

# DBSA West Hill and Valley Newsletter: July, 2011

**OUR ANNUAL PICNIC IS COMING!** Our picnic will be held on **Sunday, July 17<sup>th</sup> at Seven Gables Park in Wheaton, from 12pm to 5pm.** Please see page 3 of the newsletter for a map. An RSVP Email will be coming soon.

## MONTHLY BOARD OF DIRECTORS REPORT

### Bank Account Balances

Checking Account Balance	\$1,259
Emergency Medical Fund:	\$5,139

### Dues Paying Members

Individual	20
Family	18
Total Dues Paying Members	38

### Newsletter Distribution

Email Recipients	290
Hardcopy Recipients	69
Total Recipients	359
Last Email Date	5/25/11
Last USPS Mailing Date	5/25/11
Last Board of Directors Mtg	5/15/11

### This month's article

This article is dedicated to raising awareness of the mental health issues in a growing segment of our population—individuals who are incarcerated in jails and prisons. It comes from the May, 2011 issue of the Clinical Forensic Psychology website. It is written by Patricia Zapf, PhD.

### **Forensic Psychology in Jails and Prisons**

As a forensic psychologist, I deal with the reality of mental illness and its impact on others on a daily basis. In my role as a professor and researcher, I teach my students and the academic community about the high rates of depression, anxiety, and other serious mental health disorders, such as schizophrenia and bipolar disorder, in our incarcerated populations. As a forensic evaluator, I work with those individuals whose mental illness has played a significant role in their current legal circumstances. I see firsthand how someone's severe and chronic mental illness has played a significant role in leading him to commit a crime and perhaps to hurt others. In the best-case scenario, these severely mentally ill individuals are sent to a forensic hospital for a period of confinement and treatment, rather than to a jail or prison. Most of the time, however, this does not happen and the severely mentally ill are sentenced to periods of confinement (incarceration) in our nations' jails and prisons. What I have come to realize, however, is just how little the public knows about the impoverished conditions for mental health treatment in jails and prisons.

### **Mental Health Disorders**

In the last few decades, the number of incarcerated individuals with severe mental illness has increased so significantly that prisons may now be the largest mental health providers in the United States. Prison conditions, by their very nature, are not conducive to mental health; they are overcrowded, there is little or no privacy, inmates lack meaningful activities and are isolated from friends and family, violence is high, and perhaps most importantly, most prisons do not have adequate health services and certainly inadequate mental health services.

The prevalence rates of specific mental illnesses—such as major depressive disorder, anxiety disorder, post-traumatic stress disorder, bipolar disorder, and schizophrenia to name just a few—are higher in jails and prisons than they are in the general population. Yet, adequate mental health services in many jails and prisons simply do not exist. Inmates receive inappropriate or inadequate mental health treatment (if they receive it at all) and many inmates receive nothing more than medication, which is oftentimes poorly administered or supervised. It is common for an inmate in need of medication to not receive any medication because the prison or jail does not have the medical staff required to monitor the administration or dosage or the medication is not in the formulary for the particular facility (most commonly because of the cost). Many prisons have a psychiatrist who is in attendance for one half-day a week and who does not have the time to see any but those who are most in need (meaning those who are usually actively psychotic).

## **Forensic Psychologists / Criminal Psychologists**

The number of mental health professionals who are employed by the Department of Corrections and the Bureau of Prisons is not nearly enough to meet the demand. One survey of mental health services in jails and prisons indicated that the rate of inmates to mental health professionals was 900:1—clearly nowhere near what it would take to adequately treat the mental health needs of the prison population.

### **Please help DBSA West by becoming a dues-paying member.**

DBSA is an all-volunteer organization dedicated to improving the lives of people living with mood disorders and their loved ones. Our primary focus is on providing support groups for persons dealing with depression and bipolar disorder and their friends and families.

We are constantly looking for ways to make people aware of our group, which means we spend money on postage, printing and distribution of our information. When you become a member of DBSA, your \$20 individual and \$30 family annual dues payments help us pay for the production and mailing costs of our newsletters and brochures. Please see the sign up form at the end of this newsletter.

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### **Our Officers:**

President: Bernadette Knudsen, [beesnees1@sbcglobal.net](mailto:beesnees1@sbcglobal.net)

Vice President: Norma Wimunc, [nwimunc25@earthlink.net](mailto:nwimunc25@earthlink.net)

Treasurer: Mary Paganoni, [marypaganoni@aol.com](mailto:marypaganoni@aol.com)

Secretary: Bob Steinmetz, [bob@steinmetzmail.com](mailto:bob@steinmetzmail.com)

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### **Our Support Group Facilitators:**

Sunday: Bernadette Knudsen, [beesnees1@sbcglobal.net](mailto:beesnees1@sbcglobal.net) and Linda Dougherty

Sunday (young adult): Alex Steinmetz, [alexsteinm@gmail.com](mailto:alexsteinm@gmail.com)

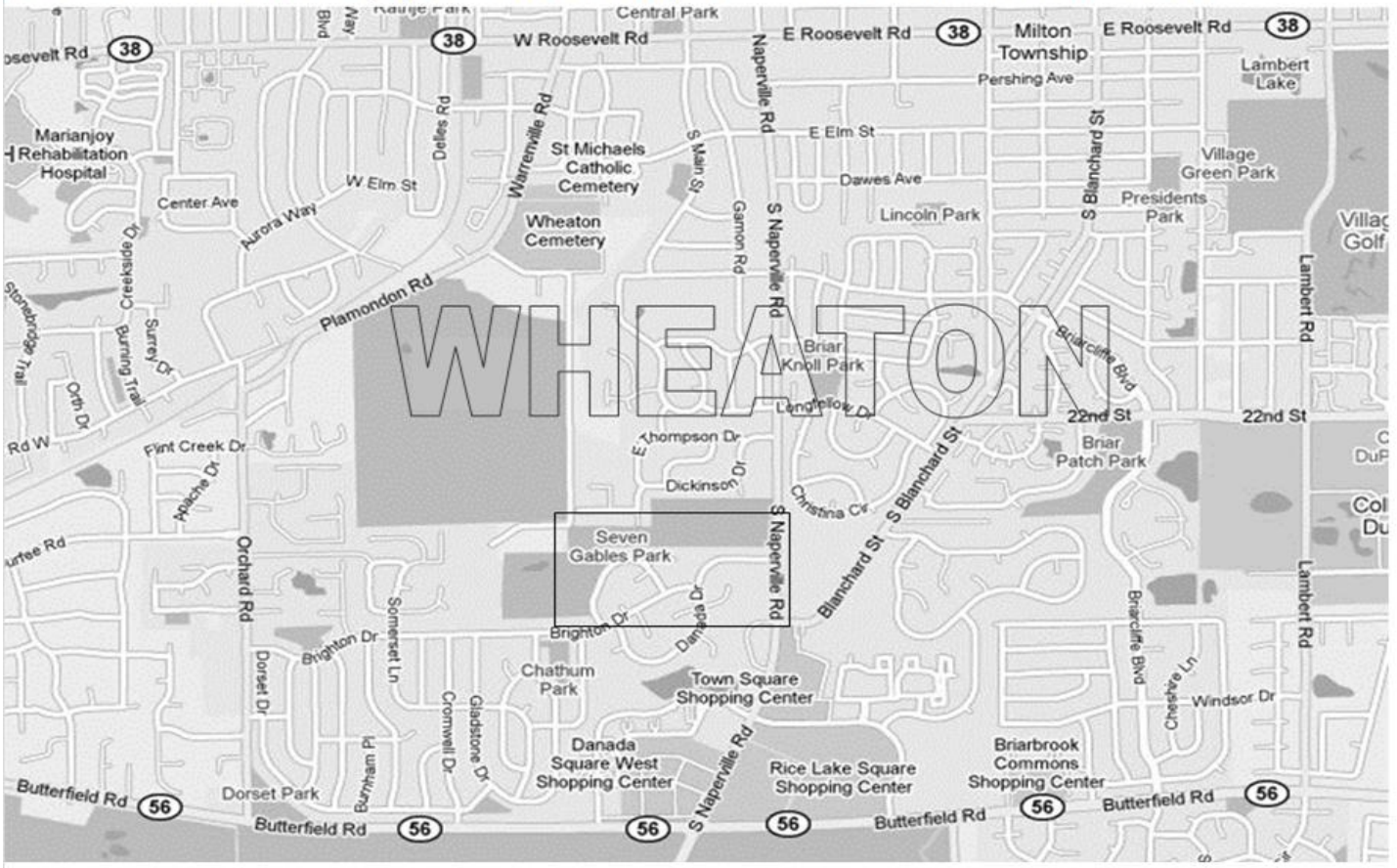
Wednesday: Norma Wimunc, [nwimunc25@earthlink.net](mailto:nwimunc25@earthlink.net)

Thursday: Bob Steinmetz, [bob@steinmetzmail.com](mailto:bob@steinmetzmail.com)

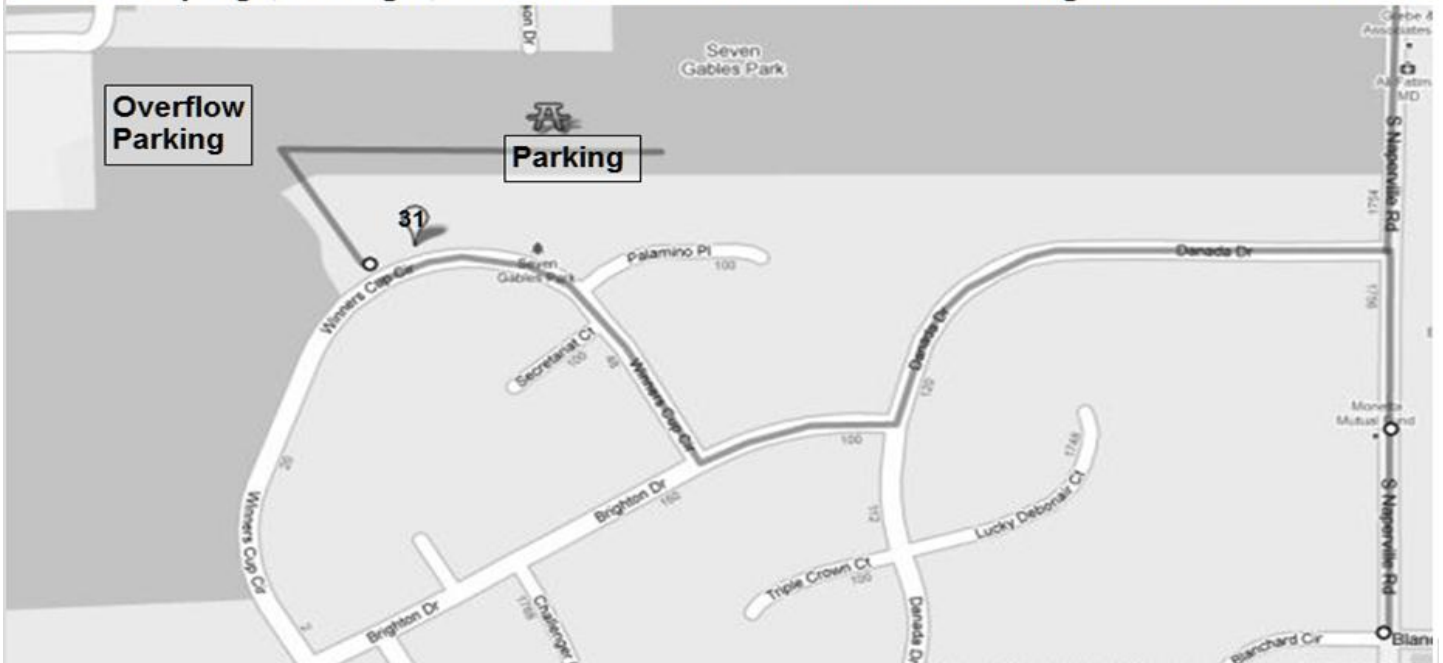
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**DIRECTIONS**

- From Roosevelt Rd (38) go **SOUTH** on Naperville Road 1.3 miles to Danada Drive, OR...
- From Butterfield Road (56) go **NORTH** on Naperville Road 0.7 miles to Danada Drive



- At the intersection of Danada Drive and Naperville Road, go **WEST** on Danada Drive...
- At the first stop sign, turn **RIGHT** on Brighton Drive
- Immediately turn **RIGHT** on to Winners Cup Circle.
- Follow Winners Cup Cir about 1/10th of a mile and turn right into Seven Gables Park.
- At the stop sign, turn right, and drive to the Picnic Shelter lot. Parking there for about 20 cars.



**Support groups** meet at **Good Samaritan Hospital**, 3815 Highland Ave in Downers Grove. Here is our schedule for the next few weeks. Since schedules are subject to change, always refer to [www.dbsawest.org](http://www.dbsawest.org) for the most current information regarding room assignments.

**DBSA West Support Group Meetings July-Aug, 2011**

Day	Date	Time (pm)	Location	Group
Sun	7/3	1:00-3:00	Red Oak	Patient
Sun	7/3	1:00-3:00	Black Oak	16-25
Wed	7/6	7:00-9:00	White Oak	Patient
Thu	7/7	7:00-8:30	White Oak	Caregiver
Sun	7/10	1:00-3:00	Red Oak	Patient
Sun	7/10	1:00-3:00	Black Oak	16-25
Wed	7/13	7:00-9:00	White Oak	Patient
Sun	7/13	1:00-3:00	Black Oak	16-25
Thu	7/14	7:00-8:30	Cancer Cntr	Caregiver
Sun	7/17	1:00-3:00	Red Oak	Patient
Sun	7/17	1:00-3:00	Black Oak	16-25
Wed	7/20	7:00-9:00	Cancer Cntr	Patient
Thu	7/21	7:00-8:30	Cancer Cntr	Caregiver
Sun	7/24	1:00-3:00	Red Oak	Patient
Sun	7/24	1:00-3:00	Black Oak	16-25
Wed	7/27	7:00-9:00	White Oak	Patient
Thu	7/28	7:00-8:30	White Oak	Caregiver
Sun	7/31	1:00-3:00	Red Oak	Patient

Day	Date	Time (pm)	Location	Group
Sun	7/31	1:00-3:00	Black Oak	16-25
Wed	8/3	7:00-9:00	White Oak	Patient
Thu	8/4	7:00-8:30	White Oak	Caregiver
Sun	8/7	1:00-3:00	Red Oak	Patient
Sun	8/7	1:00-3:00	Black Oak	16-25
Wed	8/10	7:00-9:00	White Oak	Patient
Thu	8/11	7:00-8:30	White Oak	Caregiver
Sun	8/14	1:00-3:00	Red Oak	Patient
Sun	8/14	1:00-3:00	Black Oak	16-25
Wed	8/17	7:00-9:00	White Oak	Patient
Thu	8/18	7:00-8:30	White Oak	Caregiver
Sun	8/21	1:00-3:00	Red Oak	Patient
Sun	8/21	1:00-3:00	Black Oak	16-25
Wed	8/24	7:00-9:00	White Oak	Patient
Thu	8/25	7:00-8:30	White Oak	Caregiver
Sun	8/28	1:00-3:00	Red Oak	Patient
Sun	8/28	1:00-3:00	Black Oak	16-25
Wed	8/31	7:00-9:00	White Oak	Patient

