



# Tuolumne County Behavioral Health September Newsletter

September 1, 2016

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## BH enters telepsychiatry agreement Supervisors OK plan to start remote therapy services

*A note from Behavioral Health  
Director Rita Austin:*

**T**he Tuolumne County Board of Supervisors last month approved a contract between Behavioral Health and Kings View Behavioral Health Systems to provide telepsychiatry services in our community.

This will allow us to have access to specialties like certified children’s psychiatry, which has not been available to us for a number of years. We are hopeful this will create many more opportunities in the future.

If you’ve never heard about telepsychiatry, it allows fewer mental health care professionals to serve more patients by improving utilization of the psychiatrist’s time through tech-



nology. Telepsychiatry has been growing in the US largely because of a national shortage of qualified psychiatrists. Telepsychiatry can also make it easier for psychiatrists to treat patients in rural areas like Tuolumne County

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## Quote of the month:

“ Place your hand over your heart, can you feel it? That is called purpose. You’re alive for a reason so don’t ever give up. ”

— Unknown

## Suicide Prevention Awareness

### *Bereavement group for family members aims to address feelings of guilt*

**By Guy Holmes**

**Community member and survivor of suicide loss**

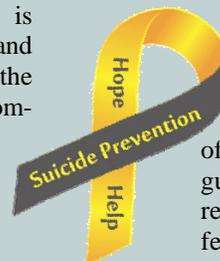
September is Suicide Prevention Awareness Month, and while there is much said about suicide awareness and prevention, from the local level all the way to the national level, in most communities, the survivors of suicide loss are left to fend for themselves, or their only option is to participate in a general bereavement group.

I cannot think of a more appropriate time or way to emphasize the need for such awareness than to announce the formation of a new peer led support group in our community. This group is led by, and is for, survivors of suicide loss. It is intended to be a safe place for those of us who have lost a loved

one to death by suicide, enabling us to discuss as openly and honestly as we can, how we have lost our loved one, and what this loss has cost us and our families.

Why a separate bereavement group? Because when a loved one is lost following a terminal illness, acceptance of the death, even though all the same emotions may be present, is

often accompanied by a different sense of guilt. Guilt may stem from the feeling of relief that the loved own is no longer suffering. The reason for death is known, and no matter how hard a person fought it, it was always a known probability. Whereas following a suicide, the reason is very often unknown, and the sense of guilt following such a loss is that the survivor ‘should’ have known. The sense of shame can be two fold, first from



Please see **SURVIVORS** on Page 3



## Tuolumne County Behavioral Health

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## TUOLUMNE COUNTY

### CRISIS LINE:

**209-533-7000**

## September Events

### BH/EC closures:

Tuolumne County Behavioral Health and the Enrichment Center will be closed on Sept. 5 for Labor Day.

### 180:

The 180 support group for former inmates will be held Mondays 2:30-3:30 & 10 to 11 a.m. on Thursdays at the EC.

### Smile Keepers:

The Smile Keepers will provide free dental screenings at the EC on Fri., Sept. 23 from 9:30 a.m. to noon.

# Dr. Glover retires after 4 decades

Tuolumne County Behavioral Health's long-time psychiatrist, Dr. James Glover, retired on August 31st after a 43-year career helping people achieve their mental health goals.

Dr. Glover, who recently turned 77, was born in the town of Rumford in central Maine. His father worked in the Navy and Dr. Glover served in the US Marine Corps in the 1950s.

He obtained a Masters Degree in biochemistry, went to medical school at UCLA and completed his residency at UC Irvine. He started his career in psychiatry in Sonoma County before moving on to Butte County and finally to Tuolumne County.

He lived for a time in the infamous counter-culture neighborhood of Haight-Ashbury in San Francisco. "But I only got high on education," Dr. Glover said.

In his spare time, he likes reading biographies about heroic figures like Sir Ernest Shackleton and Richard Hliburton. He also enjoys playing shoot-em-up video games like Deus Ex. "I heal people during the day and I kill bad guys at night," he said with a chuckle.

Dr. Glover remembers many patients and coworkers fondly from his lengthy career. He also remembers some less-than-pleasant episodes, like the time early in his career that a woman came into his office covered from head to toe in peanut butter.



Photo by Ryan Campbell

**Tuolumne County Behavioral Health Psychiatrist James Glover sits in his office in August. Glover retired this month after a 43-year career in mental health.**

"It is a rewarding profession because you do a lot of good," Glover said. "You give people hope when the mental illness tries to take hope away."

He says he plans to continue in psychiatry as a volunteer in Santa Rosa, where he lives with his wife of 50 years. He has three children and five grandchildren.

Dr. Glover's contribution to Tuolumne County was celebrated by staff on August 31st. We wish him well in his retirement and he will be missed by staff and clients alike.

## Clinician Bond to leave BH this month

Tuolumne County Behavioral Health Clinician Renee Bond will be departing BH this month after accepting a job with Tuolumne County Superintendent of Schools.

Bond, 35, has worked at BH for the past 3 years in both the planned services program and with CAIP/walk-in before that. She has seen clients of almost any age, gender, psychiatric problem, on a voluntary referral, in crisis or from any of our community agencies.

She attended school at Chico State and National University. She is married with two children and said she plans to settle in Tuolumne

County. She will be performing early intervention mental health services for the Superintendent of Schools office.

"I hope to catch kids with mental health problems early and get them the help they need," she said. Bond will leave BH at the beginning of September.

"I know that I will miss Renee's wonderful attitude in being willing to take on whatever client issue or problem that is given to her," said Program Supervisor Mark Gee in an email to staff.

## National Suicide Prevention Week 9/5 - 9/11

On Tuesday September 6th, Kristi Conforti, MHSA Programs Coordinator, will be asking Tuolumne County Board of Supervisors to proclaim September 5th - September 11th, 2016 as Suicide Prevention Week in Tuolumne County.

Every year in September, counties and states throughout the nation dedicate the week to bringing awareness to Suicide Prevention. This becomes a global event on September 10th

which is when countries around the world unite to recognize suicide as a global health issue.

The theme for this year is "Suicide Prevention is Everyone's Business". According to the Center for Disease Control, suicide was the 2nd leading cause of death in 2014 for ages 10 through 34. With such a wide age range being affected, it is clear that suicide prevention IS everyone's business.

## PROVIDING TRAUMA INFORMED CARE

Gabriella Grant, Director of the California Center of Excellence for Trauma Informed Care delivered an animated and successful training on how to identify, develop a plan, and deliver trauma informed care to people who may seem self-destructive or non-compliant in their treatment goals. It is through understanding how trauma affects the nervous system and the social engagement system that service may better serve these individual. About 20 Tuolumne County Behavioral Health staff attended the meeting that had about 100 total participants. A sheet of 84 safe coping skills was provided with tips like “Choose self-respect”, “Leave a bad scene”, and “ask for help”. Seemingly simple options may help someone who feels stuck in a bad situation.

Photo by Michelle Carlson



## NOTE: Service may help reduce no-shows

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by eliminating the need to hire and re-locate more psychiatrists.

Since 1999, Medicare and Medicaid reimbursement for all kinds of telehealth services have expanded, requirements of providers have been reduced, and grants have been given to support telepsychiatry program adoption. For 2014, the Center for Medicare does cover telemedicine services, including telepsychiatry in many areas.

Telepsychiatry also increases efficiency because records and prescriptions are done electronically or faxed, and they're all done the same day, according to Kings View Director of Business Development Jeff Gorski, LCSW MFD.

“There’s no down-time for the case manager on the other end, there’s no down-time of the psychiatrist, and the service is provided immediately and efficiently,” he said.

Telepsychiatry is particularly useful in fulfilling our clients’ needs for add-on services, bilingual services or co-occurring disorders.

According to a study from UC San Francisco Department of Psychiatry, Telepsychiatry programs have been shown to reduce patient no-show rates by 47 percent and patient cancellation rates by 27 percent compared to face-to-face therapy.

Staff from Kings View will be coming to our Department for a meet and greet in the very near future – so keep an eye open for the announcement.

## SURVIVORS: Group will meet on 2nd and 4th Tuesday of each month

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having known the person was in distress and not having done anything to relieve it; secondly, and unfortunately, there is still the stigma around suicide that keeps survivors from seeking support and understanding.

While we openly discuss our emotions, such as anger, fears guilt, shame, and loss, we each share our own. We do not make room for the judgment, comparison, shame, or guilt of others. We learn about the myths and stigmas placed upon the topic of suicide, and on the survivors of this type of loss. The primary purpose of this group is to provide a loving place to listen to how others have lived through this life changing event, to share, to gain understanding and acceptance, a place to feel cared about and for. It is a place to begin the process of healing, of finding a new life ‘normal’.

The group began on August 9<sup>th</sup>, and will be meeting on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. It starts at 6:30 P.M., and will close by 8:00 P.M. We meet at 18415 Blue Bell East, which is the first street to the right (coming from



Martha Golay, (far right) Suicide Prevention Advocate along with founders of the Survivors of Suicide Loss support group, (from left) Jodi Ditler, Kathy Holmes and Guy Holmes talk to Enrichment Center members about how suicide impacts families, friends and communities.

town) past the new signal lights at Tuolumne and Standard Roads. 18415 is the first driveway to the left on Blue Bell East. Contact Kathy or Guy Holmes, at (209) 532-1328, or (209) 559-0332.

**PAIN ISN'T ALWAYS OBVIOUS**

**KNOW THE SIGNS**

**FIND THE WORDS**

**REACH OUT**

**LEARN THE WARNING SIGNS OF SUICIDE**  
**SUICIDE IS PREVENTABLE**

**KNOW THE SIGNS**

# Diversity Calendar

**September 5 is Labor Day.** In the United States, Labor Day honors the contribution that laborers have made to the country and is observed on the first Monday of September

**September 12 is the Ethiopian New Year.** Rastafarians celebrate the New Year on this date and believe that Ethiopia is their spiritual home, a place they desire to return to.

**September 13 (sunset) – September 15 (nightfall) is Rosh Hashanah,** a holiday recognizing the Jewish New Year. It is the first of the Jewish High Holy Days, and is marked by abstinence, prayer, repentance, and rest.

**September 15 – October 15 is Hispanic Heritage Month.** This month corresponds with Mexican Independence Day, which is celebrated on September 16, and recognizes the revolution in 1810 that ended Spanish dictatorship.

**September 22 (sunset) – September 23 (sunset) is Yom Kippur.** This holiday is the holiest day on the Jewish calendar and is a day of atonement marked by fasting and ceremonial repentance.

**September 23 (sunset) – September 24 (sunset) is Eid al-Adha,** the holiday at the end of the Hajj, the annual Muslim pilgrimage to Mecca.

**September 27 (sunset)- October 4 (sunset) is the Jewish holiday of Sukkot.** It is a time of remembrance of the fragile tabernacles that Israelites lived in as they wandered the wilderness for 40 years. The first day of the holiday is celebrated with prayers and special meals.

# GOOD EATS

## Rosemary Roasted Squash & Mushroom Salad

Ingredients:

- 1/2 a butternut squash
- 1 plate of spinach
- 1 zucchini
- 5 chestnut mushrooms
- Dozen cheery tomatoes
- Handful of pine nuts, pumpkin seeds, and pomegranates
- 1 lime
- Rosemary, olive oil, salt



Skin the squash and cut it into bite-sized cubes. Place the cubes in the oven at 400 degrees with 2 teaspoons of dried rosemary, olive oil and salt. Roast for about 20 minutes. Add the mushrooms to the baking tray with a drizzle of olive oil and a sprinkling of rosemary and salt.

Throw the pumpkin seeds and pine nuts into the pan as the mushrooms and squash finish cooking.

Finish by chopping the cherry tomatoes and zucchini and adding spinach and pomegranates. Pour the contents of the baking pan on top and finally squeeze a lime over everything.

# SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	LAUNDRY: Tuesday 8-2 ~Laundry and Shower Supplies provided~ 	SHOWERS: Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3 	1 <b>Closed for Staff Training: Open at Noon!!!</b> 12-1 Peers Helping Peers 2-3 Trauma Recovery/PTSD	2  9-12 Bingo/ Gardening 11-12 College Readiness Group 12-1 Schizophrenia Group
<b>EC CLOSED</b> 5 	6 8-2 Laundry 10-11 Homeless Support Group 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	7 9-10 Men and Women 10-11 Pride: HIV 101— Staying Safe & Negative 11-12 Healthy Eating 12:30-2 Working With Emotions	8 8-3 Showers 10-11 180 Group 11-12 Eating Disorder Support Group 12-1 Peers Helping Peers 2-3 Trauma Recovery/PTSD	9 9-12 Karaoke/Gardening 11-12 College Readiness Grp 12-1 Schizophrenia Group 
9-10 Men and Women 12 10-11 Pride: Season's & Mood 11-12 Walk/Recreation 11-12 Seeds of Hope Grief Group 1-2 Mental Health & Addict. 2:30-3:30 180 Group	13 8-2 Laundry 10-11 Homeless Support 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	14 9-10 Men and Women 10-11 Pride: Coping Skills 11-12 Relaxin' & Chillin' 11-12 Living WRAP 12:30-2 Working With Emotions 	15 8-3 Showers 10-11 180 Group 11-12 Eating Disorder Support Group 12-1 Peers Helping Peers 2-3 Trauma Recovery/PTSD	16  9-12 Bingo/Gardening 11-12 College Readiness Group 12-1 Schizophrenia Group
9-10 Men and Women 19 10-11 Pride: Getting To Know You 11-12 Pauline's Puppet Show! 1-2 Mental Health & Addictions 2:30-3:30 180 Group	20 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression 	21 9-10 Men and Women 10-11 Pride: Calendar and Music 11-12 Healthy Eating 12:30-2 Working With Emotions 	22 8-3 Showers 10-11 180 Group 11-12 Eating Disorder Group 12-1 Peers Helping Peers 2-3 Trauma Recovery/PTSD	23 9-12 Karaoke/Gardening  9:30-12 Smile Keepers 11-12 College Readiness 12-1 Schizophrenia Group
9-10 Men and Women 26 10-11 Pride: Getting To Know You 11-12 Recycling 101 11-12 Seeds of Hope Grief 1-2 MH & Addictions 2:30-3:30 180 Group	27 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	28 9-10 Men and Women 10-11 Pride: Self-Esteem 11-12 Living WRAP 11-12 Walk/Recreation 12:30-2 Working With Emotions	29 8-3 Showers 10-11 180 Group 11-12 Eating Disorder Group 12-1 Peers Helping Peers 2-3 Trauma Recovery/PTSD	30 9-12 Bingo/Gardening <i>September Birthday's Celebration</i> 

Reducing Stigma by Becoming a Visible and Valued Part of the Community

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