



NAMI

Cheyenne

National Alliance on Mental Illness

The Official Newsletter of NAMI Cheyenne

February-March 2009

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Calendar:

Educational Meetings

- **February 5, 7:00 PM** Martha Mullikin, the new Ombudsman
- **March 5, 7:00 PM** Carolyn Leavitt from Peak Wellness Center

Support Group Meetings

- **February 19, 7:00 PM**
- **March 19, 7:00 PM**

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New Substance Abuse and Mental Health Ombudsman

Martha Mullikin, MA, LPC, the new Substance Abuse and Mental Health Ombudsman (SAMHOP), joined the Wyoming Guardianship Corporation at the end of October. Due to the recent addition of Substance Abuse to the Mental Health Ombudsman position, MHOP has changed its name to SAMHOP. Ms. Mullikin is a Licensed Professional Counselor (LPC) and a Certified School Counselor. Her years as a school counselor gives her extensive experience working with individuals and families that have mental health and substance abuse issues.

The new Ombudsman is very familiar with the State of Wyoming. She is a graduate of the University of Wyoming, has lived in Wyoming for many years, and has traveled to every county in the state while working under contract for the Wyoming Dept. of Education.

Networking has been the focus of

the new Ombudsman. She plans to visit each mental health and substance abuse related program and facility in the state. Visits to Evanston and the Big Horn Basin are planned the first couple months of the year. During these visits the Ombudsman will be soliciting and accepting resumes from persons interested in the part time SAMHOP positions.

SAMHOP has five major goals that were stated in the original proposal to the Wyoming Dept. of Health.

1. Assist the Mental Health and Substance Abuse Division in the development and establishment of policies and procedures for the SAMHOP at the state level.
2. Evaluate, refine and update the established MHOP Consumer Complaint Documentation System to include substance abuse issues and Substance Abuse Ombuds-

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CONTACT US!

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NAMI Cheyenne Gets New Board of Directors

The third Thursday of January meeting of NAMI Cheyenne was a re-organizational, re-grouping session. A tentative, new Board of Directors was selected from the dozen people who attended the meeting. Lois, "Lou", Dowell volunteered to be the next

NAMI Cheyenne President. The former President, Gene Heater, assumed the position of Vice President until Lou gets acquainted with her duties. Kathleen Peterson stepped up to be the next Treasurer. Cheryl

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New Substance Abuse and Mental Health Ombudsman (Contd.)

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man activities

3. Establishment of statewide Ombudsman services for individuals in need of mental health and substance abuse services and for their families.
4. Assist and support local advocacy groups, state agencies, and other organizations concerned with assuring the rights of persons in need of mental health and substance abuse services.
5. Statewide promotion of the Mental Health and Substance Abuse Program.

The past years of the Ombudsman Program have shown two trends:

- If the Program's mission is not kept visible around the state, the number of referrals goes down.
- One person can't be available in all areas of the state to do on-site advocacy.

With these trends in mind, the decision has been made to hire part time Ombudsmen in four areas of the state:

- Southwest (Evanston)
- Central (Casper)
- Big Horn Basin (Riverton)
- Northwest (Sheridan)

The job of these Ombudsmen will be to keep SAMHOP visible by regularly visiting agencies in their area. These Ombudsmen will also be available to do any on sight advocacy that is necessary. All referrals will come through the Cheyenne office with the fulltime Ombudsman working on all referrals. The full-time Ombudsman would be responsible for training all the part time staff.

The SAMHOP can be contacted at 307 632-5519 or toll-free at 888 857-1942. The mailing address is:

SAMHOP
PO Box 2778

Cheyenne, WY 82003

Email is: samhop@bresnan.net

The office is available on the Internet at: www.wyoguardianship.org

(Source: SAMHOP Quarterly Report, January 2009)

NAMI Cheyenne Gets New Board of Directors (Contd.)

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Brenneman and Roland Petterson will be Co-Secretaries. Cheryl Totenhoff volunteered to be the Board Member- At-Large. Mary Cox was recruited as the Professional Consultant.

By the start of the summer the By-Laws will be reviewed. It was decided by the participants to continue educational meetings on the first Thursday of each month with a guest

speaker, if at all possible. The third Thursday of each month will be for support group meetings. Additional support group facilitators may be available in the future. Andrea Heater mentioned that NAMI Wyoming is planning to eventually hold a training session for Peer-to-Peer support group facilitators—facilitators who are themselves consumers. Meetings will continue to be held at the Unitarian Church.

"If the Program's mission is not kept visible around the state, the number of referrals does down..."

Family-to-Family Education Program Starts February 2nd

The new NAMI Cheyenne Family-to-Family Education Program will now start on Monday, February 2nd. Classes are on twelve consecutive Mondays from 7:00 to 9:30 PM. Pre-registration is required. If someone you know might benefit from the class, please let them know as soon as possible. For more information contact Cheryl Tottenhoff at 307 634-7949. The first class will be held in the auditorium of the Unitarian Church at 3005 Thomes, then the remaining classes will be in the basement auditorium of Cheyenne's VA Medical Center.

The NAMI Family-to-Family Edu-

cation Program is a free 12 week course for family caregivers of individuals with severe mental illness. The course is taught by trained family members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), major clinical depression, anxiety disorders and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that friends and family members need to cope more effectively.

NAMI Cheyenne Educational and Support Group Meetings

Educational meetings are held on the first Thursday of each month at the Unitarian Universalist Church, 3005 Thomes, in Cheyenne. The meetings start at 7:00 PM and typically last an hour.

On **February 5th** Martha Mulikin, the new Substance Abuse and Mental Health Ombudsman, will discuss her duties and the expanded role of the Ombudsman office, which was formerly known as the Wyoming Mental Health Ombudsman Program.

On **March 5th** Carolyn Leavitt, of Peak Wellness Center, will discuss mindfulness and positive coping skills.

Support group meetings are held on the third Thursday of each month at the Unitarian Universalist Church.

At the start of the meeting attendees break into two groups—one for family and friends, and a second one for consumers—provided there are enough attendees for each group. Support group meetings start at 7:00 PM and normally last an hour and a half.

"The NAMI Family-to-Family Education Program is a free twelve week course for family caregivers of individuals with severe mental illnesses..."



NAMI of Cheyenne Membership Application

TYPE	COST	AMOUNT ENCLOSED
<input type="checkbox"/> Consumer/Open-door	\$ 5.00	_____
<input type="checkbox"/> Family/Profession	\$35.00	_____

Name: _____

Address: _____

Email: _____

Please remove me from the mailing list.

Make checks payable to and return form to:

NAMI of Cheyenne
1404 West 31st Street
Cheyenne, WY 82001

Affiliate memberships expire at the end of March. Please renew your membership, if you haven't already done so.

NAMI of Cheyenne
1404 West 31st Street
Cheyenne, WY 82001

**NAMI Wyoming
Statewide
Conference**

Coming in May!

**See Upcoming Issues
For Further Details**