



## National Recovery Month

Prevention Works • Treatment is Effective • People Recover

2015

### Ten Mini-grants Awarded for Recovery Month Activities

Each year, DSAMH offers organizations engaged in helping people find and pursue recovery from mental health and substance use issues the opportunity to celebrate recovery with some financial help. This year, ten groups successfully applied for assistance.

### National Recovery Month...in Delaware

Each year, the month of September marks National Recovery Month. DSAMH offers organizations engaged in helping people find and pursue recovery from mental health and substance use issues the opportunity to celebrate recovery with mini-grant funding. This year, twelve groups from around the state received funding and held celebrations. DSAMH staff attended several Recovery Month events, and presented a proclamation on behalf of Governor Jack Markell Proclaiming the month of September as Recovery Month in Delaware.



Staff and clients at Gateway Drug and Alcohol Treatment enjoying their Recovery Month celebration in September.

*Recovery Month...continued on page 3*

NOTE: Have something you would like to see in a future newsletter? Contact Progress Notes Editor, Bryan Gordon at:

**bryan.gordon@state.de.us**

### Delaware's Addiction Spending Priorities Detailed



*DSAMH Director Michael Barbieri gives remarks detailing how over \$4 million in state funding will be used to combat addiction in Delaware.*

Speaking at the construction site of a new withdrawal management clinic set to open in Harrington, Governor Markell, Secretary Landgraf, Director Barbieri and others detailed Delaware's spending priorities for \$4.45 million in new funding provided by the Fiscal Year 2016 budget. The funding will help to:

- Expand the capacity of residential treatment programs throughout the state by opening new programs statewide. This will be done by reconfiguring the existing program at Delaware City and opening three 16-bed units across the state. When the changes are completed, the number of residential treatment beds are expected to increase from 78 to 95.

- Double the number of sober living residential beds statewide from 60 to 120, allowing more individuals who are in the early stages of recovery to live in safe and secure housing that is free from drugs and alcohol.
- Add two withdrawal management clinics.

*Spending Priorities...continued on page 2*

### DSAMH ADMINISTRATION

**Michael Barbieri**, DSAMH Director

**Susan Holloway**, DSAMH Deputy Director

**Greg Valentine**, DPC Hospital Director

**Dyanne Simpson, D.O.**, DSAMH Medical Director

**Steven Dettwyler**, Director, Community Mental Health & Addiction Services

**Frann Anderson**, Director, Alcohol and Drug Treatment Services

**Amy Kevis**, Assistant Director, Community Mental Health & Addiction Services, Crisis Intervention & Law Enforcement

**Rosanne Faust**, Assistant Director, Community Mental Health & Addiction Services, Substance Use Disorders

**Penny Chelucci**, Director, Consumer Affairs

**Valerie Devereaux**, Performance Improvement

**Tom Johnson**, Director, Provider Relations

**Carlyle Hooff**, Director, Behavioral Health Community Integration-Housing

**Debra Crosson**, Director, Eligibility and Enrollment Unit

**Angie Walker**, Director, Quality Assurance

**Carol Kuprevich**, Director Community Planning, Program Development & Training

## Spending Priorities...continued from page 1

- Fund start-up costs for residential treatment programs.
- Double the number of residential treatment beds across the state from 16 to 32 for young people age 18 to 25 who are beginning their recoveries from addiction to heroin or other opiates.

"The addiction epidemic is straining our public system beyond its capacity, with many people turned away for services when they are ready for treatment, or being forced to wait for services or supports to open up for them," said Governor Markell, who proposed additional resources to treat substance use disorders in his State of the State address and FY2016 budget proposal. "I am grateful these new resources to increase treatment capacity remained in the budget, and I applaud members of General Assembly for holding steadfast to a commitment to increase treatment and recovery services, especially in a challenging fiscal environment."

### Limen House- Ethel Hoffman Residence Dedication Ceremony



On Tuesday, September 30th, Limen House held a dedication ceremony for the all new Ethel Hoffman Residence located in Wilmington. The Ethel Hoffman Residence, also known as Baynard House, will serve as a halfway house for women struggling with drug and alcohol dependency. The new facility provides for more space to serve more clients than at previous locations. For more information visit: <http://limenhouse.org/Baynard.html>

### DSAMH Medical Library Grand Opening



*DPC Director Greg Valentine and DSAMH Librarian Alison Wessel pictured above at the grand opening*

In August, a grand re-opening ceremony was held for the DSAMH Medical Library. The library, located in the Springer Building on the Herman Holloway Campus is open to the public and boasts a large collection of behavioral health and general medical information materials including over 2,800 journals. For more information, visit the DSAMH Medical Library website at: [http://dhss.delaware.gov/dhss/dsamh/medical\\_library.html](http://dhss.delaware.gov/dhss/dsamh/medical_library.html)

### DSAMH Employee Recognition Picnic



In September, DSAMH employees enjoyed a break from the office for some fun in the sun. DSAMH's annual employee recognition picnic was held at Killens Pond State Park in Felton. Attendees enjoyed games, prizes, food and service awards. Thanks to the DSAMH Employee Recognition Council for their hard work to pull the event together and to Burger's and Beans for catering the event.

### DOSE- Delaware Overdose Survival Education



*Participants of a recent DOSE training at BCCS pictured above*

Got Naloxone? The medicine known for its ability to reverse the effects of an opiate overdose is now available for use by the general public in Delaware. Brandywine Counseling and Community Services (BCCS) now offers training courses to anyone interested in obtaining the overdose reversing medicine known as Naloxone. Delaware is now one of many states who have legalized the use of naloxone for police officers and members of the public. For more information on Naloxone and the DOSE training program at BCCS, see the flyer on page 5. For additional information, please call (302) 504-5920.

To find trainings near you, visit <http://www.brandywinecounseling.org/treatment#dose>.



<http://www.clevelandray.com/>

### DSAMH Consumer Issue Resolution Hotline

Clients who are experiencing problems with their service providers are encouraged to call DSAMH for help in resolving them.

**855-649-7944**

## National Recovery Month...in Delaware *continued from page 1*



***Staff at Kent/Sussex Community Services pictured above at the KSCS Dover location enjoying their Recovery Month Event themed "One Day at a Time".***



***The ACE Center in Seaford celebrated their recovery month event with numerous staff community members. The theme for their celebration was "Wellness Begins With Me".***



***The Director of DSAMH's Provider Relations Unit, Tom Johnson, celebrated Recovery Month with Horizon House at their event themed "Voices for Recovery Together on Pathways to Wellness." Horizon House Director, Ted Glackman is pictured above with a proclamation from Governor Markell declaring September 2015 as Recovery Month in Delaware.***



***Brandywine Counseling and Community Services Staff, pictured above, celebrate recovery month with their "Client Appreciation and Recovery Celebration" event.***

**WORKSHOP OPPORTUNITIES OCTOBER THROUGH DECEMBER 2015**

DSAMH Training Office Online at <http://dtool.dhss.delaware.gov> is accessible for everyone to manage your personal learning; use this tool to change your contact information, obtain a copy of your transcript, sign up and cancel workshop attendance, and see what is being offered in the months ahead.

<b>DATE</b>	<b>TITLE</b>	<b>TIMES</b>	<b>LOCATION</b>
Nov. 4	Suicide Prevention & Awareness	3-4:30	Springer 1 & 2
5	Grand Rounds: Improving Mental Health of Older Adults through Social Engagement	12:30-1:30	Classroom 3
9	Professional Boundaries	8:30-11	Springer 1 & 2
Dec. 1	Behavior Change	9-12	Hudson State SC
3	Grand Rounds: Genetic and Epigenetic Influences on Injection Drug Use	12:30-1:30	Classroom 3
2	Suicide Prevention & Awareness	3-4:30	Springer 1 & 2
7	Professional Boundaries	8:30-11	Springer 1 & 2
7	Substance Use Disorder Conference	9-4	Embassy Suites
8	Substance Use Disorder Conference	9-4	Embassy Suites
15	Introduction to Dementia	9-12	Smyrna State SC

# DOSE

Delaware Overdose Survival Education

Are you or is someone you care about using prescription opiates or heroin? Are you aware of the risk of overdose?

**Help them get educated and avoid overdose.**

Prevent an overdose. Recognize an overdose.  
Learn how to respond to an overdose. Attend a workshop.  
Get trained. Learn about Naloxone.

## DOSE

DOSE is a program designed for anyone who wants to help opiate users (including themselves) avoid and survive an overdose:

- Participants complete a one hour training workshop which will be offered at different locations Statewide.
- Anyone completing the workshop will receive a certificate of completion. This certificate can be used as proof that the person has been trained by a DHSS approved training program.
  - To acquire the certificate of completion, you must complete the DOSE course with a DHSS approved provider
  - With the certificate of completion, you can begin a conversation with your doctor about Naloxone and its benefits.

**If opiate users don't die from an overdose, there's also risk of:**

- Suffering from brain damage
- Becoming paralyzed
- Losing arms or legs due to sepsis

**Save a life. Next DOSE Workshop is:**

**Date/ Time:**

**Location:**

*"We cannot afford to lose another person to an overdose. This DOSE workshop could make the difference between life and death for someone."*

- Domenica Personti, Director of Prevention, BCCS

*"In 2014, we have seen a 2,206% increase in heroin usage, an 860% increase in arrests, and 2,000% increase in the seizure of heroin product in the last two years."*

- New Castle County Police Dept.

*The DOSE Program is offered by:*

Brandywine Counseling and Community Services

2814 Lancaster Ave., Wilmington, DE 19805 • Phone: 302-656-2348

bccs@brandywinecounseling.org • www.brandywinecounseling.org

and funded by the Division of Substance Abuse and Mental Health.



**B C C S**  
Brandywine Counseling & Community Services

Change is good.

# SPIRAL CEMETERY TOURS

**October 29th and November 14th  
1:00pm-2:00pm**



Led by Professor Katherine A. Dettwyler, with assistance from other members of the Friends of the Delaware State Hospital Cemetery Committee. Tours will include the history of the Delaware State Hospital and the Spiral Cemetery, and plans to install an historical marker and monument to honor those buried there. Refreshments will be served. Donations to help build the monument will be gratefully accepted.

**At the cemetery site, Rusten Road across from the Springer Building,  
and the garden, at the back of the Herman H. Holloway, Sr. campus.  
Ample parking available at the Springer Building."**

**To donate, please visit the project website at:**

**[www.delawarerecovery.org/spiralcemetery](http://www.delawarerecovery.org/spiralcemetery)**

**Also check out our Facebook page at:**

**[www.facebook.com/FriendsoftheSpiralCemetery](https://www.facebook.com/FriendsoftheSpiralCemetery)**

**Please RSVP to Faith or Kathy at the email addresses below:**

**Faith Kuehn at [faith.kuehn@state.de.us](mailto:faith.kuehn@state.de.us) or**

**Kathy Dettwyler at [kathyd@udel.edu](mailto:kathyd@udel.edu)**



Friends of the Delaware State Hospital Cemetery