

# Division of Behavioral Health: Office of Consumer Affairs 2011 Summer Newsletter



## 2011 SUCCESS STORIES CONFERENCE HOSTED BY MHA

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There was a lot of planning and teamwork that went into the 2011 Success Stories Conference entitled: **SUCCESS HOPES AND DREAMS FOR THE FUTURE** hosted by MHA. The Division and MHA Committee brought together some extraordinary partnerships that resulted in amazing keynote speakers: Dr. H. Westley Clarke of CSAT, Mary Pipher: Author & Therapist, John McAndrew: Songwriter, Amy Anderson: LDAC, and Chris Hanson of IPS & Shery Mead Consulting.

A variety of people presented workshops of which over 40 were held. It was an exciting day for Nebraska as we welcomed over 300 people.

At past conferences hosted by the Office of Consumer Affairs there had been 80-100 in attendance. This Conference was different also because it welcomed all areas of behavioral health to attend and not just mental health alone.

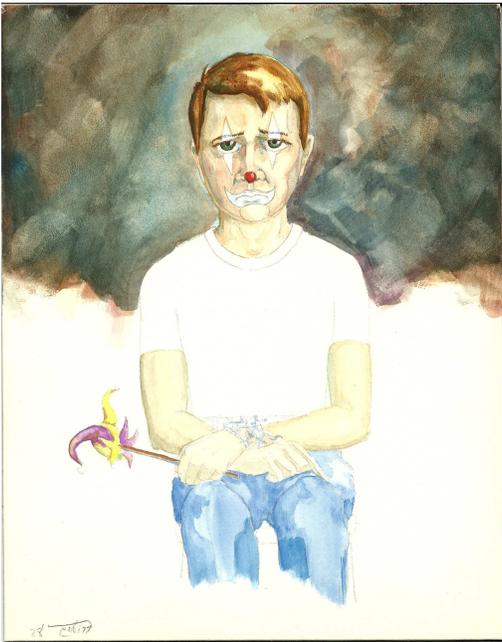
Best of all, 235 scholarships were received by Nebraskans



to attend and learn more about behavioral health as well as enjoy networking opportunities.

Above Tammy Fiala and Chris Hanson, Abigail Anderson and Paul Cummings, Carol Coussons de Reyes, then middle of the page is Pat Talbot and below the crowd at the Success Hopes and Dreams for the Future Conference.





## Changeling: Worldview from John Friday

My dad, my mom, my little brother, and me lived on a small subsistence farm in east Texas. Dad was a man who believed in the school of hard knocks. Once he talked me into grabbing the wire of an electric fence, by telling me it was off. It knocked me down. Then he told me never to touch the fence. I was about eight or nine years old. My dad was like that about



Changeling by  
John Friday

many things. Mom said that he eventually put a shotgun to her head, and told her to take my brother and I, and get out. He married a widow who had five children, and then moved out of state. At first, there were visitations, but these slowly fell off, and ultimately stopped. At that point, he never sent me a birthday card, Christmas card, or acknowledged my existence in any way.

## Changeling Continued...

Later, under a lot of stress, when I misbehaved, my mom would tell me how bad my father was, and then tell me I was just like him. Other times, she would call me by his name. I loved and hated my father at the same time. Where my dad could be physically abusive, my mother was emotionally abusive.

My mother placed me in a boys home when I was fourteen. She said that she could no longer afford to feed me. She kept my little brother. I spent three years in the boys home. For the last year and a half I was there, one of the older boys repeatedly sexually harassed me, frequently trying to rape me. Finally, one night he started to crawl in bed with me. I jumped out the side, and ran to the office. I called my mother, not telling her what had happened, and insisted on her getting me out of the home that very night. Fortunately, my grandpa agreed to let me move in with him. I went to high school, and worked

part-time to help support myself. Some of the money went to my mom. She had been working two jobs to get by, and was experiencing burnout. I graduated and then enlisted in the US Air Force.

Originally, the picture was untitled. It is an unfinished watercolor painting, because I am unfinished. I am, to a degree, the product of my experiences. But, I am also a product of my decisions. When I divorced in 1994, I moved from Texas to Nebraska in order to be near my five year old son. I chose not to be like my dad. This painting depicts the child within myself. It focuses on my deep feelings of how I had been treated. The public clown face masks the deeper hidden pain that I felt. The barbed wire around my wrists represents my feelings of powerlessness to shape my life. As a child, I am subject to forces larger and stronger than myself. The jester's wand represents my feelings of being used by others for their own amusements, ... seen, but never heard

## Scot Adams at Bridging the Gap

Scot Adams appeared at a candlelight vigil on the Bob Kerry Bridge between Nebraska and Iowa to celebrate Children's Mental Health Month.

NAMI of Council Bluffs, Iowa met Nebraska NAMI midway on the bridge at the event on May 22, 2011.

Mayor Jim Suttle, Senator Johanns Representa-

tives, and Scot Adams spoke about the importance of Children's mental health.



## Mental Health Board Trainings Around the State

There was a huge demand for the recent mental health board training that aimed at educating attorneys, providers, and people utilizing behavioral health services (consumers) about mental health boards. There were 180 attendees in Omaha, 60 in Norfolk, 98 in Grand Is-

land, and an anticipated 58 in Sidney, NE. There is soon to be a new presentation scheduled for Hastings, NE. Most locations ran out of room for attendees to this popular presentation by Paul Kauffman, Blaine Shaffer, and Carol Coussons de Reyes.

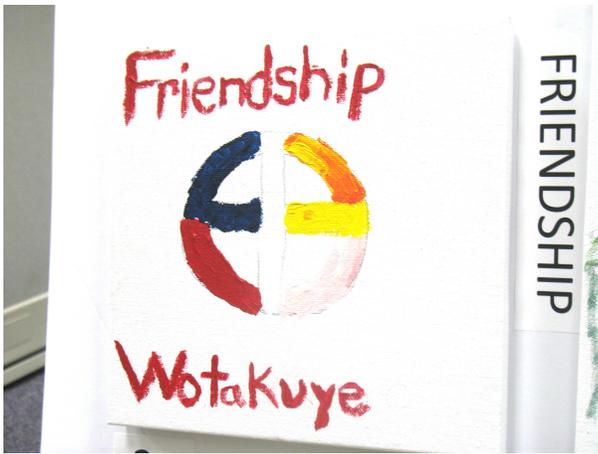


## Diana Waggoner and the You're Not Alone Radio Show

Dianna Waggoner recently invited Carol of the OCA out to her studio to record a mental health minute that will encourage people to contact the Network of Care that listen to the You're Not Alone Radio Show. Recent guests on her show include Lisa Alexander of Nebraska, Peter Ashendon of Op-

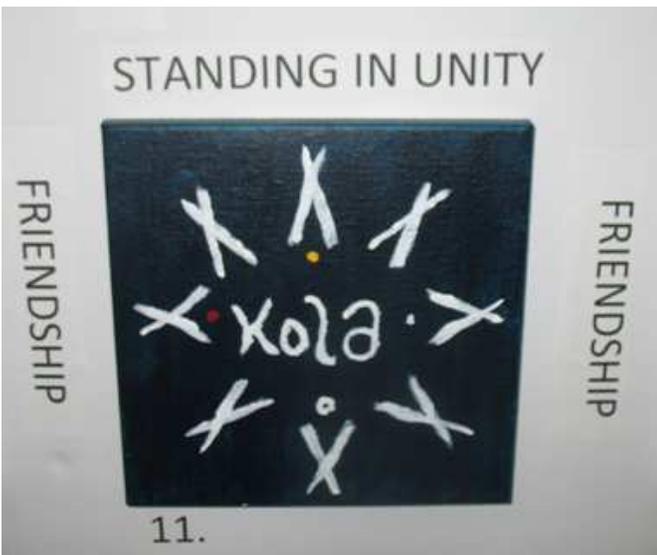
tum Health, and Doris Moore with the Center of Holistic Development. A person can link right in with You're Not Alone Radio archives by simply going to their regional homepage for Network of Care and clicking on the icon that says "Not Alone Radio Program" This photo of Diana Waggoner was taken by Mary Carrick.





**SPECIAL THANKS TO ALL THE TALENTED ARTISTS THAT PARTICIPATED IN THE CANVASES OF FRIENDSHIP EXHIBIT JULY 1st-11th!**

**FRIENDS MAKE ALL THE DIFFERENCE IN RECOVERY**





Cuando tu amiga descubre que tiene un problema de salud mental,  
también descubre quiénes son sus verdaderos amigos.

Visita [www.aceptarignorar.samhsa.gov](http://www.aceptarignorar.samhsa.gov) para más información.



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*“The Administrator of the Division shall establish and maintain an Office of Consumer Affairs within the Division. The Program Administrator for Consumer Affairs shall be responsible for all administration and management of the Office.”*  
- LB 1083 (2004)

**Lisa Vonfeldt** is the new office support person to the Office of Consumer Affairs. She is the friendly voice working on our projects in the afternoons!



## UPCOMING EVENTS

August 29th-31st, 2011

Emotional CPR

Lincoln, NE

August 15th-19th, 25th, 2011

Certified Peer Support and Wellness  
Specialist Testing

Lincoln and North Platte, NE

October 26-30th, 2011

Alternatives Conference

Orlando, FL

September 7-10, 2011

National Association for Rights Pro-  
tection and Advocacy

Philadelphia, PA

Visit Online Network of Care at:  
[dhhs.ne.gov/networkofcare](http://dhhs.ne.gov/networkofcare)

