

CAPITAL CONNECTIONS

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CLF MEMBERS AND COMMUNITY REMEMBER DAVID GOODWIN

DC Advocate and Friend Touched Many Lives; His Legacy Will Live on in All of Our Hearts

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In his own words...

The following excerpt is from an interview I did with David in December of 2006.

- Leah Harris, Editor

Peer support in the mental health field has a proven track record in terms of effectiveness. That's also true in the drug culture.

The most successful drug treatment programs include people who have lived the life and walked the walk. The credibility issue is so important. I'll be honest with you...I have an automatic distrust of people who have a Ph.D. in drug addiction but have no personal experience. I don't know of any field where experience is more valued than academic qualifications, than it is in the drug culture. Life experience in the drug culture is the only way I know how to help someone. And it's the same with the mental health field. The counselors that meant more to me than anyone else were the people who were addicted.

A whole lot of people, when they stop doing drugs, express that their biggest fear is "what will I do?" Whether it's mental illness or addiction, you'd be surprised how much time that really did consume in a person's life. You don't think about it when you're living it, but you do when you want to make a change. That's one of the biggest issues people come to me with: "What am I going to do?" I just tell them "Don't rush into anything. Sit back and find something that you like to do. I don't care how crazy it is. I don't care how far out there it is. I don't care how many times you were told that it was unattainable to you because you were addicted or because of your illness. Then bring that to me and we'll discuss it and see what the next steps are."

CLF MISSION

The CLF's mission is to empower consumers by providing an open forum for consumers and their allies to work together to transform the DC mental health system to a recovery-oriented, consumer-led system of care.

DAVID GOODWIN MEMORIAL (CON'T)

It is a privilege to have known David Goodwin as a colleague, a friend and a neighbor. I first met David at one of the ROC meetings that were held at the Anchor Day Program. One remembers his smile and his laugh, but there was a deep seriousness about him that I found engaging. We talked about consumer rights, empowerment and involvement that day.

We later met with consumers and other advocates to practice testifying in front of City Council, something which David took on with great courage. He also helped to organize other consumers to meet at University Legal Services to prepare for testimony and to host discussions about our rights as citizens of the District of Columbia.

It was a pleasure for me to see him at the Brookland Farmers Markets during the summer. He was a regular, who helped to operate the market, something immensely appreciated by the neighborhood. He had a wonderful smile, that he shared with neighbors and friends at our weekly market. Thank you, David, for sharing of yourself so generously. You made the world a better place.

—Celeste Valente, University Legal Services

David Goodwin had an inquiring mind, an ability to delve into convoluted subject areas and make sense of them, and a strong desire to use ideas to fight for the Good. Whether it was the ideas of a Pat Deegan or a Viktor Frankl, David “got it” and could present some pretty high-level ideas to others with tremendous ease. He could take the ideas and make them relevant to the fight for sanity within the mental health system. I first came across David while I was in grad school in 2004 and had my first internship at Anchor. In a loosely defined Current Events group—with major input from David—we determined that one of the things that was making it so that people could not live a “normal life” in the District was the CRF structure, where everything one owns had to fit in one-half of a room, and consumers had as little as \$10 a week of their own.

David came up with the idea that we should go lobby somebody; we laid out everybody’s complaints in a detailed document signed by almost all of Anchors consumers and prepared our next strategy. Did we really know what we were doing? Of course not. We decided that rather than going up the District chain of command, we would start with Capitol Hill. And, admittedly, after we communicated to Eleanor Holmes Norton’s office, that mental health consumers had already met with staffers at Senator Kennedy, Senator Kerry, and Sen. Pete Domenici’s office to discuss how people were living in almost inhuman conditions in the District’s CRFs, Holmes-Norton’s office suddenly became very interested in meeting with us. *—Lydia Cherry*

David was a caring person who loved what he did for his peers. He always talked about the better things he wanted to see happen for consumers. His main concern was that some folks were not doing things to make a change in their lives. He talked about how they would sit around and do nothing all day. His heart was in his work. He didn’t like the feeling of being useless and always wanted to do more. Even when he could not do, he still tried. He refused to give up or give in to his illness. David had a good heart and he did not believe in enabling people when he knew that they could do better. When he said no he meant no. David believed in taking care of his own. He treated everyone with respect and talked to everyone. I never heard David say anything negative about anyone. He saw something good in everyone. He always encouraged people to do what was in their best interest. Through all of his pain he still smiled and had good things to say. He was an encourager. Before he passed he had the opportunity to see some of his visions for CLF come true. His favorite quotes to me were to “always stick with my first instinct,” and “not to let people changed who I am.” He believed that people should do things to enhance themselves, but not to *depend on another person to make you look or feel better.* *—Dorothy Adams, CLF Executive Director and David Goodwin’s widow*

DAVID GOODWIN MEMORIAL (CON'T)



David Goodwin and Sherry McMahon at the Resource and Opportunity Center at Anchor Mental Health, December 2006. Photo Credit: Leah Harris

David was many things to many people. Each one of us will walk away this afternoon taking with us one or many things that he has left for us. These are his gifts to us.

I met David at Anchor Mental Health. For a while, he was simply someone that I said hello to as we met in passing. When the organizing of what came to be the Resource and Opportunity Center began, I came to know David better.

David emerged as our de facto leader, and proved capable of bringing our diverse group together. The Resource Center proved to be a multi-faceted organization, with many projects resulting from the group's brainstorming. A lot of good things came from that gathering of Anchor consumers.

When Galina Sergen began the Consumer Leadership Forum, David, myself and a few others from the Resource Center joined with her and her group in working to

“focus on the vision of the type of mental health system we want to create and the process of getting there”(CLF Statement of Purpose). Consistent with both organizations was exploring the ways and means of reforming the DC mental health system to serve the needs of the consumer.

I believe that mission to be one of David's greatest passions. That passion was infectious, and he was able to bring to these groups people who were not joiners. What was understood was that input from all consumers was vital to the success of both groups. David showed consumers how important that input was to the goal of a life lived to the fullest potential. - *Sherry McMahon*

I met David Goodwin when I started working at Anchor Mental Health association in 1999. He was very likeable and cooperative and a great help to staff from the beginning. He could always be counted on to help out with groups, encourage others and in general be a leader for his peers. I saw a lot of progress and growth for him over the years. He was one of the founders of the ROC. I was always very proud of him. There were times where I felt that as staff we may have put a lot of pressure on David to “be a good example”, “do the right thing” and “go to school or get a job.” Because we always felt that if anyone could, David could. I made sure that he knew, even if he didn't do all of those things on a certain time line, that he knew we were still proud of him and would support him if he chose to. I will always remember him as one of the high points of my career at Anchor. He will be missed.

-*Terri Spencer*

CLF NEWS

By Dorothy Adams, CLF Executive Director

CLF staff has starting teaching consumers survival skills classes and they are learning so many things. The consumers have learned to budget, shop with coupons, writing checks, opening up bank accounts etc.

The CLF Community Outreach Event on July 16, 2010 went well. We provided information and food for about 150 people. Ten of the homeless men helped with CLF community outreach event. They helped set up and clean up, showed people where to go to eat, shared information about the outreach event, and passing out information. We reached about 80 homeless people and provided them with information about CLF. Several people were interesting in taking the classes.

The most important thing that happened to me on that day was that I had the opportunity to meet and hear about how the homeless population wanted to live. They are proud people and not all of them want handouts. They want to work and have a place to live. Even though they are homeless some of them still

turn down things because they feel that there are others that need it more than they do.

CLF provided food, drinks and toys for the children on that day. The people were very appreciative and really enjoyed having a place to come without having to do something first in order to get what was offered to them.

One of the homeless men asked me if he could come back and help clean up. He said that people always gave him things and he wanted to give back. I told him to come back at 3:30 and to my surprise, he was back at 3:30 to help out.

Vivi Smith stayed for a long time and had the opportunity to see how many homeless people came to the event. Steve Baron and Adrienne William stopped by for a while to see how things were going.

CLF went to the Wilson Building to give out information on the City Council first consumer fair. CLF passed out information and talked to some of the city counselors. CLF was invited to come out and speak to an organization on what we are doing.

CLF MEETING REPORT, JULY 2010

By Dorothy Adams, CLF Executive Director

A CLF member talked about St. Elizabeth's hospital putting people out of the hospital and on the street because they do not have a program in place for them. Consumers are being let out on the street and because they don't have any type of structure they end of going back into the hospital. He expressed his concern about the lack of community-based, recovery-oriented services available to help people transition back into the community.

Ms. Adams stated that consumers' medical issues were not being met either. Many consumers are out in the hot sun or cold weather waiting on their case managers an hour before they come to pick them up.

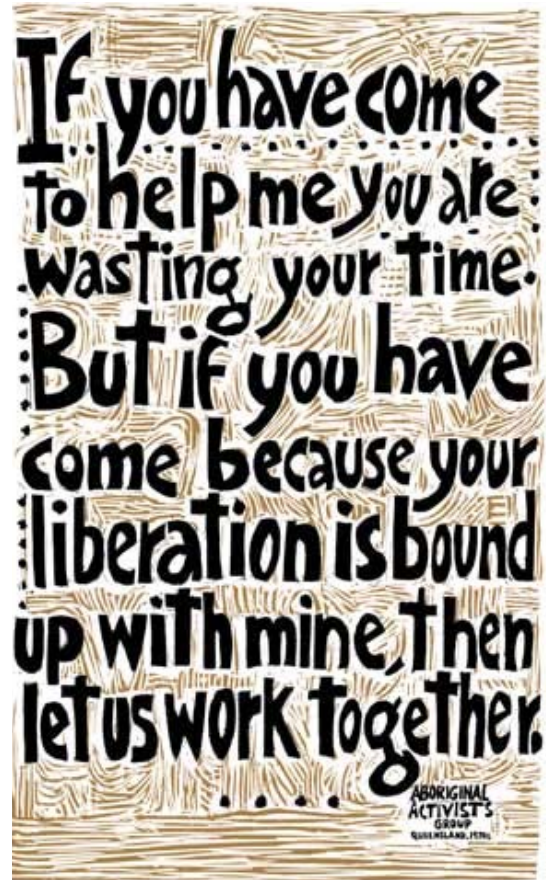
Matthew said that the department needs to hear about these types of complaints and we should document times and dates when they happened. He said that there are consequences when programs don't do what they should for the consumers.

Katherine Green spoke on boundaries. She spoke on the fact that space was very important to people and that we need to respect one another's personal space. She gave us a lot of information on how to communicate with different kinds of people. Some tips are to: pay attention to body language, especially for "feelers" or people who have more of an emotional reaction to communicating, working, and decision-making. For communicating with "thinkers" or people who are more likely to process things intellectually, she suggested listing the causes and effects, or pluses and minuses relating to a problem and its solution. Katherine said that people should respect theirs and other peoples' positions not just on paper but also in every situation.

CONSUMER LEADERSHIP FORUM

OUR VISION

1. We seek an end to our isolation and we refuse to have our existence limited;
2. We seek a community that looks after the health and well-being of each individual, that respects the choices we make about our lives and our care;
3. We seek an improved system of crisis care and continuous care, where holistic healing, progress, and recovery are the key components. We need services that are individualized and self-directed as well as community supports such as consumer-driven respite and wellness centers;
4. We seek to engage with one another and to create a grass-roots movement where we can support one another and keep our morale high. To forge our own identity as individuals and as a movement, separate and distinct from the provider community, but working in partnership with those who support us;
5. We seek a system that is driven by the needs, choices, and voices of consumers, not large pharmaceutical companies, providers and others in positions of power;
6. We seek a system of natural supports, where we can recognize that it is ok to fail, to make mistakes, to test new ground for ourselves in all that we do and in safety move beyond the system;
7. We seek an end to homelessness among persons with mental illness, and the creation of a network of affordable housing;
8. We seek to support and encourage consumer-run businesses and enterprises and to foster job opportunities;
9. We seek a community that respects the diversity within our movement and protects our traditions through a culture of competency and understanding. We seek to support families, youth and individuals to prevent isolation from one another and to provide training and information so that our community is empowered to cope with the unique challenges we face;
10. We will seek support from communities that are willing to partner with us and respect our choices and goals.



CLF TO OFFER WRAP CLASSES

Dorothy Adams, CLF Executive Director, will offer free Wellness and Recovery Action Plan (WRAP) classes on Thursdays from 2:30 - 4:00 PM at the McClendon Center. These classes are free and open to the community. Classes start August 12, 2010.

What is the Wellness Recovery Action Plan®?

Through careful observation you will discover the things you need to do every day to keep yourself well, external events that may make you feel badly, early warning signs that let you know you are not feeling well, and signs that let you know you are feeling much worse. With this knowledge and by using the Wellness Tools you have discovered for yourself you will be able to develop a Wellness Recovery Action Plan that will help you feel well more often and move forward with your recovery. This will include listings of:

- those things you need to do every day to keep yourself well, such as eating three healthy meals and getting a half-hour of exercise
- external events that could make you feel worse (triggers), such as an argument with a friend or getting a big bill
- Wellness Tools that might keep this event from making you feel worse
- Early Warning Signs - such as irritability or anxiety that indicate you might be starting to feel badly, and a response plan
- signs that indicate the situation is getting much worse, such as reckless behavior or isolation, and an action plan to stabilize the situation.

You can also develop a personal crisis plan to be used when you need others to take over responsibility for your care. Your crisis plan includes:

- a list of your supporters, their roles in your life, and their phone numbers
- a list of all medications you are using and information on why they are being used
- signs that let your supporters know they need to make decisions for you and take over responsibility for your care
- instructions that tell your supporters what you want them to do.

Key Recovery Concepts

Five key recovery concepts provide the foundation of effective recovery work.

Hope - People who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals.

Personal Responsibility - It's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.

Education - Learning all you can about what you are experiencing so you can make good decisions about all aspects of your life.

Self Advocacy - Effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery.

Support - While working toward your wellness is up to you, receiving support from others, and giving support to others will help you feel better and enhance the quality of your life.

Source: <http://www.mentalhealthrecovery.com/aboutus.php>

CONSUMER LEADERSHIP FORUM MEETING

Friday, August 6, 12 – 3 pm

The McClendon Center , 1313 New York Avenue, NW

Meeting topic: Vivi Smith from the Office of Consumer and Family Affairs, DC Department of Mental Health (DMH), will give an overview of the current programs offered by DMH.

Friday, September 3, 12 – 3 pm

The McClendon Center, 1313 New York Avenue, NW

Meeting topic: “Know Your Rights”

Mathew McCollough from the Office of Disability Rights will come out in September to talk about how the Office of Disability Rights can help if you have any complaints about employment, if you are being mistreated in your CSA, housing, or other areas that you may have issues with.

“WHAT A DIFFERENCE A FRIEND MAKES” ESSAY/VIDEO CONTEST

Friendship and support are key aspects of recovery from mental health problems. Individuals are more likely to seek help in an environment of acceptance and understanding. SAMHSA and the Ad Council have launched this video and essay contest to promote the powerful testimonies of friends supporting each other in recovery, and to further awareness and education about the vital importance of mental health. If you know of someone who has a compelling story, please encourage him/her to participate.

It's simple to enter—just submit a short video or an essay that tells in a creative and meaningful way how you've supported a friend during a tough time in his/her life or how a friend supported you. The story can be based on your real-life experience, and it does not need to reveal the identity of the friend (unless the friend agrees to participate). We look forward to seeing your submission soon. For more information, visit: <http://www.whatadifference.samhsa.gov/contest/rules.php>

Submissions are due by August 31.

JOINT UTILITY DISCOUNT DAY

Joint utility Discount Day (“JUDD”) is scheduled on Friday, September 3, 2010 at the Washington Convention Center, 801 Mt. Vernon Place, NW. This all day event (8:00 a.m.-7:00 p.m.) allows eligible District residents to sign-up for financial energy assistance with their heating bills.

Applications will be accepted from DC residents for utility discounts from Washington Gas, Pepco, DCWASA and Verizon to those who meet eligibility requirements. Utility bill assistance also available for eligible residents. Must bring proof of household income, photo ID, Social Security card, recent lease or rent receipt (if heat is included in rent) and recent utility bills (electricity, gas, telephone, and water).

For more information, please contact Pamela Nelson, (202) 727-3071.

Capital Connections Newsletter needs YOU!

The Capital Connections newsletter is meant for you - consumers and allies. How can we make it better? If you have suggestions, story ideas or something you wish to contribute, please contact Leah Harris at leahharris2@gmail.com or through the CLF at (202) 737-6191.

HOW TO CONTACT US

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CONSUMER LEADERSHIP FORUM TASK FORCES

**If you're not on one, you should be –
Great things are happening!**

Consumer Leadership Forum

12:00 pm 3:00pm / 1st Friday of the Month
McClendon Center 1313 New York Ave. NW

Peer-Support (starting August 10)

2:30 pm - 3:30 pm / 1st Tuesday of the Month
McClendon Center 1313 New York Ave. NW
First floor, room 127

Wellness and Recovery Action Plan (WRAP) classes

Thursdays, 2:30 - 4:00
McClendon Center 1313 New York Ave. NW

Please call Dorothy Adams to confirm at 202-737-6191.



“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

—Margaret Mead

