



# COMMUNITY COUNSELING CENTER

October/November 2016

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## October—Depression Awareness Month

October is National Depression Awareness Month. The National Institute of Mental Health estimates 15.7 million adults and 2.8 million adolescents, ages 12-17, are affected by Major Depressive Disorder. Depression can manifest itself through a variety of symptoms. These symptoms may include but are not limited to; fatigue, impaired concentration, feelings of worthlessness, thoughts of suicide or death, sleep disturbance, and weight loss or gain. For a full list of symptoms, please refer to [www.nimh.nih.gov](http://www.nimh.nih.gov).

Due to these, untreated depression can negatively im-

pact an individual's ability to maintain meaningful relationships, educational or employment performance, as well as a variety of other activities of daily living. If you know someone who lives with untreated depression, please visit our website provided on the back page to identify our locations and contact numbers for help.

In addition, the National Institute of Mental Health offers a variety of downloadable resources including (but not limited to) the below free Booklets and Brochures available at [www.nimh.nih.gov](http://www.nimh.nih.gov):

### Chronic Illness & Mental Health:

This brochure discusses chronic illnesses and depression, including symptoms, health effects, treatment, and recovery.

### Depression and College Students:

This brochure describes depression, treatment options, and how it affects college students.

### Depression: What You Need to Know:

This booklet contains information on depression including signs and symptoms, treatment and support options, and a listing of additional resources.

### Postpartum Depression Facts:

A brochure on postpartum depression that explains its causes, symptoms, treatments, and how to get help.

**Teen Depression:** This flier for teens describes depression and how it differs from regular sadness. It also describes symptoms, causes, and treatments, with information on getting help and coping.



## Featured Program

The Brick House is a four bedroom, Psychiatric Individualized Supported Living (PISL) facility that opened for operation in July of this year. The Brick House is a co-ed facility geared toward transition-aged adults between the ages of 18 years to 25 years of age. Residents at The Brick House have their own private room and a bathroom in a home-like setting which is shared by residents. The House provides 24-hour staff support, 7 days per week. Services



include individual/group therapy, case management, daily living skills training necessary to transition toward independent living, comprehensive medication services, job development and supports, and a variety of other supportive services. For more information about this program, including admission criteria, please contact Kristina Johnson at 573-334-5889.

### Employee of the Month

Congratulations to **Emily Schott** who was selected by the Human Resources Committee as Employee of the Month for the month of **July**. Emily is a PSR Specialist at Cape. She was nominated because of her dedication to her co-workers and PSR consumers. She goes above and beyond to make a difference in the program each day, working weekends, etc.

Congratulations to **Michelle Davis** who was selected by the Human Resources Committee as Employee of the Month for the month of **August**. Michelle is the Peer Support Services Coordinator. She was nominated because of her compassion shown toward our consumers. Recently she went above and beyond to help engage a consumer who was experiencing increased anxiety impacting their ability to present for their initial psychiatric appointment. Michelle supported this individual throughout the process, even staying by their

## Recognizing our Community Partners

We have decided to dedicate this issue's recognition to our Law Enforcement. We are extremely fortunate to have great working relationships with our police and sheriff's departments throughout our five county catchment area. Everyday we are reminded that our law enforcement officers put their lives on the line to keep our communities safe, including their ongoing support to our employees and consumers experiencing a mental health crisis.



Over the past few years, CCC has been partnering with our local law enforcement to incorporate the national Crisis Intervention Team (CIT) model within our communities. The CIT model brings together law enforcement, mental health providers, hospital emergency departments and individuals with mental illness and their families to improve responses to

people in crisis. CIT programs enhance communication, identify mental health resources for assisting people in crisis and ensure that officers get the training and support that they need ([www.missouricit.org](http://www.missouricit.org)).

### Partnering with our Individual Placement Support (IPS) Program

Community Counseling Center believes that employment is an essential part of adult living. IPS is an evidence-based practice for individuals living with a serious mental illness who need assistance and support to become employed competitively in the community.

### Featured Business

#### St. Francis Medical Center

Our IPS program could not be successful without the partnerships we have developed with local businesses that have placed our clients in competitive positions within their companies. We want to recognize St. Francis Medical Center as they have employed 3 our of IPS participants.

### CCC Foundation Events

CCC's Foundation Board will host the 1st annual CIT Officer Appreciation Banquet on October 20th.

Other events sponsored by the Foundation Board include the Annual Craft Beer Fest on October 1st and the Annual Golf Tournament on October 7th.

Agency website: [www.ccntr.com](http://www.ccntr.com)

24 Hour Crisis Line: 1-800-356-5395

TLC Warm Line: 573-651-3642

## Updates on our Current Projects/Initiatives

### Zero Suicide Initiative

The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. Zero Suicide is both a concept and a practice. CCC was 1 out of 17 organizations selected to participate in the Missouri Zero Suicide Academy in April. CCC has already made changes to our engagement techniques, follow up approach, and will soon train all employees on QPR (Question, Persuade, Refer). This training will teach every employee how to recognize the warning signs of suicide, know how to offer hope, and know how to get help.

### myStrength Implementation

myStrength is an online and mobile application available to increase access to evidence-based resources to help consumers better manage depression, anxiety, and substance use disorders while improving overall well-being. myStrength greatly enhances traditional care—while addressing issues of cost, lack of access and stigma. CCC will incorporate myStrength into our service delivery model. All employees will be trained by the end of November and myStrength will be available to our consumers by the first of the year. Learn more at: [www.mystrength.com](http://www.mystrength.com).

## Other Announcements...

### CARF Accreditation

CARF International is a recognized accrediting body by Missouri DMH and Community Counseling Center has been CARF accredited since 2003. Last month, CARF completed our re-accreditation survey. The agency participated in a 3 day onsite survey process where 5 surveyors reviewed our clinical practices as well as business functions.

All programs and services offered by the agency were reviewed, with the

exception of new programs not in operation at least six months prior to the survey date, resulting in no recommendations in any of our programs. Although we won't receive our official survey report for another 2-4 weeks, the survey team preliminarily reported we achieved a 99% conformance rate with all standards. If this holds true, CCC should expect to achieve another 3 year accreditation which is the highest possible outcome.

