August
2006
E-Newsletter

Editor
Sandy Johnson
441-5300

JOIN THE VOICES FOR RECOVERY
Build a Stronger, Healthier Community

NORFOLK COMMUNITY SERVICES BOARD
Norfolk CSB Insider

September is National Alcohol & Drug Addiction Recovery Month

Calendar of Events

Staff Brown Bag Training

Wednesday, September 13
TDC Third Floor Conference Room—Room 307
12:00 Noon

Paula Horvatich, Ph.D., Director of the Mid-Atlantic ATTC (The Addiction Technology Transfer Center), located at Virginia Commonwealth University in Richmond, will speak.

This training is open to all staff and will be of special interest to those who wish to learn more about substance addiction and co-occurring treatment.

Mid-Atlantic ATTC offers information and training opportunities. Go to http://www.mid-attc.org.

Staff Luncheon

Monday, September 18
TDC - Rooms 202 and 203
12:00 Noon

A Luncheon Celebrating Substance Abuse Services Staff.

Client Picnic

Friday, September 22
Northside Park
11:30 am - 3:00 pm

A Celebration for Those in Recovery.

Community Forum

Saturday, September 23
Voices for Recovery: A Focus on Youth
St. Mark Missionary Baptist Church–Edmonds Center
2714 Frederick Boulevard, Portsmouth 23704
2:00 - 5:00 pm

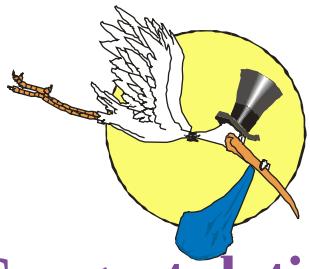
Don Slater of WAVY-TV Channel 10 will emcee this event.
Come see and hear a positive message of recovery. The event is free and open to the public, and will include entertainment by area youth of all ages, as well as heavy hors d'oeuvers.

Register in advance by calling 382-6191.

Provider and Wellness Fair

Thursday, September 28
Workforce Development Center–Conference Room 202
201 East Little Creek Road
10:00 am - 2:00 pm

Provider and Wellness Fair for patients, featuring community exhibitors, wellness screenings and more.



Congratulations

Congratulations to **Bridgette Williams** of the TDC family, who gave birth to her son, **Bryce**, at 10:50 a.m. on July 14th. Bryce weighed in at a hearty 8 pounds, 15 ounces and was 21 inches long at birth.

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Birthdays at the Board

When you see these staff members who celebrate their birthdays in **September**, wish them a Happy Birthday:

Felicia Laws (2)
Gail McLemore (3)
Sheryl Dial (5)
Lisa McDonald (5)
Trish Fowler (6)
Richard Allen (7)
Shelia Banks (9)
Carol Sandloop (9)
LaShauna Dean (10)
Rene Faulkner (13)
Tina Boyd (13)
Duane Miller (13)
Danielle Toda (13)
Cheryl Davidson (14)
Willa King (14)
Deneshia Bickley (18)
Kat Cannady (21)
Sheila Rogan (21)
Martha Shurts (21)
Doreen Tubbs (23)
Verniecia Bell (24)
Carl Brockett (24)
Annette Tackett (25)
Edith Payne (26)
Alice Newton (27)

Length of Service

Congratulations to the following staff members who will celebrate the anniversary of their employment with Norfolk CSB in **September**:

Thirty-Three Years
Brenda Wise

Twenty-One Years
Mary Measmer

Eighteen Years
Gloria Cook
Tony Crisp
Esther Pugh

Sixteen Years
Brad Lazernick
Dawn Obliskey

Fourteen Years
Ruth Cherry

Eight Years
Diana Benson
Clarice Judge
Marty Phillips

Seven Years
Paul Fergeson
Steve Stewart

Six Years
Cheyenne Wesley

Five Years
LaTanya Grove

Three Years
Elvira Anderson
Michael Clark
Pamela Davis
Rick Peterson
Keisha Wilson
Amy Wilson

Two Years
Quintina Armstrong
Mary Reeves

One Year
Erica Baker
Stacie Davis
Tameka Evans
Kami Jones
Duane Miller

Norfolk CSB
Welcomes New Employees

Kristy Livsey
Program Coordinator
MRFD-Youth Services

Nutrena Sampson
Case Manager III
MRFD-Infant Program

Stefanie Doyle
Early Childhood Special Educator
MRFD-Infant Program

John Lawless
Clinician
MH-CoOccurring

Carmen Keziah
Case Manager III
MH-Case Management

Annette Haskins
Medical Records Technician
SA-Administration

Karen Martin
Counselor III
MRFD-Youth Services

Holly Rotundo
Case Manager II
MRFD-MR Case Management

Shanon Kolecki
Administrative Assistant II
ADM-Human Resources

Lisa McDonald
Counselor II
MH-Supportive Living

Katherine McElhaney
Case Manager II
MRFD-MR Case Management

LaMyra Astrop
Office Assistant I
MH-Administration

Jennifer Waters
Case Manager III
MH-Case Management

Leslie Martin
Case Manager II
MH-Case Management

Rachelle Stewart
Support Technician
ADM-Administrative Services

Announces Promotions

Brad Lazernick
Supervisor
MH Case Management

Angela Hicks
Supervisor
MH Case Management

Shelia Banks
Supervisor
MH-Supported Living

Announces Transfers

Yvonne Lewis
Counselor III
SA-Drug Court

Rachel Greenberg
Counselor III
MRFD-Family Development Center

Victoria Jordan
Resource Specialist/CM III
SA-Case Management

Judy Scott
Case Manager III
SA-Case Management

Carol Nelson and some of the well-wishers at her retirement party. It's so hard to let the great ones go.

Norfolk CSB on TV

September will bring several opportunities to see some of our leaders on TV 48, the City of Norfolk television channel. TV 48 is available to Norfolk residents and can be viewed on the television sets at our sites that have cable service.

Health Services Forum

- **Dr. George Pratt** and SA Director **Tony Crisp** recently taped a segment for about Norfolk CSB services.
- **Tony Crisp**, **Michele Alexander** and **Pete**, a patient, will tape a segment on September 6th about National Alcohol and Drug Addiction Recovery Month, focusing on substance abuse treatment and recovery.

Norfolk Perspectives

- We will tape a segment on September 20th about substance abuse services.

Go to **www.norfolk.gov/tv48** to see when these segments will air.

MESA Classes Have Begun

The fall session of Mutual Education, Support and Advocacy (MESA) Classes began Tuesday, September 5th, at 7:00 p.m., at the Hospitality Center, 6401 Tidewater Drive, Norfolk.

MESA is a comprehensive course about the basics of mental illness for the layperson and is ideal for family members of diagnosed persons, care givers and those who would like to know more about schizophrenia, depression and bipolar disorder. It covers such subjects as symptoms, medications, stress and communication and is taught weekly in two hour classes for a period of 12 weeks. There is no charge.

For further information contact **John Creekmore** at 441-1170

Making Way for Recovery

Team Solutions
Solutions for Wellness
from Eli Lilly and Company

a free library of psychoeducational materials for the whole treatment team to help clients improve treatment adherence and reduce the risk of relapse

http://norfolk.intranet/norfolkcsb/Training/Default.aspxhttp://norfolk.intranet/norfolkcsb/Training/Default.aspx

Two days of training designed to enhance working with clients on individual recovery and overall wellness were provided by Neuroscience Treatment Team Partners in June. Staff from Norfolk CSB and several other agencies were provided resources and tools to help them assist clients to move their lives forward.

Team Solutions focused on the individual's recovery—which is different for each person—while *Solutions for Wellness* covered the important mind–body connection for healthy living. The program is made up of ten separate segments, and training materials and workbooks are available on the Board's intranet at **http://norfolk.intranet/norfolkcsb/Training/Default.aspx**. Staff may contact **Stacey O'Toole** for additional information.

Board staff who attended the training have met monthly since June and have begun the process of implementing these concepts across various programs whose clients experience mental illness. **Frank Macek** is currently revising the Day Treatment Program curriculum to include tools learned at the training. He and **Susan Davenport** at MHRS are working closely to make sure that this is a smooth learning experience for all. Implementation at the two programs will begin October 1st.

Susan has met with the Moultrie staff and groups for residents there will start in September. **John Creekmore** and I have begun a "Team Solutions" group at Hospitality Center and are working with members using the workbooks, *"Recovering from Mental Illness"* and *"Helping Yourself Prevent Relapse."* These classes began on July 26, and members have offered a great deal of positive feedback to date.

—Brandi Whitman, Counsellor II
Hospitality Center

Infant Development Program Graduation

August 10, 2006

130 toddlers graduated from IDP during Fiscal Year 2006

PATH Scores Highest in Virginia

Congratulations to **Jackie Schaede**, **Pamela Davis** and **Erica Parker-Jackson**.

They are the staff who have done such a fantastic job with the Program for Assistance in Transition from Homelessness (PATH) that it earned the highest score in the state—98.5%—on the review conducted by the PATH Ofice of the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services.

The review looked at such factors as how well staff reaches out to the hardest to reach invididuals, relationships with community providers, ability to connect individuals for Norfolk CSB services, ability to describe housing options and barriers, and the quality of charts to include documentation of program activities.

NRHA Opens Voucher List

Norfolk Redevelopment & Housing Authority will open the waiting list for Section 8 vouchers on the following days:

Saturday, September 9

Saturday, September 16

Between 9 am and 12 pm

Call **624-8615** or

1-800-545-1833 TDD

on the above dates.

This is regular Section 8 not Mainstream for the Disabled.

City of Norfolk Training

On Wednesday, June 14, 2006—defying the inclement weather—three Norfolk CSB staff members completed the City of Norfolk training "Dealing with Difficult Behaviors" and received Certificates of Completion. They are:

Stephanie Gore

Brandi Whitman

Joanne Skinner

Another Great Web Site

www.211.org provides information regarding the 211 program. 2-1-1 is an easy to remember telephone number that connects people with community services and volunteer opportunities. 2-1-1 can offer information on the following types of services:

- **Basic Human Needs Resource:** Food banks, clothing closets, shelters, rent assistance, utility assistance.
- **Physical and Mental Health Resources:** Health insurance programs, Medicaid and Medicare, maternal health, children's health insurance program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation.
- **Employment Supports:** Financial assistance, job training, transportation assistance, education programs.
- **Support for Older Americans and Persons with Disabilities:** Adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, homemaker services.
- **Support for Children, Youth and Families:** Childcare, after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.
- **Volunteer Opportunities and Donations**.

—Kat Cannady, Coordinator
Hospitality Center

Bowling with Mental Health

Lots of different bowling techniques were on display at the MH charity bowl. The event raised over $900 that will go to MH clients in need of dental care, furniture or other items needed to improve their quality life. **Maria Halliday** was the top fundraiser and won a free Weekend Get Away vacation. Everyone else walked away with door prizes and all had a great time bowling with Mental Health.

The Titustown Parade for National Night Out

It was over 100° on August 1st. Nevertheless, **Trish Fowler**, **Rick Peterson**, **Stephanie Gore**, **Glenda Sharp**, **Mary Reeves**, **Amy Wilson** and **Sondre Fleming** braved the

heat to march in the Titustown Night Out Parade with enthusiasm and good humor.

Rick not only helped organize the event, he even helped man the hot grill to maintain non-violence by keeping everyone fed! Amy helped paint the "Peace" van—rumor has it she added the dots and peace signs. Stephanie drove the van, Glenda and Mary enthusiastically shared the message of non-violence, and Sondre came along to support one of her clients who was participating.

Great Job, Everyone!

Try this fitness plan for professionals
The Experts | Wellness

Jim White
Inside Business - Hampton Roads
Monday August 28, 2006

America is getting less active and more sedentary every day. In fact, only 9 percent of Americans are physically active enough to see health benefits. One of the reasons for this staggering reality is that many Americans are taking "routes of convenience" to their destinations (taking buses or cabs for short trips, riding escalators and elevators, and parking close to buildings). The average American takes 3,000 to 5,000 steps per day as compared to the recommended 10,000 steps. In addition, most business professionals are pressed for time due to all that comes with maintaining a successful career.

Since weight loss is attributed to burning more calories than taken in, it is important to eat less and exercise more. If we can just move and burn an extra 500 calories per day, we can lose one pound of fat per week. Better yet—1,000 calories burned daily can lead to two pounds of weight loss per week. With these three simple tips you will keep fit, decrease body fat, increase energy levels, improve confidence and become more productive.

Tip # 1: Step it up at work

Burn more calories on the job—and at home.

- **Casual works:** Wearing casual clothing to work (when appropriate) will increase your likelihood of taking more steps. An American Council on Exercise study showed an 8 percent increase in physical activity levels and an extra 25 total calories burned on casual-clothing workdays.
- **Walk to work:** However, if you need to take your car, parking farther away in the lot will increase your steps.
- **Measure everything:** Use a pedometer to motivate yourself to take more steps. Strap it to your waist to keep track of your steps.
- **Climb it:** Take the stairs instead of the elevator.
- **Walking meetings:** Instead of sitting around a table, consider having meetings while you walk. Try walking to your out-of-office meetings.
- **Stand tall:** Hold meetings without chairs. Your meetings will probably become more time-efficient, too.
- **Use your head:** Obtain a phone headset and stand, or better yet pace, during calls.
- **Old school:** Walk to a co-worker's desk instead of e-mailing or calling.
- **Desk training:** Hide some spare dumbbells, bands and water bottles under your desk and get some reps in throughout the day. You'll be surprised at how many extra calories you can burn from this technique.
- **Switch from food to fitness:** Instead of eating on your lunch break, take a walk and eat a small snack after to save calories.

Tip #2: Home training 101

These days our time is more valuable than ever, and getting to the gym may be an inconvenience for many. Why go to the gym when you can turn your living room into a fitness room? Steve Lepse, financial adviser for UBS Financial Services Inc., said, "In my business, time is money. By working out at my home I can save about one to two hours per day rather than going to the gym.

Setting up a home gym is easy and inexpensive. Here are some items that can be found at any good sporting goods store: stability ball, dumbbells (5, 8, 10, 12 pounds for women) (10, 15, 20, 25 pounds for men), ankle weights (5 pounds each), resistance bands (light, medium, heavy), mat, jump rope, medicine ball, bench, weighted bar, cardio machine (treadmill, elliptical, bike, stepper) and cardio steps.

Once you've purchased these items you can gather weight-training routines from various books and/or fitness videos. You may also find a local personal trainer to set you up on a home training workout. For a sample home training workout program follow the "couch potato" workout in the "Health Corner" section at **www.jimwhitefit.com**.

Tip # 3: Cardio

Whether it's walking, jogging, biking, swimming, playing sports or simply doing yard work, adding cardio activity during your day is a great way to lose weight while improving your cardiovascular system. According to the American Council on Exercise, it is recommended that we perform cardiovascular training at least 30 minutes per day on most days of the week to see health benefits. If you train first thing in the morning you may have the greatest potential to burn fat throughout the day. If you are going to perform cardio later in the day, make sure it is at least 90 minutes after a big meal and 45 minutes after a small snack. The bottom line is to simply get moving for overall results.

Jim White, owner of Jim White Fitness Studios in Virginia Beach, is licensed by the American Dietetic Association as a registered dietitian and is certified by the American College of Sports Medicine as a health fitness instructor. His Web site is **www.jimwhitefit.com**.

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Wellness Fact Sheet

August 2006

Getting to the Heart of the Matter

Heart Disease is the *number one cause of death in the US.*

Fortunately, taking care of yourself can greatly decrease your risks.

Risk Factors for Heart Disease
Are *You* at Risk???

- Smoker
- Man over 45
- Woman over 55
- Family history of heart disease
- High blood pressure
- High LDL Cholesterol
- High Triglycerides
- Low HDL Cholesterol
- Diabetes
- Inactive
- Overweight or obese

Source: WELCOA

Managing Anger

Everyone feels angry sometimes, but uncontrolled anger has been proven to increase your risk of heart disease and stroke and decrease your general well being. Try taking these steps to manage your anger.

Don't run away: Don't ignore anger or pretend It's not happening. Instead, deal with it in a way that does not hurt others.

Find and outlet: Punch a pillow, sit in your car and scream, or listen to music. Studies have shown that acting out anger in private helps people get past it. Just make sure you're not hurting yourself or others.

Learn to relax: Explore deep breathing techniques, meditation, visualization, or other methods that help you feel more relaxed and less angry. Practice these techniques frequently, even when you are feeling calm, so that they will be at your fingertips when anger arises.

You are not alone. Anger is one of the most common uncontrolled emotions. If you feel as though anger is keeping you from working well or having a rewarding personal life, seek professional help.

Source: Top Performer