

2011

Selected Topical Resources

Compendium of resources, information, and links for consumers of mental health services and programs that serve them related to topical areas of focus; emerging adults, employment, organizational sustainability, supported education, and wellness



The Café Technical Assistance
Center

Café TAC 2011 Selected Topical Resources

Emerging Adults

Entering the World of Work: What Youth with Mental Health Needs Should Know about Accommodations

<http://www.dol.gov/odep/pubs/fact/transitioning.htm>

Fact sheet providing guidance to assist with a successful transition into the workforce by answering questions regarding disclosure, accommodations and resources

Erasing the Distance

<http://www.erasingthedistance.org/who/>

Non-profit arts organization based in Chicago, IL that uses the power of performance to disarm stigma, spark dialogue, educate, and promote healing surrounding issues of mental health

Improving Transition Outcomes for Youth Involved in the Juvenile Justice System: Practical Considerations

<http://www.ncwd-youth.info/information-brief-25>

InfoBrief describing the characteristics of and issues faced by youth involved with the juvenile justice system, including those with disabilities; provides a framework for youth service professionals to help these youth avoid or transition out of the juvenile justice system, promotes cross-systems collaboration, and highlights promising practices currently being implemented around the country

Internships: The On-Ramp to Employment

<http://www.ncld-youth.info/index.php?id=16#internship-guide>

Guides youth through the steps of finding, applying for, participating in, and evaluating an internship; include topics such as career exploration, interview and resume building, goal setting, networking, as well as information and tips for youth with disabilities on finding accessible housing, navigating the transportation system, disclosing a disability, and employing a personal care attendant

Jack Project

<http://thejackproject.org>

Support for youth as they transition from late high school into their years of college, university or independent living, helping them to achieve and sustain their optimal mental health

Navigating Tunnels and Cliffs: Empowering Families and Caregivers to Assist Youth with Mental Health Needs in Preparing for Work

<http://www.ncwd-youth.info/short-cut/navigating-tunnels-and-cliffs>

Provides families, caregivers, and youth with mental health needs the information needed to prepare for a career including promising practices from the field and an action plan for success

Planning for Adolescents with Special Health Care Needs and Disabilities: A Guide for Health Care Providers

http://www.communityinclusion.org/article.php?article_id=184

80-page resource guide is written for health care providers who care for children with special health care needs, gives information, resources and

State Efforts to Expand Transition Supports for Young Adults Receiving Public Mental Health Services- EXECUTIVE SUMMARY

http://www.nasmhpd.org/general_files/publications/ntac_publications/Expand%20Transition%20Supports.pdf

Successful Transition Models for Youth with Mental Health Needs:

A Guide for Workforce Professionals

<http://www.ncwd-youth.info/information-brief-23>

RTC for Pathways to Positive Futures

<http://us.reachout.com/index.php>

The Road to Self-Sufficiency: A Guide to Entrepreneurship for Youth with Disabilities

<http://www.ncwd-youth.info/road-to-self-sufficiency>

Transition Goals in the IEP

<http://nichcy.org/schoolage/transitionadult/goals>

Transition to Adulthood

<http://nichcy.org/schoolage/transitionadult/>

When Your 18: You Are In Charge of Your Health

http://hctransitions.ichp.ufl.edu/pdfs/cms_wy18_lowres_09.pdf
http://hctransitions.ichp.ufl.edu/pdfs/cms_wy18_lowres_spanish_09.pdf

Youth MOVE

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

strategies needed by providers to support adolescents and their families to meet the challenges of transition

Findings underlining the importance of mental health (MH) services throughout this stage of life and the need for interventions that facilitate the development of adult functioning

InfoBrief describing the systems' service barriers faced by youth with mental health needs as they reach adulthood, while highlighting new models and strategies designed to break down those barriers and help them to transition successfully into the workplace

Aims to improve the lives of youth and young adults with serious mental health conditions through rigorous research and effective training and dissemination; guided by the perspectives of young people and their families, and based in a positive development framework

Serves as a resource for organizations working with youth on career exploration and employment options, and policymakers who support youth programs through policy and practice; shows how entrepreneurship education can be implemented in programs and offers suggestions on how to introduce self-employment as an option for all youth

A much closer look at the kind of information needed in a student's IEP as part of transition planning

Planning guidelines for preparing to leave high school and become an adult

Product of the Health Care Transition Initiative of the Institute for Child Health Policy (ICHCP) at the University of Florida on building the capacity of youth in being in charge of their health

National is a youth led national organization devoted to improving services and systems that

support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare

Employment

Accommodating Mental Illness

<http://hr.blr.com/HR-news/Discrimination/Disabilities-ADA/Accommodating-Mental-Illness/>

Comprehensive 50 page report covering Healthcare, Recordkeeping, Hiring, Retention, and other compliance issues

The Annapolis Coalition on Behavioral Health Workforce

http://www.annapoliscoalition.org/pages/default2.asp?active_page_id=57

Non-profit organization dedicated to improving the recruitment, retention, training and performance of the prevention and treatment workforce in the mental health and addictions sectors of the behavioral health field; seeks to strengthen the workforce role of persons in recovery and family members in caring for themselves and each other, as well as improving the capacity of all health and human service personnel to respond to the behavioral health needs of the individuals they serve

APA Public Interest Government Relations Office Transition Youth with Serious Mental Illness

<http://www.apa.org/about/gr/issues/cyf/transition-youth.pdf>

Explores issues impacting individuals with serious mental illness (SMI), including youth in transition from child welfare systems to adulthood, obstacles as in the transition from school and child welfare systems to their adult lives. Lack of appropriate transition services can result in substantial direct and indirect costs, and the implications of failure to provide needed services could have an adverse impact on youth, families, and institutions unprepared and ill-equipped to assist

Assessment Jump Start

<http://www.ncwd-youth.info/assessment>

Discusses what is needed to make the transition successfully from school to adult life and the world of work, developing the ability to make informed choices, and sound information including appropriate assessments that focus on the talents, knowledge, skills, interests, values, and aptitudes of each individual

Benefits Planning

<http://www.ncwd-youth.info/quick-reference-guide/benefits-planning>

Document providing examples of benefits and work incentives available to youth with disabilities

Blending and Braiding Funds and Resources: The Intermediary As Facilitator

<http://www.ncwd-youth.info/information-brief-18>

Brief, the second in a series, focuses on how intermediary organizations can facilitate the blending and braiding of funds and resources to encourage cross-systems collaboration and, in turn, to improve the educational and *employment* outcomes for all youth, including those with disabilities, identifies strategies that states can use to support local communities in the “blending” and “braiding” of resources, and outlines how cross-systems collaboration and *alternative funding* strategies can be facilitated by intermediary organizations at both the state and local levels

Businesses Materials for a Mental Health Friendly Workplace: Executives Booklet

http://www.promoteacceptance.samhsa.gov/publications/business_execs.aspx

Booklet developed by SAMHSA inviting business leaders to take a serious look at the role of their employees' mental health and how it relates to both their well-being and the bottom line

Businesses Materials for a Mental Health-Friendly Workplace: Workplaces That Thrive: A Resource for Creating Mental Health-Friendly Work Environments

http://www.promoteacceptance.samhsa.gov/publications/business_resource.aspx

Toolkit developed by SAMHSA containing information and tools for human resource personnel and managers to use in developing a mental health friendly workplace

Charting the Course: Supporting the Career Development of Youth with Learning Disabilities

<http://www.ncwd-youth.info/ld-guide>

Intended to help practitioners, administrators, and policymakers in secondary and postsecondary education programs, transition programs, One-Stop Career Centers, youth employment programs, and community rehabilitation programs to improve services and outcomes for youth, ages 14 to 25, with diagnosed and undiagnosed learning disabilities, includes numerous quick reference charts, tables, and tools for counselors, career advisors, and other professionals who work directly with youth with in-depth information provided on a variety of topics, including the types and impact of learning disabilities, needed supports, and research-based interventions

Consumers in the Mental Health Workforce: A Handbook for Providers

<https://store.thenationalcouncil.org/catalog/show/15>

Disability Inquiries In The Workforce Development System

<http://www.ncwd-youth.info/information-brief-09>

Handbook for providers with tips and strategies for hiring/retaining consumer employees

Publication for those working in One-Stop centers as well as youth and adult service providers who interact with individuals with disabilities; designed to help clarify what you can and cannot ask about someone's disability

Disclosing Your Disability to an Employer

<http://www.bu.edu/cpr/jobschool/disclosing.htm>

Discusses whether and how much to tell employers about psychiatric disability to protect legal rights to any accommodations needed to get or keep a job

Employment Connections

<http://nichcy.org/schoolage/transitionadult/employment>

Factsheet on employment options and opportunities for young adults with disabilities

Employment Issues for People with Mental Illness

http://www.onestops.info/article.php?article_id=88and

Talks about the stigmas of Mental Health and principles to helping people with mental health issues

Employment Scenarios: What Would You Do?

<http://www.bu.edu/cpr/reasacom/employ-scena.html>

Web page outlining three examples of mental health issues in the workplace with appropriate responses about how to address them; links to appropriate resources

Employment and Major Depressive Episode

<http://www.oas.samhsa.gov/2k9/162/Employment.pdf>

Discusses barriers to employment among those with mental disorders including lack of confidence, fear and anxiety, gaps in work history, social stigma, and workplace discrimination and inflexibility

Finding Meaningful Work

<http://www.reintegration.com/reint/employment/meaning.asp>

Discusses ways to find meaningful work

Helping Consumers Add Years to Their Lives, VIII: Jobs vs. Mental Health Careerism in an Ongoing Recession

http://www.behavioral.net/ME2/dirmod.asp?sid=45D4F1BC1C2F41E6A754ED831BD98648&type=Blog&mod=BlogTopics&mid=66A53481AC7B4A13B45D7CDA7A9B920B&tier=7&id=5FE4AE6700EB47EFA5B8630E5AC951A9&utm_source=twitterfeed&utm_medium=twitter&utm_campaign=Feed%3A+BehavioralHealthcare-Blogs+%28Behavioral+Healthcare+-+Blogs%29

Addresses how persons caught up in the mental health system can be helped to live as effective citizens in the larger community

Helping Youth with Mental Health Needs Avoid Transition Cliffs: Lessons from Pioneering Transition Programs

<http://www.ncwd-youth.info/information-brief-24>

InfoBrief discussing challenges faced by youth and young adults with mental health needs during their transition to adulthood and describes strategies used by youth service professionals to avoid age-related transition cliffs and prevent service interruptions during this critical stage of development

How does mental illness interfere with work performance?

<http://www.bu.edu/cpr/reasacom/employ-func.html>

Some of the ways mental illness can interfere with a person's work performance

How Family Members Can Be Involved in Supported Employment Activities and How Providers Can Support Family Member Involvement in Supported Employment Activities

http://mentalhealth.vermont.gov/sites/dmh/files/publications/DMH-Supported_Employment_Ways_to_be_Involved.pdf

How-to Tips for Employers

<http://www.bu.edu/cpr/reasaccom/employ-tips.html>

Mental Health Consumer Providers: A Guide for Clinical Staff

http://www.rand.org/pubs/technical_reports/2008/RAND_TR584.pdf

Mental Health in the Workplace

<http://www.mentalhealth.org.uk/publications/?EntryId5=38718>

Mental Illness and the Workplace

<http://www.reintegration.com/reint/employment/workplace.asp>

Mental Illness at Work: An Assessment of Co-Worker Reactions

http://findarticles.com/p/articles/mi_qa3981/is_200903/ai_n31666939/

Notes about Mental Health and the Hiring Process

<http://www.corporate-eye.com/blog/2010/06/mental-health-hiring-process/>

Parent Partners' Possibilities

<http://www.behavioral.net/me2/dirmod.asp?sid=9B6FFC446FF7486981EA3C0C3CCE4943&nm=Archives&type=Publishing&mod=Publications%3A%3AArticle&mid=64D490AC6A7D4FE1AEB453627F1A4A32&tier=4&id=A0B8DF0792A4471DBB2AC7304417D3DD>

People with Disabilities Foundation (PWDF)

<http://pwwdf.org>

Flyer providing ways for providers and family members to support people who are engaging in Supported Employment activities

Tips for employers on developing accommodations and guidelines for providing feedback

Booklet providing mental health clinic staff with a brief guide to implementing and sustaining a consumer provider program

Booklet considers the effects of stress at work and those factors that can contribute to stress, addresses the ways in which employers can help to create a psychologically healthy work environment, and looks at the recruitment and retention of those experiencing mental health problems and provides a list of useful contacts

Discusses re-employing individuals with mental illness

News Article that has reactions of Co-workers of people with mental illness and how they view certain situations. Includes research on stigmas, self-disclosure, workplace accommodations, and lots more

Article regarding the corporate hiring of people with mental illness, including best practices for hiring

Discusses peer employees as a valuable resource for people served within mental health programs

Provides education and advocacy for people with psychiatric, developmental, or both psychiatric and physical disabilities so that they can achieve equal opportunities in all aspects of life; services

Program Participants Climb the First Rung of the “Career Ladder”

<http://www.tasksunlimited.org/sites/default/files/Fall2010UEwebversion.pdf>

Reentering the Workforce Can be Possible for the Mentally Ill

<http://www.suite101.com/content/mental-illness-and-employment-a130739>

Shift's Line Manager's Resource

<http://www.shift.org.uk/employers/>

Steps to Employment Workbook

http://www.marketingisland.com/mi/tmm/en/cataloguemanager/pdf0/CMHA-30028_EN2.pdf

Supported Employment Evidence-Based Practices (EBP) KIT

<http://store.samhsa.gov/product/SMA08-4365>

Supported Employment for People with Severe Mental Illness

<http://www.bhrm.org/guidelines/Supported%20Employment%20for%20People%20with%20Severe%20Mental%20Illness.pdf>

Supported Employment: A Guide for Consumers, Families & Supporters Brochure

http://mentalhealth.vermont.gov/sites/dmh/files/publications/DMH-Supported_Employment_Brochure.pdf

Tasks Unlimited

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

include education and public awareness seminars and trainings; educational videos addressing employment accommodations, housing and workforce sensitivity; and advocacy related to ADA, health care and other services

Newsletter explaining a “Career Ladder Program that Tasks Unlimited is using in their program

Article on how people with serious mental illnesses can get back into the workforce

Web-based guide, designed by Shift, offering a variety of resources about managing and supporting personnel with behavioral health problems, includes a series of short videos, case studies, and other materials for employers, employees, and job seekers

Workbook is designed to assist people who have experienced mental health problems to become job-ready; includes everything from preparing for a job to keeping a job

Provides practice principles about supported employment and approaches to vocational rehabilitation

Guidelines developed for the Behavioral Health Recovery Management Project regarding supported employment

Brief definition of supported employment, how supported employment works, and frequently asked questions

Outlines opportunities for rehabilitation through supported employment, community housing and mental health services for adults with serious and persistent mental illness

Vision's: BC's Mental Health and Addiction Journal
http://www.heretohelp.bc.ca/sites/default/files/visions_workplaces.pdf

PDF document exploring many areas and issues with mental health in the workplace

What Accommodations Work on the Job?
<http://www.bu.edu/cpr/reasacom/employ-accom.html>

Examples of types of accommodations that would apply to someone with a psychiatric disability

What To Do When You Think an Employee Might Need Mental Health Help
<http://www.mentalhealthamerica.net/go/employee-may-need-mental-health-help>

Resource to help supervisors assist employees in getting any needed services so they can be healthy and return to a productive work life and to ensure the most positive and constructive outcomes

Work as a Priority: A Resource for Employing People Who Have Serious Mental Illnesses and Who Are Homeless
<http://store.samhsa.gov/product/SMA03-3834>

Reviews literature on increasing employment among people who are homeless and have serious mental illness, summarizes promising employment programs, and discusses policies and laws that address the provision of employment services for this population

Working Well Together
<http://workingwelltogether.org/dnn/>

Collaborative to ensure public mental health agencies are prepared to recruit, hire, train, support and retain multicultural clients, family members and parents/caregivers as employees

Working Minds Tool Kit
<http://www.mindfulemployer.net/Working%20Minds%20Toolkit.pdf>

Guide developed for the Mind Out for Mental Health campaign in England to help employers in addressing the issue of mental health in the workplace; contains useful material for anyone interested in addressing mental health issues in their workplace

Workplaces Quit Quietly Ignoring Mental Illness
http://www.usatoday.com/money/workplace/2006-08-21-depressed-usat_x.htm

Talks about how more workplaces are recognizing mental illness in the workplace

Organizational Sustainability

Building an Infrastructure for SOC: Governance and Accountability
http://www.tapartnership.org/docs/presentations/20090121_governanceAndAccountingInSOC.pdf

Presents information about the lines of authority for decision making, budgeting, fiduciary flow, and governance structures within systems of care

Building an Infrastructure for SOC: The Role of Management
http://www.tapartnership.org/docs/presentations/20081105_roleOfManagementInSOC.pdf

Power Point presentation clarifying expectations for management and staff in building the infrastructure for a systems of care based on the requirements of the Federal cooperative agreement

Building and Sustaining Strong, Engaged Programs-Part 1
http://www.help4nonprofits.com/NP_Fnd_Building_Sustaining_Programs-Pt1.htm

Parameters necessary to build real sustainability for the work being done by an organization

Building and Sustaining Strong, Engaged Programs-Part 2
http://www.help4nonprofits.com/NP_Fnd_Building_Sustaining_Programs-Pt2.htm

Continuation of traditional approaches to “sustainability” that have failed to sustain organizations, and have also failed to create sweeping improvement to the quality of life in communities

Building and Sustaining Strong, Engaged Programs-Part 3
http://www.help4nonprofits.com/NP_Fnd_Building_Sustaining_Programs-Pt3.htm

Practical methods for achieving sustainability aims simultaneously

Cultural Competency in Mental Health Peer-run Programs and Self-help Groups: A Tool to Assess and Enhance Your Services
http://www.consumerstar.org/pubs/SC-Cultural_Competyency_in_Mental_Health_Tool.pdf

Tool to identify the ways in which activities are already responsive to culturally diverse peers and areas for improvement; creating specific action plans to enhance cultural competency in five important areas

Organizational Sustainability
http://managementhelp.org/org_sustain/org_sustain.htm

Discusses organizational sustainability and the many complex and dynamic dimensions that must be sustainable within organizations

Supported Education

Supported Education ~ Dr. Karen Unger
<http://www.supportededucation.com/supportededucation.htm>

Website resource regarding how supported employment can help consumers return to work

Supported Education Abstract
<http://rsh.sagepub.com/content/130/2/78.abstract>

Findings from a survey of further education colleges and primary care trusts across the south east of England

Supported Education for Persons with Psychiatric Disabilities
<http://www.cimh.org/Portals/0/Documents/Adult/EPB-IDDT/CIMH-IDDT-Supported-Education.pdf>

Presentation of supported education intended to a) situate supported education models in relationship to other mental health programs and to related interventions by educational institutions; b) outline what is known about the extent of implementation of supported education programs, and c) summarize the evidence base for supported education

Supported Education Strategies for People with Severe Mental Illness: A Review of Evidence Based Practice
[http://www.psychosocial.com/IJPR_11/Supported Ed Strategies_Leonard.html](http://www.psychosocial.com/IJPR_11/Supported_Ed_Strategies_Leonard.html)

Review of extant literature related to the study of evidence based practice of the provision of supported education to the mentally ill and provides a chronological history of efforts from various institutions and mental health and educational facilities in North America

Wellness

10 by 10 Wellness Campaign: Information for Consumers
<http://store.samhsa.gov/product/SMA10-4567>

Describes each of the eight dimensions of wellness and includes suggestions for how people can apply them to their own lives to improve their overall wellbeing

10 by 10 Wellness Campaign: Information for General Health Care Providers
<http://store.samhsa.gov/product/SMA10-4566>

Encourages clinicians to provide consumer-centered care to people with mental illness, provides facts about mental disorders, lists the eight dimensions of wellness, and includes tips for providing care and making connections with a patient's mental health provider

A Gay Man's Wellness Guide
http://www.amazon.com/Gay-Mens-Wellness-Guide-Associations/dp/0805047719/ref=sr_1_6?ie=UTF8&qid=1301502309&sr=8-6

National Lesbian and Gay Health Association's complete book of physical, emotional, and Mental Health well-being for every gay male

A Wellness Tool Developing and Keeping a Circle of Support
<http://www.mentalhealthrecovery.com/recovery-resources/articles.php?id=6>

Column discusses the issue of support and describe things to build a strong circle of friends and supporters

Achieving Total Wellness in Patients With Schizophrenia
<http://www.reintegration.com/professional/total/>

Discusses the treatment options for schizophrenia - the typical neuroleptics - involving a host of troubling CNS and other side effects, including tardive dyskinesia and extrapyramidal symptoms (EPS), and SGA's greatly improved side effect that have created the hope that individuals with schizophrenia will ultimately be able to recover

Alternatives 2009 Health and Wellness Screening Report
<http://www.power2u.org/downloads/Alt2009HealthWellnessScreeningReport.pdf>

Report from the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services regarding a screening conducted on October 20-30, 2009 and was planned, coordinated and managed by peer provider staff from the Institute for Wellness and Recovery Initiatives at Collaborative Support Programs of New Jersey

Determinants of Minority Mental Health and Wellness
<http://www.springer.com/medicine/book/978-0-387-75658-5>

Resource complementing mental health and wellness approaches by focusing on risk factors, protective factors, and prevention strategies across a wide range of cultural, ethnic, sexual, and other minorities

Developing a Wellness Toolbox
<http://www.mentalhealthrecovery.com/recovery-resources/articles.php?id=3>

Listing of things done in the past, or could do, to help stay well; and, things to help feel better

Food for Thought
http://www.nami.org/Content/NavigationMenu/Find_Support/Education_and_Training/Education_Training_and_Peer_Support_Center/Hearts_and_Minds/4NamiFoodForThought.PDF.pdf

Discusses proper nutrition for people with mental illness to overall health and approaches to better eating

Health and Wellness in the Future for People with Mental Illness
<http://www.oregon.gov/OHA/mentalhealth/wellness/samhsa.pdf?ga=t>

Power Point from the National Wellness Summit 2007 that focuses on preventing and reducing mortality in people with Mental Illness.

Hearts & Minds: A Roadmap to Wellness for Individuals Living with Mental Illness
http://www.nami.org/Template.cfm?Section=Nami_Store&Template=/Ecommerce/ProductDisplay.cfm&ProductID=269

NAMI Hearts & Minds is a wellness initiative, contains a wealth of information on health topics especially important for people living with mental illness such as smoking, substance abuse, healthy eating, diabetes and heart health

Improving the Health of Mental Health Consumers- Policies and Practices
<http://egov.oregon.gov/DHS/mentalhealth/wellness/policies-and-practices.pdf>

Describes the 6 most common causes of death in consumers of mental health services, discusses the barriers to services and effective practices in improving their health

Improving the Physical Health of People with Serious Mental Illness: A Systematic Review of Lifestyle Interventions
<http://nyspi.org/culturalcompetence/what/documents/ImprovingthePhysicalHealthofPeoplewithSMI-ASystematicReviewofLifestyleInterventions.pdf>

A review of individuals with serious mental illness (SMI) who, on that on the average, die 25 years younger, largely due to Preventable health conditions

Increasing Social Support for Individuals with Serious Mental Illness: Evaluating the Compeer Model of Intentional Friendship
<http://www.compeer.org/Portals/58/Increasing%20Social%20Support%20for%20Individuals%20with%20Serious%20Mental%20Illness%20Evaluating%20the%20Compeer%20Mode.pdf>

This study was conducted on people with serious mental illness (SMI) who often experience difficulty in developing and maintaining social relationships.

MA Department of Mental Health Healthy Changes Initiative
www.mass.gov/.../docs/.../healthychanges/healthy_changes_public.ppt

This is a resource focusing on Health and Wellness for Individuals with Serious Mental Illness; Challenges and Opportunities Power Point.

Mental Health Consumers and Primary Health Care Representatives in Dialogue

<http://store.samhsa.gov/product/SMA06-4040>

Meeting recap on issues related to interactions between mental health consumers and public health professionals, offers recommendations for attitudinal shifts and transformation to improve these relationships and promote recovery from mental illnesses

Mental Health Fact Sheet

<http://www.fam-serv.org/mental-health-information.html>

Factsheet about mental illness affects in America and the consequences of not receiving appropriate treatment: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives

Mental Health Information for Teens: Health Tips about Mental Wellness and Mental Illness

http://www.amazon.com/Mental-Health-Information-Teens-Including/dp/0780810872/ref=sr_1_4?ie=UTF8&qid=1301502090&sr=8-4

Facts About Mental and Emotional Health Teen Edition

Morbidity and Mortality in People with Serious Mental Illness

<http://egov.oregon.gov/DHS/mentalhealth/wellness/morbidity.pdf>

Discusses the increased morbidity and mortality is largely due to treatable medical conditions that are caused by modifiable risk factors such as smoking, obesity, substance abuse, and inadequate access to medical care

New Affordable Care Act Brochures

http://www.healthcare.gov/center/brochures/for_you.pdf

New series of brochures to help Americans understand the Affordable Care Act (ACA), and how it is improving consumer protections, lowering costs and increasing coverage

The Key Assistance Report

http://www.mhselfhelp.org/pubs/view.php?publication_id=175

Resource providing ideas on how to achieve physical wellness

Tobacco-Free Living in Psychiatric Settings: A Best-Practices Toolkit Promoting Wellness and Recovery

http://www.nasmhpd.org/general_files/publications/April142011TCIP_tk_FINAL_electronic0414.pdf

A best-practices toolkit promoting wellness and recovery

Use of Alternative Health Care Practices by Persons With Serious Mental Illness: Perceived Benefits

<http://ajph.aphapublications.org/cgi/reprint/92/10/1600.pdf>

Presents preliminary findings on the perceived benefits of alternative health care practices used by adults with serious mental illness (SMI) who participated in a larger exploratory study on the role of such practices in mental health recovery



The CAFÉ TA Center is a program of The Family Café, a cross-disability organization that has been connecting individuals with information, training and resources for more than twelve years. The Center is supported by SAMHSA to operate one of its five national technical assistance centers; providing technical assistance, training, and resources that facilitate the restructuring of the mental health system through effective consumer

directed approaches for adults with serious mental illnesses across the country. The project utilizes a peer-driven approach that is founded upon strategies and interventions consistent with self-determination and recovery models and guided by expert consultants and national technical assistance professionals. The CAFÉ TA Center target areas includes workforce development, supported education, and the dissemination of resources and training that will ensure consumer leaders contribute to the system's capacity to make adjustments at every level to ensure a responsive system of care.

The CAFÉ TAC

1332 N. Duval St.

Tallahassee, FL 32303

1-855-CAFETAC

(1-855-223-3822)

850/224-4674 (fax)

<http://cafetacenter.net/>