

Community Integration News

THE UPENN COLLABORATIVE... *Working to understand barriers, develop supports and impact policy to promote community integration and equal participation at every level of society.*

October 2009

Newsletter Spotlight

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Several exciting things have happened since the last UPenn Collaborative newsletter! The UPenn Collaborative continues to have an impact on the services provided in agencies and organizations throughout the region. Most recently, in Passaic County, New Jersey, where Community Outreach Advocates from the Mental Health Association are working with consumers to create Advance Self-Advocacy Plans using the guide developed by the UPenn Collaborative.

As part of our continuing commitment to promote community integration through state-of-the-art information and resources, the UPenn Collaborative has developed two new guides on supporting GLBTQI individuals with mental illnesses. The UPenn Collaborative and the Bazelon Center for Mental Health Law also joined forces to create a document to help inform individuals about Special Needs Trusts and maintaining SSI and Medicaid benefits. All three documents are now available on the UPenn website.

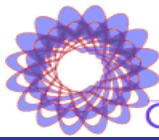
The UPenn Collaborative faculty have been working hard to promote Community Integration through conference presentations, technical assistance and training activities all over the region and internationally. Most recently, staff members have given presentations at the PARF and NYAPRS Conferences and provided technical assistance to a working group on community mental health services in Hong Kong, China. To learn more about the activities of UPenn Collaborative staff visit the http://www.upennrrtc.org/about/staff_list.php.

The UPenn Collaborative continues to offer a wide variety of free or low-cost Technical Assistance & Training Programs for organizations that want to enhance their movement toward community integration and the recovery model. For more information please contact Katy Kaplan (katykap@mail.med.upenn.edu or 215-746-6713).

Contact Information

For more information about the UPenn Collaborative on Community Integration, please contact the Center Coordinator at:

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Phone: 215-746-6713 or toll free at 888-320-4580; Fax: 215-349-8715; Mailing Address: Katy Kaplan, University of Pennsylvania School of Medicine, 3535 Market Street, 3rd Floor -- CMHPSR, Philadelphia, PA 19104



New Community Integration Tools and Resources

[New Resource! Learn About Special Needs Trusts!](#) A Special Needs Trusts is a specific type of trust that can be created by a parent or guardian to benefit a person with a disability. When drafted correctly, a special needs trust allows a person with a disability to benefit from funds placed in the trust while receiving public benefits. This document was created by Bazelon Center for Mental Health Law and the UPenn Collaborative. Visit http://www.upennrrtc.org/resources/view.php?tool_id=215 to download this document and to learn more about Special Needs Trusts and maintaining SSI and Medicaid benefits.

[Introducing Two New Guides On Supporting GLBTQI Individuals With Mental Illnesses!](#)

“A Mental Health Recovery and Community Integration Guide for GLBTQI Individuals: What You Need to Know” covers a range of key issues in mental health recovery and community integration, such as treatment and rehabilitation, financial support, housing, employment, and peer support, with specific information to address the unique needs of Gay, Lesbian, Bisexual, Transgender, Questioning, and Intersex (GLBTQI) individuals with mental illnesses. To download this resource guide visit: http://www.upennrrtc.org/resources/view.php?tool_id=217.

“GLBTQI Mental Health: Recommendations for Policies and Services” This companion guide provides important considerations for service providers and policy makers, including an assessment of the barriers faced by individuals in the GLBTQI community who are seeking mental health care and practical strategies to address these obstacles. The information is based on both a growing body of literature on the topic and the focus groups conducted by the authors. To download this resource guide visit: http://www.upennrrtc.org/resources/view.php?tool_id=222.

The UPenn Collaborative and the Pennsylvania Office of Mental Health and Substance Abuse Services are also working together to address the disparities in the delivery of Behavioral Health Services to GLBTQI Individuals with mental illnesses. Together, the Workgroup published **Recommendations on Issues of Access to and Inclusion in Behavioral Health Services for GLBTQI Consumers**. To download this document, visit: http://www.upennrrtc.org/resources/view.php?tool_id=223. For more information contact Rita Cisneros at rita@pmhca.org.

[Coming Soon! The NYAPRS 5th Annual Executive Seminar Proceedings Document!](#)

The UPenn Collaborative is working together with the New York Association of Psychiatric Rehabilitation Services (NYAPRS) to compile presentations from the NYAPRS Seminar focusing on Service Transformation, Integrated Care and Community Integration.

[Key Resources to Help You Take Action in Your Community](#) - The UPenn Collaborative currently offers more than twenty Community Integration (CI) Tools that address a variety of topics and help you to get involved. For a complete list of CI Tools, please visit: <http://www.upennrrtc.org/resources/list.php?catid=6>.

Promoting Community Integration: Two New Examples From The Field

Cherry Hill Lane Long-Term Structured Residence of Salisbury Behavioral Health Inc., is a structured and therapeutic residential program in Chester County, Pa., for individuals dealing with the challenges of persistent and severe mental illness. The program - which places a strong emphasis on peer support and psychiatric rehabilitation - includes individual and group psychotherapy, crisis intervention, psychiatric evaluations, medication management and training, and support. To promote community integration, Cherry Hill Lane LTSR encourages residents to participate in local clubs, groups, and other activities in the community. To learn more about this innovative community integration program visit: http://www.upennrrtc.org/resources/view.php?tool_id=221.

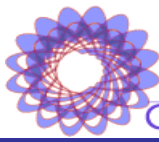
The Regional Recovery Organizational Review Model and Tool which identifies elements of program quality in existing or new services, and provides a mechanism to improve those programs/services - was implemented by the Southeast Pennsylvania Regional Mental Health Services Office's Continuous Quality Improvement (CQI) Workgroup in 2007. To learn more about this innovative CI initiative visit: http://www.upennrrtc.org/resources/view.php?tool_id=220.

Help the UPenn Collaborative Identify Unique Community Integration Efforts and Promote Your Program! Please contact Pamela Cousounis (pamelac2@mail.med.upenn.edu) if you represent or know of an organization that has developed and utilized an innovative community integration initiative and would like to share this information with the UPENN Collaborative. To read about previously featured Innovative Community Integration programs visit <http://www.upennrrtc.org/resources/list.php?catid=17>.

Mental Health Association in Passaic County, New Jersey Utilizing the UPenn Collaborative's Advance Self-Advocacy Plan!

Community Outreach Advocates (trained peer/consumer providers) from the Mental Health Association in Passaic County, New Jersey are implementing the Advance Self-Advocacy Plan developed by the UPenn Collaborative and offering support to consumers at a partial care program, Adult Residential program and a Specialized Residential Program. To date 21 consumers have completed their directives. The Advocates work one-on-one with clients to gather the requested names, telephone numbers, medication spellings, etc. They then help them get in touch with the individuals they have selected as their mental health care representative and make enough copies so they can provide them to the individuals listed. The final opportunity in New Jersey is to register their directives with the DMHS if they chose. The feedback from the advocates and their clients has been very positive. The Community Outreach Advocates describe the format as easy to use, wellness and recovery driven, and addresses areas to consider in the personal instructions section that they had not considered planning for in the past (mail, pets, bills, rent etc.).

The ADVANCE SELF-ADVOCACY PLAN contains easily customized planning sheets for creating a Psychiatric Advance Directive or Mental Health Crisis Plan for people who have concerns about their future mental health care. To download the ASAP materials visit: http://www.upennrrtc.org/resources/view.php?tool_id=197.



UPenn Collaborators...News and Selected Highlights

[New Grant Funding and Research Projects!](#) Mark Salzer and Petra Kottsieper will be working with Pat Corrigan from the Illinois Institute of Technology and investigators at Yale and Rutgers on a new 5-year center funded by the National Institute of Mental Health (NIMH). The Center is looking at the impact of a consumer's empowerment on their treatment adherence and examining strategies that influence both participation in services and the achievement of self-directed goals. Additional information about Petra Kottsieper can be found at: http://www.upennrrtc.org/about/staff_view.php?id=49.

Mark Salzer is also serving as a consultant on two newly-funded grants related to the promotion of community participation. He will be working with Bret Kloos from the University of South Carolina, who has received a 3-year field-initiated grant from the National Institute on Disability and Rehabilitation Research (NIDRR) to conduct a study examining the impact of neighborhood factors on community participation. He is also working with Yoshi Iwasaki from Temple University on an NIMH-funded community-based participatory research project to examine the recovery trajectories of individuals with mental illnesses from minority communities. To read more about the current research projects being conducted by Mark Salzer, visit: http://www.upennrrtc.org/about/staff_view.php?id=7.

Irene Wong is a recipient of the 2009-2010 Switzer (Distinguished) Research Fellowship sponsored by NIDRR. The Fellowship will support her study of community residential services for people with psychiatric disabilities and intellectual or development disabilities. The project is an extension of Dr. Wong's work with the UPENN Collaborative examining the extent to which community residential services differ in successfully fostering community integration. For more information about Irene Wong visit: http://www.upennrrtc.org/about/staff_view.php?id=48.

Arlene Solomon was recently awarded two Medicaid Infrastructure Grants. The first provides training on state and federal work incentives to participants in clubhouse programs, consumer-operated centers in Philadelphia and the surrounding counties. The information used for these presentations will be featured on the UPenn Collaborative's website. The second grant is designed to establish four–six collaboratives state-wide throughout Pennsylvania to promote supported education. The proposed project seeks to redress the disenfranchisement of people with disabilities by building upon models of supported education, including the services that have been proven effective in the Philadelphia region. For more information contact Arlene Solomon at ARLENE.SOLOMON@hhinc.org or visit: http://www.upennrrtc.org/about/staff_view.php?id=40.

[UPenn Collaborators in the News!](#) Mark Salzer was recently quoted in an article in the National Association of Peer Specialists Summer 2009 (Vol 5, #3) Newsletter. The article was titled: "Study blasts myths, Profiles peer specialist workforce,". He was also quoted in the article "Treating Depression" in the Congressional Quarterly Researcher, June 26, 2009, Volume 19 (24) issue. He also published an online commentary, "Promoting meaningful, active lives in the community for people with psychiatric disabilities" (<http://www.scattergoodethics.org/?q=commentary>).

UPenn Collaborators including Trevor Hadley, Debbie Plotnick and Steve Metraux were recently interviewed for a segment titled "*Fitting mental health into the health care equation*" on WHY? Behavioral Health news. To listen to this discussion visit: <http://why.org/cms/news/health-science/behavioral-health-health-science/2009/09/09/fitting-mental-health-into-the-health-care-equation/17272>. Visit to learn more about these UPenn Collaborators: http://www.upennrrtc.org/about/staff_list.php.

Joseph Rogers, Executive Director of the National Mental Health Consumers' Self-Help Clearinghouse and Co-Chair of the UPenn Collaborative Research Subcommittee was recently quoted in a TIME magazine article about the prevention of mental illness. To read this article visit: http://www.time.com/time/specials/packages/article/0,28804,1903873_1903871_1903857,00.html. To learn more about Joseph Rogers visit: http://www.upennrrtc.org/about/staff_view.php?id=21