

SUGGESTED LIST OF MENTAL HEALTH RESOURCES

As prepared by Allison E. Mosher
Peer Specialist Program Manager
UAB Department of Psychiatry

Alabama Institute of Mental Health Services (AIMHS)

Community Health Services Building
930 20th Street South
(205) 996-6683 (work)
By email amosher@uabmc.edu

Mailing Address:
CH20 337
1530 3rd Ave. South
Birmingham, AL 35294-2042

BOOKS (all available through ebay.com, half.com which is a division of ebay, amazon.com, or your local bookstore)

- (1) Kay Redfield Jamison, Ph.D. – “An Unquiet Mind” (autobiography), [ISBN 0679763309](#), “Manic-Depressive Illness” (with Frederick K. Goodwin) [ISBN 0195039343](#), “Touched with Fire: Manic-Depressive Illness and the Artistic Temperament” (1993) (includes a study of [Lord Byron's](#) illness) [ISBN 068483183X](#), “Night Falls Fast: Understanding Suicide”, [ISBN 0375701478](#), “Exuberance: The Passion for Life” (2004), [ISBN 037540144X](#)

To read more about the author, visit http://en.wikipedia.org/wiki/Kay_Redfield_Jamison

- (2) Alex Beam – “Gracefully Insane”, ISBN [1891620754](#) or [1586481614](#)
A history on the first mental institution in the United States, McLean Hospital, whose visitors include Sylvia Plath, John Forbes Nash, Ray Charles, Susanna Kaysen, and James Taylor.
- (3) Judge Sol Wachtler – “After the Madness”, ISBN [0679456538](#), To read more about the author, visit <http://www.ncmdr.org/jswachtler/bio.html>
- (4) Jeffrey G. Allen, J.D., C.P.C. – “Successful Job Search for the Disabled and Understanding the ADA”, ISBN [0471592358](#)
- (5) Francis Mark Mondimore, M.D. – “Bipolar Disorder”, ISBN [0801861187](#)
- (6) Paul J. Carling – “Return to Community: Building Support Systems for People with Psychiatric Disabilities”, ISBN [0898623235](#)
- (7) E. Fuller Torrey, M.D. - “Surviving Schizophrenia: A Manual for Families, Patients, and Providers”, ISBN [0060842598](#). After this generous gentleman’s sister became ill with schizophrenia, he set out to become a research psychiatrist to find better stabilization techniques to for those that are ill. He established the Treatment Advocacy Center, a Non-Profit organization that supports outpatient commitment for certain people with mental illness who, in view of their treatment history and present circumstances, are judged unlikely to survive safely in the community without supervision. TAC has been credited by former New York State Attorney General Eliot Spitzer and others with helping pass Kendra's Law in the state. Kendra's Law allows court-ordered involuntary treatment of people diagnosed with schizophrenia or other severe mental illness who have a history of noncompliance with psychiatric advice, i.e., individuals who are, "as a result of his or her mental illness, unlikely to voluntarily participate in the recommended treatment pursuant to the

treatment plan. Previously, only inpatient programs were available to submit a patient to involuntary treatment. TAC's efforts to pass Kendra's Law led to similar successful passage of Laura's Law in California, and similar laws in Florida and elsewhere. Torrey has testified numerous times in front of Congress.

(8) Elyn R. Saks – “The Center Cannot Hold: My Journey Through Madness”, ISBN 978-1-4013-0138-5. She is a faculty member at the University of Southern California Law School and an expert in mental health law. She suffers from schizophrenia and has written about her experience with the illness in her autobiography.

(9) Veronica Compton Wallace - Eating the Ashes: Seeking Rehabilitation within the US Penal System”, ISBN 0-87586-164-4. Veronica Compton was convicted of attempted murder in the Hillside Strangler case in California, and is serving a life sentence in the Washington Correctional Center for Women. Before her arrest, she was gaining recognition as a fledgling film actress and producer in Hollywood. Ms. Compton's 21 years as a prisoner have afforded her a rare view of the evolution of correctional theory and practice. In this study, she relates heart-rending images of lives needlessly destroyed, and lives incredibly redeemed, through some of the best and worst examples of penal design and theory. Her focus is on those programs that are most successful in producing rehabilitation (which she defines as emotional healing and cognitive well being). She presents case studies to illustrate what can be accomplished, and provides informational resources to encourage the expansion and replication of such programs.

SELF-HELP BOOKS & RESOURCES FOR CONSUMERS

- (1) Melody Beattie – “Codependent No More”, “Stop Being Mean to Yourself”, “Playing it by Heart”, Finding Your Way Home: A Soul Survival Kit”, “Lighting the Path”, “The Language of Letting Go”, “The Lessons of Love”, “Codependent No More”, “Journey to the Heart”, “Choices” (not available on tape), “A Reason to Live” (not available on tape), “Promise of Sanity” (not available on tape)

<http://www.melodybeattie.com>

- (2) National Mental Health Consumers’ Self-Help Clearinghouse

They are a consumer-run national technical assistance center serving the mental health consumer movement. They help connect individuals to self-help and advocacy resources, and they offer expertise to self-help groups and other peer-run services for mental health consumers.

<http://www.mhselfhelp.org>

- (3) The National Empowerment Center

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental

illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities. For information on consumer/survivor activities in your area, contact:

599 Canal Street
Lawrence, MA 01840
Toll-free: 800-769-3728
Fax: 978-681-6426
TDD: 800-TTY-POWER (7693)
E-mail: info4@power2u.org
<http://www.power2u.org>

(4) Consumer Organization & Networking Technical Assistance Center (CONTAC)
The Consumer Organization & Networking Technical Assistance Center (CONTAC) funded by the Center for Mental Health Services, is a resource center for consumers/survivors and consumer-run organizations across the United States. Services and products include informational materials; on-site training and skill-building curricula; electronic and other communication capabilities; networking and customized activities promoting self-help, recovery, leadership, business management, and empowerment. For more information contact:

P.O. Box 11000
Charleston , WV 25339
Phone: 304-345-7312
Toll-free: 888-825-TECH (8324)
Fax: 304-345-7303
E-mail: usacontac@contac.org
<http://www.contac.org>

NEWSLETTERS, MAGAZINES, PUBLICATIONS, ETC. (Most FREE)

(1) Alabama Disabilities Advocacy Program (ADAP)

Published Monthly
The University of Alabama
Box 87035
Tuscaloosa, AL 35487-0395
Call: V/TTY (205) 348-4928 or in-state clients call (800) 826-1675
Fax: (205) 348-3909
adap@law.ua.edu
<http://www.adap.net>

Each State has a protection and advocacy agency that receives funding from the Federal Center for Mental Health Services. Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy

services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them.

(2) Reintegration Today (published by Eli Lilly and Company's Center for Reintegration)

Published Quarterly

To request a free subscription, phone (201) 869-2333 or email

reintegration@reintegration.com

<http://www.reintegration.com>

(3) Careers and the disABLED

The Career Magazine for People with Disabilities

\$13 yearly – published Fall, Winter, Spring

Equal Opportunity Publications, Inc.

Circulation Department

445 Broad Hollow Rd., Suite 425

Melville, NY 11747

<http://www.eop.com/cd.html>

(4) Treatment Advocacy Center

Contains Legal and Medical Resources, along with a blog and newsletter!

**Also gives a list of legal/standard requirements for assisted treatment, by state, as well as mental illness treatment statutes and analyses, by state.

BE SURE to sign up for their list or national mental health articles that they will send you via email. Their newsletter, "Catalyst" is excellent and very informative as well. They have a "Preventable tragedies" database (also sent out as an email) that is a listing of those with mental illnesses that died or hurt someone as a result of being mentally ill.

<http://www.psychlaws.org>

(5) United States Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.org>

Free brochures, posters, etc. on Co-Occurring mental and substance abuse disorders, mental illnesses, suicide prevention, and more

(6) Schizophrenia Digest

Published Quarterly

<http://www.schizophreniadigest.com>

\$19.95 – one year subscription, to order call (866) 672-3038

(7) BP Magazine (Bipolar)

Published Quarterly

<http://www.bphope.com>

\$19.95 – one year subscription, to order call (877) 575-4673

FINANCIAL AID/SCHOLARSHIPS

(1) *Eli Lilly's Lilly Reintegration Scholarship*

For more information and to request an application, visit <http://www.reintegration.com> and click on SCHOLARSHIPS PROGRAM on the left hand side of the webpage (under "RESOURCES").

Applications are generally available from October to January every year, so email reintegration@reintegration.com if you would like for them to notify you when this year's awards become available.

Basic Requirements:

- (a) Be diagnosed with schizophrenia, schizophreniform, schizoaffective disorder, or bipolar disorder
- (b) Be currently receiving medical treatment for the disease, including medications and psychiatric follow-up
- (c) Be actively involved in rehabilitative or reintegrative efforts, such as clubhouse membership, part-time work, volunteer efforts or school enrolment.
- (d) Complete an application packet that includes an application form, essay, transcripts (if applicable), recommendation forms from three references and school financial requirements.

(2) The George Washington University HEATH Resource Center

National Clearinghouse on Postsecondary Education for Individuals with Disabilities
****EXCELLENT RESOURCE CENTER!****

Has a lot of invaluable information on Federal student Financial Aid
<http://www.heath.gwu.edu/>

(3) National Institutes of Health (NIH) Research Supplements for Individuals with Disabilities

For more information, visit:

<http://grants1.nih.gov/grants/guide/pa-files/PA-01-080.html>

The President's Task Force on Women, Minorities, and the Handicapped in Science and Technology has documented a very low participation rate for Americans with disabilities in the science and engineering work force. To address this problem for the biomedical and behavioral research workforce, the National Institutes of Health (NIH) and its awarding components have developed an initiative that is designed to extend opportunities to individuals with qualifying disabilities who are capable of entering or resuming research careers. Under this initiative the NIH will offer supplemental awards to certain ongoing research grants to encourage individuals with disabilities to pursue biomedical, behavioral, clinical or social science research careers. It is hoped that the availability of support for research experiences at several different stages in a research career will substantially increase the number of individuals with disabilities in the health-related sciences. The NIH hereby notifies principal Investigators holding certain NIH research grants of the availability of funds for administrative supplements to existing grants for the support and recruitment of scientists and students with disabilities into research careers. In addition, this program will provide support to accommodate the disabilities of established investigators who become disabled.

EXCELLENT WEBSITES WITH RESOURCEFUL INFORMATION

(1) New Freedom Initiative

State Coalitions to Promote Community-Based Care (OLMSTEAD)

Strengthening Community Care through Mental Health/Criminal Justice Collaboration

<http://www.olmsteadcommunity.org/strenghteningcollab.html>

(2) Bazelon Center for Mental Health Law

<http://www.bazelon.org>

Offers legal assistance to consumers and publications (at cost) for those interested.

(3) ABA (American Bar Association) Commission on Mental and Physical Disability Law

<http://www.abanet.org/disability>

Allows you to search for a disability lawyer in your area

(4) Neighborhood Legal Services, Inc.

Offers a database for which you can search for free legal services by state to persons with low-income and persons with disabilities. For Alabama, please contact the person(s) and/or visit the website below.

<http://www.nls.org>

Birmingham Office - Legal Services Alabama

1820 Seventh Avenue, North, Birmingham, AL 35203

LOCAL: 205/328-3540

<http://www.alabamalegalhelp.org>

Legal Services Alabama offices handle civil cases only. Each office has lawyers licensed to practice in Alabama and other staff who know how to help low-income people resolve their legal problems.

Legal Services Alabama, Inc.

207 Montgomery St.

Suite 1100 Bell Building

Montgomery, AL 36104-3534

Phone: (334) 832-4570

Fax: (334) 264-1474

Clients Call: (800) 844-5342

Executive Director: Melissa Pershing

Board Chairperson: Lisa Robinson

E-mail: mpershing@alsp.org

Counties Served:

Autauga County, Baldwin County, Barbour County, Bibb County, Blount County, Bullock County, Butler County, Calhoun County, Chambers County, Cherokee County, Chilton County, Choctaw County, Clarke County, Clay County, Cleburne County, Coffee County, Colbert County, Conecuh County, Coosa County, Covington County, Crenshaw County, Cullman County, Dale County, Dallas County, DeKalb County, Elmore County, Escambia

County, Etowah County, Fayette County, Franklin County, Geneva County, Greene County, Hale County, Henry County, Houston County, Jackson County, Jefferson County, Lamar County, Lauderdale County, Lawrence County, Lee County, Limestone County, Lowndes County, Macon County, Madison County, Marengo County, Marion County, Marshall County, Mobile County, Monroe County, Montgomery County, Morgan County, Perry County, Pickens County, Pike County, Randolph County, Russell County, St. Clair County, Shelby County, Sumter County, Talladega County, Tallapoosa County, Tuscaloosa County, Walker County, Washington County, Wilcox County, Winston County

(5) Alabama State Bar Volunteer Lawyers Program
415 Dexter Avenue
Montgomery, AL 36104
(334) 269-1515
(334) 261-6310 (fax)
For more information on this program, visit
http://www.alabar.org/members/vlp_more.cfm

(6) Rural Assistance Center Online
http://www.raconline.org/info_guides/mental_health/
Gives a lot of information and statistics on mental health in rural areas.

JOB PLACEMENT/ASSISTANCE

(1) Federal Government's Selective program which includes special authorities for people with disabilities (To request this assistance, you must contact either a state vocational or Department of Veterans Affairs rehabilitation counselor and request their assistance). All jobs through this process are filled Non-Competitively.
<http://www.opm.gov/disability>

(7) National H.I.R.E. Network Resources and Assistance

Helping Individuals with criminal records Re-enter through Employment Network is both a national clearinghouse for information and an advocate for policy change to increase the number and quality of job opportunities available to people with criminal records by changing public policies, employment practices and public opinion. A new organization, HIRE is examining the employment needs of ex-offenders with mental illness and co-occurring disorders.

<http://www.hirenetwork.org/who.html>

ORGANIZATIONS

(1) National Alliance for the Mentally Ill (NAMI)
Greg Carlson, President
Terri Beasley, Executive Director
NAMI Alabama
4122 Wall street
Montgomery, AL 36106

Phone: (334) 396-4797
Fax: (334) 396-4794
Toll-free: (800) 626-4199 (Statewide)
E-mail: terri@namialabama.org
<http://www.namialabama.org>

NAMI Baldwin County - Lynn Adams
302 South Alston Foley, AL 36535
Phone: 251-965-6264
Email: namibc@gulftel.com
Website: www.namibaldwincounty.org

NAMI Birmingham - Doug Miller
700 28th St. South Birmingham, AL 35233
Phone: 205-978-3742
Email: erim@hiwaay.net
Website: www.namibirmingham.org

NAMI Coffee County - Ruthie Warren
112 Baxter Street Enterprise, AL 36330
Phone: 334-347-1361 or 334-347-1361
Email: warrenruthie@yahoo.com

NAMI Cullman County - Nancy Jester
1851 Main Ave SW 222 Cullman, AL 35055
Phone: 256-775-7654 or 256-347-4008
Fax: 334-396-4794
Email: NanciQQ@yahoo.com

NAMI Decatur - Marilyn Volonino
4201 Horseshoe Bend SE Decatur, AL 35603
Phone: 256-353-8849
Email: Parbstr7@aol.com

NAMI East Alabama - Stan Hollingsworth
1218 Hickory Lane Auburn, AL 36830
Phone: 334-502-3201
Email: stanhollingsworth@msn.com

-

90 Eastwood Drive Monroeville, AL 36460
Phone:
Fax:
Email:
Website:

NAMI Franklin County - Deborah Wilson
502 Bradley Street Red Bay, AL 35582
Phone: 256-356-9348 (Fax: 256-356-6815)
Email: wilsond@hiwaay.net

NAMI Huntsville - Annie Saylor
United Way Building
701 Andrew Jackson Way Huntsville, AL 35801
Phone: 256-534-2628 (fax 256-534-2612)
Email: hsvnami@hiwaay.net
Website: www.namihuntsville.org

NAMI Jacksonville - Sara Parfait
P.O. Box 304 Jacksonville, AL 36265

Phone: 256-782-2769 (fax256-435-5240)
Email: saraparfait@netscape.com
Website: www.namialabama.org

NAMI Mobile - Zina May
P.O. Box 24 Mobile, AL 36601
Phone: 251-433-4060
Email: may230@bellsouth.net

NAMI Montgomery - Linda Champion
8224 Marsh Point Road Montgomery, AL 36117
Phone: 334-324-9307
Email: lindachampion@bellsouth.net

NAMI Randolph - Sylvia Richey
265 Lamont Street Roanoke, AL 36274
Phone: 334-863-6718
Email: sylviamc@netcommander.com

NAMI Scottsboro - Alicia Fossett
382 Mt. View Circle Langston, AL 35755
Phone: 256-228-4647 or 256-259-1774
Email: ajfossett@hotmail.com

NAMI Shoals - Roy Skipworth
749 Thompson Street, Suite A Florence, AL 35630
Phone: 256-767-0306
Email: rjskip@bellsouth.net
Website: www.namishoals.netfirms.com

NAMI Tuscaloosa - Cecelia Laurie
P.O. Box 20527 Tuscaloosa, AL 35402
Phone: 205-752-5774
Fax: 205-348-7067
Email: claurie@bama.ua.edu

NAMI Winston County - Toby Yarbrough
P.O. Box 185 Haleyville, AL 35565
Phone: 205-486-3987
Email: rhooper@sonet.net

NAMI Wiregrass - Zoe Newby
703 Rossi Circle Dothan, AL 36305
Phone: 334-702-2952
Email: zoenewby@aim.com

-

7400 Roper Lane Daphne, AL 36526
Phone:
Fax:
Email:
Website:

(2) National Disability Rights Network / National Association of Protection and
Advocacy Systems, Inc.

<http://www.napas.org>

For more information about admission, care, treatment, release, and patient follow-up in public or private psychiatric residential facilities, contact your State mental health and substance abuse agency:

John Houston, Acting Commissioner
Department of Mental Health and Mental Retardation
RSA Union Building , 100 North Union Street
P.O. Box 301410
Montgomery , AL 36130-1410
Phone: (800) 367-0955 (toll free in Alabama)
dmhmr@mh.state.al.us
<http://mh.alabama.gov/>

(4) Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information about mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Mike Autrey, Director
Office of Consumer Relations
Alabama Department of Mental Health and Mental Retardation
RSA Union Building , 100 North Union Street
P.O. Box 301410
Montgomery , AL 36130-1410
Phone: 334-242-3456
Fax: 334-242-3025
Toll-free: 800-832-0952 (Statewide)
E-mail: michael.autrey@mh.alabama.gov
<http://www.mh.al.gov>

(5) CONTACT: Wings Across Alabama

<http://www.wingsalabama.org>

(6) National Association of State Mental Health Program Director's (NASMHPD)
Office of Technical Assistance (OTA) Center for Peer Networking (CPN)

GREAT for peers working in inpatient settings

<http://www.nasmhpd.org/consumernetworking.cfm>

