

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL



National Recovery Month

By Gene Schadler, L.C.S.W., Superintendent

This September will be the 30th anniversary of National Recovery Month. This event is celebrating its continuing education and advocacy regarding mental health and addiction. This is a reminder that mental health services can enable those with mental and/or substance use disorders to live a healthy and rewarding life. The theme this year is “Join the Voices for Recovery: Together We Are Stronger.”

One of the challenges for those with mental health issues is feeling alone and isolated. When we are struggling with physical or emotional illness, living in isolation increases negative mental health symptoms. Over the years, many groups have emerged in communities, such as AA, NA, Al-Anon, and Peace Zone, to provide peer support to individuals experiencing mental health and addiction issues.

Evansville State Hospital will be celebrating Recovery Month every Friday in September. These events provide the opportunity to focus on recovery and support for our patients. What better way to continue supporting our Mission of Hope and Recovery.

Recovery Program



43% of ESH patients have a substance abuse disorder. Programs to support recovery involve a fellowship meeting every Monday to help one another in the struggle with addiction. Participants share stories, listen, and express their experiences, strengths and hope, helping to carry the message to those still suffering. The fellowship is held in a kitchen setting and has grown over the past two years from an initial leader, co-leader, and 8 patients to what it is today with guest speakers from the community that share their recovery journey and provide hope.



Artwork by ESH patients was included in the art show at the Peace Zone on Friday, Sept. 6.



The annual Lifesavers Walk was held on the ESH campus Saturday, September 7. The ESH walk team consisted of team captain Angie Paul, Gene Schadler, Mary Lou Petrisko, Denise Lowenhaupt, Michele Whitaker, and Sue Salm. Funds raised support local suicide prevention efforts.

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75% of People with a Mental Illness Have Experienced **Stigma**

In 2017 **19.7 Million** American Adults (aged 12 & older) Battled a Substance-Use Disorder

Stigma Never Helps

Mental health issues and substance-use disorders affect people from all walks of life: men and women, young and old, homeless and the wealthy, a veteran returning home from war, a mother suffering the loss of a child, or a middle-aged person who has lost their job. Substance-use disorders and mental health issues do not discriminate, but STIGMA does. Millions of people are living with mental health illness and substance-use disorders, which means the chances are pretty good that you will come into contact with one or more of those people and not even realize it. Your words and actions could be having a negative, harmful effect. Did you know the percentage of Americans reporting they are definitely or probably unwilling to have a person with mental illness:

- Make friends with them (33%)
- Move in next door (38%)
- Spend an evening socializing with them (56%)
- Work closely with them (58%)
- Marry into their family (68%)

\$t!gm@ is 100% Curable

in 2017 **8.5 Million** American Adults Suffered from BOTH a Mental Health Disorder AND a Substance-Use Disorder

When people with mental health and substance-use disorders encounter a person who stigmatizes them (uses language or behaves in a way that is critical, diminishing or dismissive about their illness), they feel shame. That feeling is a barrier to opening up about their condition and seeking support and treatment.

Sadly, some people choose to engage in destructive stigmatizing behavior on purpose. Often, however, people say and do things that they don't realize are causing harm, bringing shame and demoralizing feelings to those around them, including people they care about. People living with mental illness often say **the stigma and discrimination associated with their illness can be worse than the mental illness itself**. Stigma leaves a mark that wounds, even if it can't be seen.

The bottom line? Stigma never helps. Words matter, and what we say and do can stop people in need from seeking help. Now's your chance to change lives for the better. You start by talking about it, creating conversation and building understanding. Instead of choosing language that is harmful, choose positive, person-first statements. For example - 'He has a brain injury.' 'He experiences symptoms of psychosis such as hearing voices.' 'She is living with bipolar disorder.'

Find more ways to change lives for the better at www.stigmaneverhelps.com.



1 in 5 Adults in America Experience a Mental Illness

Suicide

2nd Leading Cause of Death of Youth Ages 15 - 24
10th Leading Cause of Death for all Americans



Of the People Who Needed Treatment, Only About 19% of Them Received It

Holiday Gift Program

Wish lists are being collected and will be sent to community sponsors to shop and fill patients' wishes and desires. The holidays are a busy time with increased visitation by family, friends, and civic groups. We welcome the fellowship and goodwill through the month of December. If your group or club would like to help with highly requested items, feel free to contact the Community Services office at 812-469-6800, ext. 4208.

Popular gift items and needs:

- ⇒ Novelty t-shirts & sweatshirts in medium, large, XL, 2XL
- ⇒ Pajamas (medium, large, XL, 2XL)
- ⇒ Digital and analog easy read watches
- ⇒ Body wash
- ⇒ Shampoo/conditioner
- ⇒ Mousse, styling gel, conditioning oils, hair spray
- ⇒ Wide cloth hair bands
- ⇒ AAA batteries
- ⇒ Flow magazine subscription
- ⇒ Basic pedometers
- ⇒ Shoe Carnival / Walmart gift cards
- ⇒ Alarm clock radios (cord should not be detachable)
- ⇒ Baseball style caps (plastic or Velcro fasteners)
- ⇒ Ear buds / over the ear headphones
- ⇒ Small duffel bags, tote bags



United Way Volunteers

Thank you United Way volunteers for helping with our special recovery event, grounds clean-up, and office tasks.

Amanda Eades
 J.P. Greenwell
 Laura Anderson
 Michele Richardt
 Kimberly Andrew
 Robin Fetscher
 Jalaja Narra
 Keith Ellis
 John Phelps



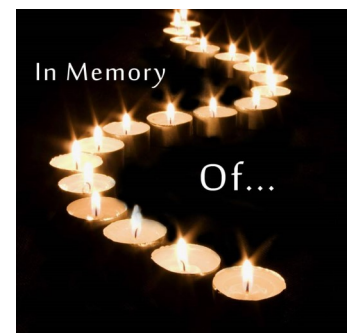
In Memory Of...

In memory of our donors, volunteers, friends, and retirees of ESH who have passed away over the past year. We keep you in our hearts and prayers.

*Laszlo Barta
 Norma Brack
 Robert Brown, Sr
 Donna Craig
 Margaret Ennis
 Betty Graham
 Doris Greubel
 Sheila Gunn
 Jan Hermann*

*Mareem Horn
 Carol Huffman
 John Hummel
 Maurice Keller
 Louise Mehringer
 Iris Meredith
 Julianne Miller
 Spiro Mitsos
 Janice Schiff*

*Anna Stevens
 Jackie Washington
 Thomas Westfall
 Janie White
 Kenny Williams
 Nancy Woodruff*



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COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

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WE'RE ON THE WEB!
WWW.IN.GOV

New Employees

Erik Estep, Continuum of Care
Karla Seiler, Continuum of Care
Jamie Taylor, Continuum of Care
Gary Harter, Security
Jessica Huffman, Health Information Services
Lana Robertson, Treatment Mall
Joyce Johnson, Environmental Services
Jessica Brown, Environmental Services
Heather Christie, Nursing Service
Kirsten Edmunds, Nursing Service
Melany Goldstein, Nursing Service
Menchie Sarabia-Kamp, Nursing Service
Jacqueline Kifer, Nursing Service
Brianna Landstrom, Nursing Service
Dorothy Moss, Nursing Service
Brooklynn Rogers, Nursing Service
Aimee Onyett, Nursing Service
Aimee Sommerkamp, Nursing Service
Elisha Wilder, Nursing Service



Goodbye Employees

Cynthia Adams, Nursing Service
Jasmine Beattie, Nursing Service
Julia Burns, Continuum of Care
Kirsten Edmunds, Nursing Service
Deneice Freels, Nursing Service
Marquita King, Nursing Service
Alicia Mayes, Nursing Service
Randall O'Risky, Physical Plant
Lisa Osborne, Nursing Service
Nancy Soelter, Nursing Service
Jennifer Stone, Risk Management
Tiffany Tooley, Nursing Service
Sherry Walker, Warehouse



Friend to Friend volunteer sponsors are needed to befriend our patients while hospitalized here. Visit on a monthly basis and have fun attending the social parties held in the hospital dining room. Male sponsors are especially needed.

