



November 25, 2014

Excellence in Mental Health Act

Addictions and Mental Health is striving to increase access to community-based, culturally appropriate behavioral health services for all Oregonians. To that end, AMH has joined [The National Council for Behavioral Health](#) and is hosting a visit by council executive [Charles Ingoglia in January](#).

Ingoglia will be consulting with Oregon on opportunities presented by the [Excellence in Mental Health Act](#) which was passed by Congress in March 2014. Its purpose is to increase Americans' access to community mental health and substance use treatment services while improving Medicaid reimbursement for these services. Under the act, eight states will be given \$25 million in planning grants for a two-year pilot program to create "certified community behavioral health clinics" and develop a "prospective payment system" to reimburse them.

Ingoglia will be in Oregon January 29-30 to speak with state officials and behavioral health stakeholders. He will help us explore the possibilities of being a demonstration state and how this opportunity could be aligned with Oregon's current behavioral health model and the state's overall health system transformation efforts. Look for more information on a webinar with Ingoglia in future issues of the AMH Bulletin.

AMH announces new legislative coordinator

Sarah Lochner recently joined AMH as the new legislative coordinator. Sarah previously worked for the Senate President's office where she played an important role in securing the 2013 mental health legislative investments. She also worked in Washington, D.C., for Congressman Dennis Moore (ret., D-KS) on

the Affordable Care Act, Mental Health Parity, Health Information Technology, and SAMHSA appropriations. Sarah earned a master's degree in political science from Kansas State University. Originally from the Midwest, she now considers Oregon her true home.

You can contact Sarah at sarah.j.lochner@state.or.us or 503-945-6358.

OSH memorial columbarium receives architecture award

The Oregon State Hospital Memorial Columbarium recently received a design award at a regional architectural awards ceremony.

The American Institute of Architects (AIA) Seattle chapter gave the site its [2014 honor award](#) as an “elegant masterpiece” at a November 3 event. The small 1896 building was used as a backdrop to [memorialize 3,500 unclaimed urns](#) that contained ashes of patients at Oregon State Hospital whose families were unknown at the time of death.

For more information, contact the Oregon State Hospital Health Information Department at 503-945-2976. You can also reach the Health Information Department by email at osh.cremains@state.or.us or postal mail: OSH Health Information Department, 2600 Center St. NE, Salem, OR 97301.

Making Connections conference an educational success

The Promoting Mental Wellness and Reducing Adverse Childhood Experiences conference was held at the Valley River Inn in Eugene earlier this month. Nearly 350 participants attended, representing public health, behavioral health, education, social services and law enforcement.

High points of the conference included keynote presentations by Robert Anda, M.D., on adverse childhood experiences (ACEs) and by Laura Porter titled “First Responders for Flourishing Families.”

If you missed the conference workshop, information and keynote presentations are available on the [conference website](#).

For additional information, contact Sandy Moses, Lane County Public Health, at 541-682-3650 or sandy.moses@co.lane.or.us.

Pre-holiday wellness tips

The holiday season is here – a time for visiting with family and friends and sharing meals. While everyone is hoping for a time of happiness and joy, times can get stressful while trying to take care of all the usual holiday duties. Here are some self-care tips that may be useful in the coming weeks.

- Indulge without overindulging - this goes for food and beverages;
- Get enough sleep;
- Exercise when you can;
- Take a deep breath and get some fresh air;
- Help others in need;
- Set a budget and stick with it.

One good place to look for tips is Joel Bennett's presentation at the [Making Connections Conference](#), which explains how the Resilient Growth Model can help make a positive difference during the holidays.

The essentials of the [Resilient Growth Model](#) are:

- **G**round and center yourself by calming your emotions and thoughts.
- **R**emember your personal skills, internal and external resources.
- **O**bserve the situation and your reaction to it (non-judgmentally with self-compassion).
- **W**atch for new ways to respond to adversity while mourning losses.
- **T**ap into the core values you want to live by.
- **H**arness your strengths to make choices that enhance both personal and collective well-being.

Practicing resilience skills can help people stabilize their nervous system in the midst of stress and adversity. Also, learn to create psychological flexibility by observing our thoughts non-judgmentally without being captured by them. The knowledge that we can manage our thoughts and emotions in any situation provides enormous confidence and peace of mind.

Happy Holidays!

Career opportunity

- [Program Analyst 2 \(Synar Coordinator\)](#)

Upcoming event

- **December 5 – Free public screening of *The Anonymous People***
A special screening and public discussion of the groundbreaking film *The Anonymous People* will take place at 7 p.m. at the Greater Portland Bible Church located at 2374 SW Vermont St. in Portland. This event is sponsored by Hazelden Betty Ford Foundation.

Seating is limited, so make [reservations](#) now.

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