatiastate.edu).

## Celebrity Helps Dismiss Stigma

Veteran actress Glenn Close is adding her name to the few celebrities who publicly advocate for mental illness — by starring in a national campaign aimed at diminishing the stigma of mental illness.

The actress has family members who suffer from bipolar disorder and schizoaffective disorder. She has personal experience of her family's struggles and excruciating isolation. In a recent AARP magazine article, Close acknowledged the risk of being associated with mental illness, but felt the need to diminish stereotypes is more important. The campaign will feature depression, bipolar disorder and schizophrenia.

## Strength Steels Us

*Continued from page 1*

involved in children's lives. However, as I live and learn, that definition is always changing and evolving. True courage is when an adult who makes it through the hardest parts of his or her life, turns around and takes a child's hand to walk a tough path, for the care of another.