



# WEST CENTRAL NEWS

January 2020/ Issue IV

## Did You Know? ER Visits an Important Clue to Suicide Risk



A recent California study found that people who visit emergency rooms for deliberate self-harm or suicidal thoughts are 30-57% more likely to die by suicide in the following year than those in a similar demographic who do not make such a visit.

Men and those over age 65 had the highest rates of suicide overall, but a diagnosis of bipolar disorder, anxiety disorder, depression, or alcohol disorder substantially increased the risk in all the groups studied.

What to take from this?

The risk of suicide in a vulnerable person does not disappear upon discharge from the ER or a psychiatric hospitalization. In fact, the time period after discharge is the most dangerous time, with

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**24/7 Emergency Help for Those  
in Crisis  
800-542-2578**

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- \* talking about wanting to die
- \* expressing hopelessness
- \* agitation, recklessness, rage
- \* withdrawal or isolation
- \* giving away important items
- \* increased use of drugs or alcohol
- \* extreme mood swings
- \* searching for a means (such as a weapon or large quantity of medication)

If you notice possible signs or just have a gut feeling that someone is considering suicide, do not leave that person alone, and get immediate help. WCBH has a 24/7 hotline (see above). You

a quarter of all suicide attempts occurring within a month after discharge.

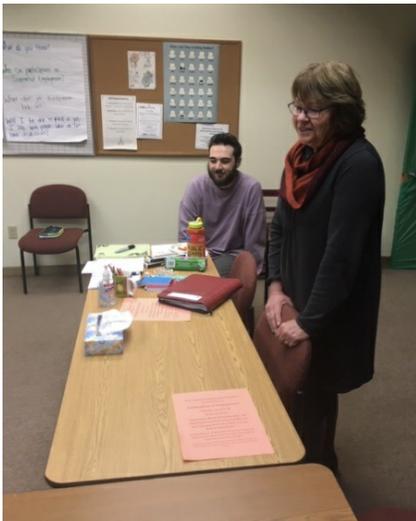
If you have a loved one who has visited the ER for self-harm or suicidal thoughts, or had a recent psychiatric hospital stay, be vigilant and alert for signs of possible suicidal intent, including:

can also call 911, or take that person to the emergency room.

To learn more about the signs of suicide and how to help someone in a mental health crisis, follow us on Facebook, where we will soon be announcing new Mental Health First Aid trainings.

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## What is Supported Employment?



WCBH Vocational Specialists Matt Mooshian and Jane Morgan at the Employment Celebration at Rivermill on January 16th, 2020.

their skills and pay competitive wages. Vocational specialists help with resume building, employer matching, and benefits counseling. They also offer longer-term support as people settle into their jobs, work longer hours, or get promoted. WCBH's Supported Employment program is yet another way West Central serves as a community partner with businesses in our region.

An impressive 47.3% of WCBH's adult clients work either full or part-time. Are you a WCBH client interested in learning more about supported employment? Get in touch with Matt ([mmooshian@wcbh.org](mailto:mmooshian@wcbh.org)) or Jane ([jmorgan@wcbh.org](mailto:jmorgan@wcbh.org)).

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Supported employment is based on the premise that working in a regular job in the community enhances a person's life and promotes wellness. As WCHB vocational counselor Jane Morgan says, "working and feeling productive really does help with recovery!" Those who work can also help to reduce

**Your support and the generosity of many community members who donate to West Central makes supported employment and our vocational services**

the stigma surrounding mental illness by demonstrating that those living with mental illness are motivated and capable.

WCBH's Supported Employment program (SE) helps clients find and keep meaningful jobs that match

**programs possible. Thank you!**

Looking to hire? Please contact Jane Morgan on our Supported Employment Team ([jmorgan@wcbh.org](mailto:jmorgan@wcbh.org)) to talk about your company's needs and find the right fit for you!

[Click To Make Your WCBH Gift Today](#)



## Talented New Psychiatrist Joins the WCBH Team

West Central is pleased to introduce a new member of our clinical team, Dr. Jeffrey Reed, DO. Dr. Reed received his medical training at the New England College of Osteopathic Medicine, and completed his psychiatric residency in the Department of Psychiatry at Dartmouth-Hitchcock Medical Center. He trained as a research fellow at the National Institutes of Mental Health. In addition to his work with clients at WCBH, Dr. Reed teaches medical students at Dartmouth and residents at DMHC. One of the things he would most like to see in New Hampshire is a state-wide program focused on treating people experiencing psychosis for the first time.

Hailing from Rockport, Maine, Dr. Reed (Jeff) has a passion for treating adults with psychotic illnesses, seeing clients living with schizophrenia, bipolar disorders, post-traumatic stress disorder, substance use disorder, and anxiety and panic disorders. Diane Roston, WCBH's Medical Director, enthuses that Jeff, "is on the cutting edge of clinical care and research in his field, and West Central is fortunate to have him join our staff." Jeff is particularly interested in new research demonstrating a possible connection between inflammation and the development of mental illness.

Jeff chose to come to the Upper Valley area because of the rural setting combined with a strong academic setting. An avid

skier and outdoorsman, he spends as many weekends as possible skiing at Killington.

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## Theater that Entertains - and Makes You Think

Every Brilliant Thing is an immersive theatrical experience that deals openly with depression, mental illness and suicide, while showing us how life can be rediscovered through healing, joy, and love.



“EVERY BRILLIANT THING finds a perfect balance between conveying the struggles of life, and celebrating all that is sweet in it.” — The Independent (London)

“gloriously funny and exceptionally warm.” —Time Out (London)

Shaker Bridge Theater's Production of Every Brilliant Thing runs February 6 - 23. Look for West Central brochures in the Theater's lobby and our name in its playbill.

[Click Here for More Information](#)

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## Time for a Little Action! No One Should Have to Choose Between Food on the Table or Their Mental Health

Are you a New Hampshire resident? Do you have five minutes and an email account to help change someone's life for the better?

There's important legislation pending - right now - that will soon be voted on by the NH House of Representatives. House Bill 1639 will increase the amount of protected income for Medicaid-eligible clients so they can get the mental health



services they need and have a little more money left in their pocket for rent, heat, and food. The current protected income rates date back to pre-1994 Federal Poverty Guideline levels, and we all know the cost of living has gone up! While the proposed rates are still below the 2019 Federal Poverty Guideline rates, they offer a much-needed improvement.

House Bill 1639 is sponsored by a Republican and two Democrats, and has bi-partisan support.

No one should have to choose between paying rent or getting healthcare. Mental illness is treatable, is not a character flaw, and is not something anyone should have to handle alone. You can help by contacting your NH Representative to encourage her or him to vote **in favor** of the HB 1639. You can find the name and contact information for your NH representative at:

[Find Your Representative  
and Their Contact Information Here](#)

Click on "NH House Representatives," then click your county on the map or enter your town's name. You'll get a list of your State Rep(s) name(s). Click on a name and you'll get their contact information including an email address. Make sure you tell them your town of residence and your name.



## A Podcast for Your Thoughts

West Central Behavioral Health recently partnered with radio 93.9 FM - The River, to do a special podcast featuring WCBH President & CEO, Roger Osmun, Ph.D.

Take a moment, tune in, and learn a little!

[Click Here to Listen to the Podcast](#)

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## InSHAPE at WCBH

InSHAPE (Individualized Self

Health Actualization Plan for Empowerment) is a nationally-recognized fitness and nutrition education program that focuses on wellness for people living with severe mental illness. At WCBH, we have InSHAPE programs in both Lebanon and Claremont!



The average lifespan of those living with severe mental illness (SMI) is a startling 25-30 years less than the general population. Isolation, poor diet and, sometimes the side-effects of medication are all factors. Those living with SMI also have an increased risk of developing chronic diseases such as diabetes or high blood pressure.

The good news? These chronic conditions are manageable AND you can have fun doing it! At WCBH, we team up participants with Health Mentors to set exercise goals and work out together. Participants also get

to go to cooking classes at the Hanover Co-op and the UNH Cooperative Extension, baking class at King Arthur Flour, and learn to understand nutrition labels at Hannaford. Quarterly "Celebrations" offer opportunities to share successes, tips, and try new foods. There's even a garden!

InSHAPE would not be possible without your generosity and the support of partners like the Co-op Foodstore's HCCF Fund, Hannaford, the UNH Extension, King Arthur, and the fitness facilities that give our clients reduced-fee memberships.

Check them out by clicking the below links:

[The Co-op Food Stores](#)

[Real Steel Fitness in Claremont](#)

[CCBA Witherell Recreation Center in Lebanon](#)

[Donate to WCBH](#)

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**Do You Have a Story to Tell?**



Have you been diagnosed with a mental illness? Are you a clinician with thoughts to share? Do you have family or friends living with mental illness? We want to hear your story! Sharing these thoughts and experiences helps to decrease the stigma surrounding mental illness and encourages compassion and acceptance. You don't have to use your name, and we can change identifying information. Email [hduncan@wcbh.org](mailto:hduncan@wcbh.org) for more information, or call Hope at (603) 448-0126.

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## Sharing This Newsletter Might Save a Life!

This newsletter goes out to all WCBH staff, our Board members, and our many friends and supporters. Please share it broadly with your friends and family so people remember our name and the work we do as this region's community mental health and substance use center. **When people in need know who we are, they'll contact us *when they need help*.**



## We're Here When You Need Us

West Central Behavioral Health serves clients in the Upper Valley and Sullivan County, and has offices in Lebanon, Claremont, and Newport, NH.  
WCBH is a tax-exempt, 501(c)(3) organization.