

OCA Review: September & October 2010

October 22, 2010

Service Dogs and Support Animals

At this years Alternatives Conference there were more visible animals visible amongst us.

There was also a visible difference in their behavior. So, I asked John if I could pet his dog, "Buddy". He said, "No". I said, "Your kidding." He said, "No and it is rude to ask." I said, "It is?", in shock.

I believe if you don't understand something we should always ask

and that more people should ask questions of people with disabilities to



"Buddy"

really understand who we are.

In talking to John, I learned that this was a service animal that was

trained with special skills- not a dog that is meant to draw people closer to him like a support animal and this is **what distinguishes "Buddy" as service animal.**

Buddy is very mild and does not pay attention much to people when he is on duty. He lets loose when he is outside and off-duty running and eating table scraps.

Gayle Bluebird and Sandy O'Meara

Sandy O'Meara was so excited to see her friend Gayle Bluebird. The **comfort rooms** that Gayle Bluebird assisted in designing at the Lincoln Re-

gional Center have been an important part of Sandy's work. Gayle is a big supporter of the consumer arts and is working in

Delaware!



Sandy O'Meara and Gayle Bluebird

Inside this issue:

Alternatives 2010 2

Peer Support Summit 3

Recovery Celebrations 4

ALTERNATIVES 2010

OCA Review: September & October 2010

PEOPLE IN RECOVERY AS PARENTS



George Badillo, Consultant and Advocate for Parents with Mental Health Conditions, Carol Coussons de Reyes, Nebraska OCA Administrator, and son.

Sandy O'meara shared her experience and wisdom as a grandmother..

Parenting and Grandparenting was an important topic at the 2010 Alternatives Conference!

Georgia Badillo lead a workshop on Advocacy for Parents that are living with mental health conditions.

He shared two great websites:

www.comi.org (Children of Parents Coping with a Mental Illness) and www.parentingwell.org (Parenting Well-resources for families).

Sandy O'meara, Maggie Jarry, and Carol Coussons de Reyes led a forum on parenting. Parent with lived experience with mental health

conditions expressed a variety of interest in topics from wanting forgiveness, learning to say no to children, re-establishing broken relationships, providing support for the children of parents with mental health conditions, and providing supportive parenting services to parents living with mental health conditions.

Maggie Jarry shared innovations from the UK and Australia in this area, which include information to support kids that can be provided to teachers, friends, social workers, and parents. She also shared info on her own story and

the Invisible Children's Project in PA.

Sandy O'meara shared her experience and wisdom as a grandmother and a parent with the group.

Carol Coussons de Reyes shared her experience as a parent and forming of a group called Mother's Experiencing Motherhood and Recovery as Intergenerational that involved carrying stories of recovery from one generation to the next. She also share tips on getting support as a parent, like sharing time with supportive senior citizens that are your neighbors that enjoy spending time with you and your children.

Webinar: Update from Alternatives 2010- Understanding Healthcare Changes and Being Heard.



Sandy Omeara, LRC Patient Advocate, and Mary Angus of Angus Disability Consulting

The Alternatives 2010 Conference hosted speakers from SAMHSA and HHS, including Pam Hyde, Shawn Terrell, John Obrien, Barbara Coulter Edwards. There were strategic plans that were shared that a person could com-

ment on and general information about healthcare changes that are in effect with the new laws. An update on this information is posted on the Nebraska DHHS -OCA website.



Joseph Rogers, executive director of The National Consumer Self-Help Clearinghouse

Pillars of Peer Support Summit at the Carter Center

The National Association of Mental Health Program Directors hosted the 2010 Peer Support Summit held at the Carter Center. The Carter Center is built on Copenhill, which was Sherman's headquarters during the civil war and he watched Atlanta burn from this spot, reported Dr. Thom Borneman. A union general also died on

this hill. The Carter Center was designed with a Camp David like approach to invite top leaders together to focus on building peace. This was a great location to talk about **Medicaid Billable Peer Support**, because there is often division among peers about the concept of Medicaid billing of Peer Support. Medi-

caid requires for peers to receive a diagnosis and to be prescribed the service by a **practioner-deemed able to determine the "medical necessity"**. Many peers want to access peer services in less formal, more choice driven ways. This service model requires documentation also.



Fountain in Front of the Carter Center

Pillars of Peer Support Summit

A variety of information was presented at the conference regarding Medicaid-billable Peer Supports.

Most notably, Bob Glover of the National Association of State Mental Health Program Directors stated that in addressing a query about developing a "Good and Modern Mental Health Program" to be inclusive of workforce development. Within work-

force development, **Peer Support is the top priority to for NASMHPD** to develop.

Peggy Clarke of Medicaid shared that she is excited about their new director's vision that assure optimal outcomes form long-term supports, such as independence, health, and quality of life. She also stated supervision of peer support service providers is

provided by mental health professionals, as the state defines a mental health professional.

Wendy Tiegreen, as state Medicaid director stated that clear job descriptions and service descriptions were important to having a Medicaid billable service.

Stay tuned for upcoming webinar on highlights of the day with info on Rosalyn Carter's new book!



...Peer Support is the top priority for NASMHPD to develop.



Sherry Jenkins Tucker, Joe Rogers, Wendy Tiegreen, Pam Werner, and Bob Glover.



Peggy Clark, MSW, MPA, of Medicaid

Carol Coussons de Reyes, Certified Peer Specialist, MS

carol.coussonsdereyes@nebraska.gov

402-471-7853 (office phone)

800-836-7660 (office phone)

402-471-7859 (fax)

Administrator - Office of Consumer Affairs

Division of Behavioral Health

Department of Health and Human Services

301 Centennial Mall South - 3rd Floor

Lincoln, NE 68509



Band: *Straight for You*. Recovery Rally 2010 at the Capitol

Celebrate Recovery!

Nebraska has a lot to celebrate. Recovery has had an excellent couple of months, between the Proclamation of Addiction Recovery Month by the Lt. Governor, the Recovery Rally, Corey Brockway's advocacy out West, the introductory Wellness Walk at the Lincoln Regional Center for Mental Health Awareness that drew a few hundred people, and all the dynamic events at Bryan LGH.

Corey Brockway's Letter to the Editor for Recovery Month in North Platte, NE



Picture Recovery Activity from the Nebraskan OCA : Recovery Rally

"An individual may be experiencing substance abuse issues when they begin to abuse the substance to hide from reality, use the substance to deal with stress or just need the substance to make it through the day. Other signs of substance abuse are troubles at work, relationships with friends are strained and

the substance abuse is causing problems in the family.

If you are struggling with a drug or alcohol problem, you are not alone. Millions of people and their families suffer from the effects of substance use disorders. The good news is that there are also millions of people in long term recovery that

want to help the person that is still suffering.

.....

*For drug and alcohol information and treatment referrals, call a national hotline at **1-800-662-HELP**. You are also welcome to email me at corey-brockway@r2hs.com or call me at 308-345-2770 ext. 207 to talk with a person who understands."*