

DMH CONNECTIONS

SPRING 2019



DMH Area Updates

Central Mass Area

Central Mass in partnership with Wayside Youth and Family Network held their fourth annual Success-Fest at Mount Wachusett Community College. This year's focus is "Resilience - The Capacity to Adapt". The coordination of the event was a natural collaboration between DMH staff, Master of Social Work interns, young adults, parents/family members, and community providers. The Success-Fest 4 planning team did a wonderful job organizing, managing and presenting. The day was filled with positive energy, hope, inspiration and strength leaving the nearly 300 participants with an optimistic and reenergized outlook.

Metro Boston Area

Last fall, DMH staff from Metro Boston hosted a community conversation at the Codman Square Health Center. Cindy St. Pierre and Charlene Zuffante held a presentation about the DMH application process and the DMH service continuum on March 1, 2019 for the Social Work department at the Codman Health Center. On April 11, 2019 Cindy, Charlene and Sara Fuentes presented to behavioral health division heads of the Boston Community Health Centers.

Northeast Area

Eight Affordable Housing projects were completed throughout the Northeast Area for a total of 48 units serving 53 individuals. This was accomplished through an agreement in 2006, made after the closing of Danvers State Hospital that set aside 3.5 million dollars to create affordable housing for persons served by the Department of Mental Health in the Northeast Area; and in collaboration with the Mass Housing Affordable Housing Trust Fund.

Southeast Area

Implementation of Zero Suicide is a strong focus of the Southeast Area via the three-year National Strategy for Suicide Prevention (NSSP) grant awarded to DMH by the Substance Abuse and Mental Health Services Administration (SAMHSA). DMH staff from Brockton Multi Service Center (BMSC) and Pocasset Mental Health Center are participating in the Cape and The Islands Zero Suicide Learning Collaborative; learning best practices in Zero Suicide implementation, and working closely with key providers in the region to expand opportunities for safer suicide prevention care. The Southeast Area Governing Body has established

implementation of the Zero Suicide initiative as one of its annual goals for each of the four accredited facilities in the Southeast Area. The Southeast Area Zero Suicide Work Group is wrapping up the development of a postvention plan (This is an intervention conducted after a suicide, largely taking the form of support for the bereaved. Family and friends of the suicide victim may be at increased risk of suicide themselves.) to better support staff and persons served after a suicide death.

Western Mass Area

On March 1, 2019 the Western Mass Area hosted the 2nd Annual Trauma and Resiliency Symposium, "Pathways to Healing." This event brings forward the best ideas and practices from trauma survivors and supporters, including people who provide peer to peer support, family members, counselors, clinicians and other partners around helpful paths to healing and wholeness. Workshop topics included: Tired From Trauma: Mitigating Compassion Fatigue Experienced by Staff, Finding Meaning after a Suicide Attempt, Alternative Practices that Promote Trauma Sensitive and Trans Competent Mental Health Services, and Integrative Restoration (iRest) Yoga Nidra. The keynote speakers were Sebern Fisher, "Calming the Fear Driven Brain", and Ruth Henderson, "The Healing Power of Forgiveness."