Behavioral Health is Essential To Health
Prevention Works
Treatment is Effective
People Recover

Promoting the Risk of Empowerment
Paolo del Vecchio, M.S.W., Director
Center for Mental Health Services
Substance Abuse and Mental Health Services Administration
29th Annual Public Sector Psychiatry Conference
Worcester, MA • June 15, 2013

The Dignity of Risk
"Even if you are on the right track, you’ll get run over if you just sit there.”
— Will Rogers

A Bold New Approach
"...reliance on the cold mercy of custodial isolation will be supplanted by the open warmth of community..." — President John F. Kennedy in a special message to Congress about the state of mental health, February 3, 1963

Social Exclusion
"By any measure, it is clear that people with mental illnesses are on the margin, actually not on the page at all. Dying decades earlier than the general population is testament enough about how those with mental illnesses have been marginalized.”
— Paolo del Vecchio

Mental Health Is a National Priority
National Conference on Mental Health
Answering the call to launch a national conversation.
Learn more →
www.mentalhealth.gov
What If...

- What if you were never given a chance to do well at something?
- What if the job you did was not useful?
- What if you never got to make a decision?
- What if the only risky thing you could do was act out?
- What if you worked and got paid $.46 an hour?
- What if you had no privacy?
- What if you never got a chance?

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Claiming Our Power

"Let us celebrate the unbowed head, the heart that still dreams, the voice that refuses to be silent."

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A Pioneering Risk Taker

- Dr. Dean Brooks, left, and Jack Nicholson in a scene from "One Flew Over the Cuckoo’s Nest."

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The Freedom to Be Our Best Self

"It’s never too late to be what you might have been."

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My Story

"I don’t like standing near the edge of a platform when an express train is passing through... A second’s action would end everything. A few drops of desperation."

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My Life’s Passion

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

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Finding My Power

Self Determination and Empowerment

Empowerment

“When you know yourself, you are empowered. When you accept yourself, you are invincible.”
—Tina Lifford

BU Empowerment Scale

Physical Wellness

The Importance of Choice

Common Antipsychotic Side Effects:
- Abnormal movements
- Diabetes
- Dry mouth
- Metabolic syndrome
- Neuroleptic malignant syndrome (NMS)
- Sexual side effects
- Sleep problems
- Stroke
- Sudden cardiac death
- Weight gain

http://www.samhsa.gov/empowerus/sdms/statescore.html

A Life of Purpose

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”
—Anais Nin
Spirit

"In every walk with nature one receives far more than he seeks." — John Muir

Working Definition of Trauma

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

SAMHSA, 2013

Peers Can Change the World

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." — Margaret Mead

Changing the Conversation

Myths about Mental Illness

Let's Talk About It

Myths & Facts

Get the facts! Help your knowledge to educate others. Reach out to help others.

www.mentalhealth.gov
Pillars of Health Reform

Prevention
Wellness
Integrated Care

Defining Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

~ SAMHSA, 2011

Four Dimensions of Recovery

Guiding Principles of Recovery

- Holistic
- Person-driven
- Many pathways
- Peer support
- Relational/social
- Strengths/responsibility
- Respect
- Culturally based
- Addresses trauma
- Hope

Our Greatest Accomplishment

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."
—Ralph Waldo Emerson

Honoring Ourselves

"To go wrong in one's own way is better than to go right in someone else's."
—Fyodor Dostoevsky
For More Information

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Questions & Answers

6/17/2013