

INSIDE THIS ISSUE:

WMP—One Member's
Thoughts 2

Member Spotlight:
A Personal Success 3

WilPower &
NAMI-CCNS Co-Host
Event 4

Irvina Warren - Wins
Community Service
Award 5

Expressive Arts -
Members Show
Their Work 6

Ways to Give -
Donor Feature 7



EVIDENCE-BASED PRACTICE Charting a Course to Successful Recovery

Why Evidenced-Based Practice?

As funding resources continue to shrink the need for proven effective treatments becomes increasingly important. Evidence-based practices are interventions for which there is consistent scientific evidence to indicate they improve client outcomes. Because there is a gap in both the mental health and medical field between practice vs. research, evidence-based practice fills it by providing concrete ways to guide, implement and maintain effective clinical practice.

"In the past ten years research has proven the efficacy of certain interventions and treatments; it's these proven practices that we are now putting into practice and measuring," notes Sue Shimon WilPower Executive Director.

In November 2007 WilPower began the first phase of the planned implementation of evidence-based practice in all programs. Five WilPower employees received training in Wellness Management and Recovery, followed by a week-long information series to encourage member participation. Members were introduced to the ten module topics and nine of twenty volunteers were selected. Individual sessions began within a month.

Wellness Management and Recovery

Wellness Management and Recovery uses one-on-one, cognitive behavioral therapy and motivational interviewing to help people capitalize on their strengths, rather than dwell on their limitations. The ten modules include:

- Recovery Strategies
- Practical Facts about Mental Illness
- The Stress-Vulnerability Model
- Building Social Support
- Using Medications Effectively
- Reducing Relapse
- Coping with Stress
- Coping with Problems and Symptoms
- Getting your needs met in the Mental Health System
- Substance Abuse

Evidence-based practice provides a way to measure the performance of WilPower services that will facilitate improvements, insure quality and ultimately provide WilPower members the best chance of a meaningful recovery.

Measuring Implementation

In addition to providing consistent, measurable treatment practices evidence-based practice has an evaluation component that is critical to its successful implementation.

"When we have completed the first phase of Wellness Management and Recovery implementation, we will receive a base-line fidelity assessment from our consultant, Mary Rychener, of the Thresholds Institute," adds Shimon. This will include chart review, practitioner interviews, client interviews, and observation of a live session. Assessments are made at three months, nine months and annually thereafter. After one year of practice, consultation is withdrawn, and the WilPower Program Director, Eva Martinez-Klich (one of the practitioners) will have been trained "to train" and provide ongoing practice supervision.

"This fidelity monitoring is important for all of us because it will insure quality, and reduce the likelihood of inconsistencies in practice delivery," adds Martinez-Klich.

What Lies Ahead?

We will continue to incorporate the most effective treatments to strengthen services to promote the well-being and goals of our membership. Wellness Management and Recovery is a big step. We are fortunate that our existing supported employment and dual diagnosis interventions align closely with the current best practices. Staff and member training will focus on these services and other effective recovery interventions. Additions will include regular review of program effectiveness measures. Our 2008-2011 Strategic Plan updates will document these strides.

"Although this is a lot to achieve in a short time-frame we are encouraged by the positive response from our members and staff," adds Shimon. Funding from Walgreens and the Seabury Foundation have helped underwrite the cost of this project. "We continue to seek community support so that we can meet all of our training and implementation goals," adds Ms. Shimon.

SUE'S STORY

“...it’s a structured approach centered on what we’ve believed in, what we’ve been doing, all along.”

Three years ago we set forward-looking goals: focus on recovery as a value of our rehabilitation program, hire a development director, develop plans for marketing and fund raising and give the people we serve a greater role in what we do and how we do it.

We’ve succeeded, beyond our expectations, in the achievement of each. Now, we’re envisioning our next three years. How can we be most useful to members? What actions on our part will give them something they can take away – something that will change the course of their illnesses? We continue to believe in recovery.

But, there are only so many hours in a day, only so much funding; only so many programs we can offer. To make the most of every resource, we’re now focusing on evidence-based practice.

In the past 10 years, research has proven the efficacy of certain interventions and treatments; it’s these proven interventions that we are putting into practice. Our new service delivery model, Wellness Management & Recovery, uses one-on-one instruction, cognitive behavioral therapy and motivational interviewing to help

people capitalize on their strengths, rather than dwell on their limitations. In other words, it’s a structured approach centered on what we’ve believed in, what we’ve been doing, all along.

We’re happy to have our new board president Don Hanigan to help us take this next bold step. We also thank the Baxter International Foundation for their generous grant in support of the WilPower wellness program. These funds have been used to add hours to our nurse who provides educational groups about co-morbid illnesses, disease prevention and health and wellness. We anticipate continued community support of the WilPower Wellness program that improves our members’ quality of life and increase their lifespan.

To your health!
Susan Shimon,
Executive Director



Q&A:

One Member’s Impressions of Wellness Management and Recovery Practice

by Cindy DeMarco

WMR, Wellness Management and Recovery, is an evidence-based practice recently introduced at WilPower. Evidence-based means that the program has been tested, implemented, and produced the desired outcome, basically “it works”. Members who use WMR are paired up with a facilitator and they work for 4-8 months using a WMR curriculum which focuses on various aspects of recovery. Five staff, Sue Shimon, Eva Martinez-Klich, Beth Schneider, Debbie Williams and Cindy DeMarco, attended an intensive 2 day training to become WMR facilitators. A weekly 90 minute consultation is provided by the trainer to monitor fidelity and provide feedback on implementation. Staff currently provide WMR to 9 members as a way to complement their involvement in other WilPower programming. The following are the thoughts of one WMR member:

Q. Why did you choose to do WMR?

A. From the program itself, to the introduction of it, to the presentation we were exposed to, it sounded like a great program.

Q. How do you like WMR so far?

A. So far I like it because it is helping me to understanding that realistic goals are achievable.

Q. What are you hoping to get from WMR?

A. To be well on my way to recovery

Q. What would you tell others who are thinking about participating in WMR?

A. I would encourage any one to try it because I have found it to be beneficial already and I have only been in it for a few weeks.

Q. Any other thoughts on WMR?

A. WMR is helping me understand the recovery process in a way I never have before.

WILPOWER MEMBER SPOTLIGHT

HOWARD KANE – A PERSONAL SUCCESS STORY

BY KAITLIN LEVINE

WilPower is proud to share with you the personal success story of Howard Kane. With his dedication, perseverance and eternal optimism, Howard has shown us all that hard work pays off- sometimes with a paycheck.

Howard became a member of WilPower in 1989. As a shy and reserved man, he communicated best through the mediums of art and gardening. This talent was showcased when Howard volunteered to maintain WilPower's gardens and assist with the art therapy group. For over ten years, Howard gave one hundred percent to these tasks as he continued to work on his recovery at WilPower. His personal goal was to one day obtain a competitive job in the community and he would do whatever it took to achieve it.

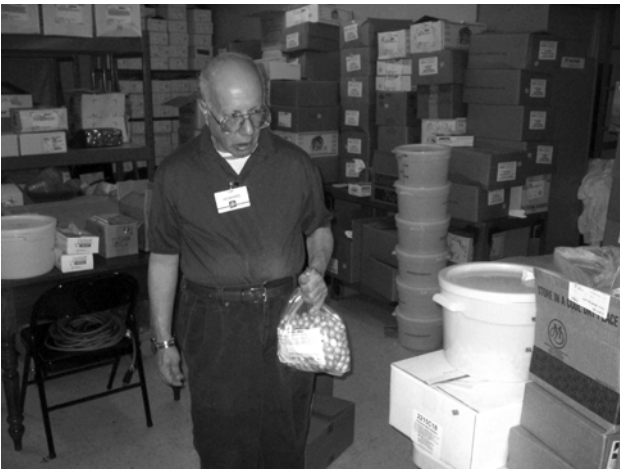
In 2001, Howard became employed as a dishwasher with a supported employment program at Great Lakes Goodwill Industries. Unfortunately, the commute was far from home and he eventually caught pneumonia while waiting for a bus. The experience was traumatic and put a damper on Howard's ability to use public transportation. Though he continued with his volunteer responsibilities at WilPower, he now had more obstacles to overcome before working again.

It wasn't until December of 2005 that Howard announced he was ready to work. He was referred to WilPower's vocational department for assistance. Here, the team helped Howard compose a resume and cover letter and begin the search for the right job. Despite Howard's limitations, the vocational team knew that with his strong work ethic, meticulous eye for detail and ability to do repetitive tasks, he would be a valuable asset to any company. That became the focus - what Howard could do, not what he could not.

The employment team researched jobs, assisted Howard with applications and brought him to interviews. Many opportunities seemed promising, but they did not end up being a perfect fit. Still, Howard never gave up. He made every appointment and he made every effort. He was willing to work almost anywhere, but his bigger dream was to be able to apply his gardening skills and knowledge.

After almost two years, a new store, The Fresh Market, opened in Eden's Plaza. Determined as always, Howard filled out an application for a position in the floral department. A member of the employment team accompanied him to a job interview.

A WilPower employment specialist coached Howard on-site until everyone was confident Howard was comfortable with his responsibilities and able to work independently. The employment team also assisted him with receiving door-to-door bus services through Paratransit so he would not have to wait outside for a bus or worry about managing bus schedules. He has been employed for four months and loves his job. His supervisor says he is doing great and that the store is impressed with his hard-work.



Thank you Howard- you are an inspiration to all.

“...his bigger dream was to be able to apply his gardening skills and knowledge”

Howard Kane – putting goods on display at Fresh Market, Wilmette

WilPower's Annual Benefit - Support WilPower - Vote for Recovery!

WilPower will hold its Annual Benefit at the Highland Park Country Club on Sunday September 14th. This year's theme will be "Vote for WilPower - Vote for Recovery" in celebration of the Presidential election. The Annual Benefit is WilPower's major fundraising event and last year raised over \$100,000 to support WilPower's programs and services.

There will be red, white and blue balloons and banners throughout the auction and guests will have the opportunity to bid on gift baskets, trips and memorabilia representing each state, making it as American as "mom and apple pie".

The auction will again feature original artwork by WilPower artists and the ever-popular "Wine Grab" with the chance to win a rare, select wine. There will also be a raffle to win cash prizes up to \$1,000. Tickets for the event will be \$185 per person - available to reserve now.



If you would like to cast your vote in support of the 2008 Benefit Committee by volunteering or donating an item for the silent auction contact Bette Budnik, event chair at bettebudnik@aol.com or Mary Gallagher at mgallagher@wilpower.org, or phone at (847) 501-2879.

"Save the Date" - September 14th, 2008

WilPower 2008 Benefit Committee (from left): Angie Anderson, Bette Budnik (Chair), Linda Goldstein, Judy Harmon, Mary Gallagher, Linda Cordin. Committee members not pictured - Patricia Hunt and Barbara Spencer.

WILPOWER AND NAMI-CCNS HOST EVENT

WilPower and NAMI Cook County North Suburban co-hosted a play-fundraiser at the Victory Gardens Theatre on Sunday March 9. The performance, "Botanic Garden" was written by Todd Logan and directed by Academy Award winner Olympia Dukakis. The two character play told the story of a middle aged woman preparing for her first date following the death of her husband.

The event which included a reception before the performance, drew 75 people representing both organizations. "This was the first time we have done something like this and we hope to do more," noted Mary Gallagher Development Director at WilPower.

NAMI Cook County North Suburban (NAMI-CCNS) is a not-for-profit organization that provides support and information to persons with brain disorders and their families. For more information contact Barb Maier, Executive Director at (847)716-2252.



NAMI-CCNS members (from left) Deb Walsh, Dr. Michael and Pat Rodbro enjoy the event.



(From left) Janet Parker (WilPower board), Janet Clark, Tom and Barb Peterson (both WilPower board members)

WILPOWER'S FAMILY SUPPORT GROUP

BY WENDY TRAFNY

The purpose of the WilPower Family Support Group is to provide a place for family members, caregivers and other concerned friends to meet and share mutual concerns about their loved ones with mental illness. By sharing with others participants begin to experience a new sense of empowerment while learning about mental illness and how to assist their loved one in recovering. They begin the process of grief and loss, along with developing realistic expectations that include accepting their loved ones as they are. They also learn how to become advocates for persons with mental illness.

The Family Support Group meets the 4th Monday of every month from 6-7:30PM at the Northfield Clubhouse. It is free of charge to any parent, family member or community member that has an interest in mental illness.

Recent topics/speakers have included:

Rosemary Triplett, Attorney at Law, telling her amazing story of recovery from mental illness to become a lawyer; **Beth Schneider** (WilPower Engagement Specialist) and **Mary Jensen** (Development Specialist for consumer and Family Services for the Office of Mental Health at Elgin Mental Health Center) presenting Wellness Recovery Action Planning for Families; **Dr. James Houk**, Professor at Northwestern University Medical School presenting information on his latest cutting-edge research about schizophrenia; a panel discussion featuring Wil-

Power members speaking about their ongoing efforts/struggles/tribulations with recovery from mental illness and substance abuse; **Michelle Lawrence**, Benefits Specialist for the Division of Rehabilitation Services of the Social Security Administration presenting helpful hints on SSI and SSDI; **Kevin Irvine** from Equip for Equality : What Family Members need to know about Guardianship and Alternatives; **Gregg Fields**, WilPower Outreach Case Manager and MISA Specialist (mentally ill substance abuse) talking about his long history of substance abuse, mental illness and post-traumatic stress; A discussion about **Tough Love**, how to set healthy boundaries; **Maria Moreno** (WilPower RN) and **Norton Hoffberg** (WilPower Member) speaking on chronic physical illness and chronic mental illness; **Dr. Cassandra Friedman**, presenting on Mental Illness: A Family Affair...Care for the Caregiver; **Margaret Hawkins**, telling the story of her sister who has not left her house in over 30 years due to symptoms of schizophrenia and did not receive any mental health treatment until one year ago; **Lois and Allen Sorkin** (parents of a WilPower member) discussing Learning to Become Part of the Therapeutic Team; **Dr. Peter Weiden** Professor of Psychiatry and Director of the Psychotic Disorders Program Center for Cognitive Medicine at the U of I, speaking about Improving Clinic Outcomes for Patients with Schizophrenia and Improving Medication Compliance.

If you would like to be on the mailing list contact Wendy Trafny, WilPower Outreach Coordinator and Family Support Group Facilitator at 847 386 3082 or wtrafny@wilpower.org.

WILPOWER BOARD MEMBER RECEIVES COMMUNITY SPIRIT AWARD

WilPower board Vice President Irvina Warren is the recipient of the 2008 George E. Noyes Community Spirit Award in recognition of her outstanding contribution as a volunteer in the New Trier Township community. The award is in memory of George E. Noyes who served as Township Collector from 2002 until 2006 and is designed to honor those who demonstrate his spirit of service, citizenship and responsibility.

Irvina Warren has been an active volunteer in the New Trier Township community for over 25 years. Her volunteer work has included the Winnetka Caucus, League of Women Voters, and the Winnetka Public Library. She was a member of the New Trier Township Mental Health Committee for eight years and a trustee for the township for seven. During this time Irvina helped assess the local needs for housing for people with disabilities in the northern suburbs and was instrumental in supporting the development of such housing.

Irvina encouraged volunteers to seek seed money from the township board so they could establish themselves as not for profits and qualify for funds from other sources. WilPower was one of the organizations to receive these seed funds.

Because of her work with New Trier Township Irvina gained a greater understanding of the need for housing and services for people with mental illness who live in the north suburban communities. This resulted in her joining the WilPower board in 1998 where she continues to volunteer her time and energy in finding ways to fill this need. Along with serving as Vice President, Irvina is a member of the WilPower board governance committee.



Irvina and husband Dr. Sherwyn Warren

WilPower Artists – Expressing Their Talent

The WilPower Expressive Arts Program continues to flourish under the guidance of Gail Fried, WilPower art therapist. WilPower artists are gaining a lot of attention and currently have their work on display in several locations. Of particular note, David Blaisdell, a WilPower alumnus, and Austin McGuire, a current member, are showing their art at the Chicago Cultural Center as part of the Project Onward program.

Project Onward supports artists with special needs by providing workspace, art supplies and guidance to emerging artists in a communal workshop environment. With Project Onward support, artists' works are exhibited and sold in numerous private and corporate collections.

In addition, WilPower artists created note cards that are on sale at the Intuit Gallery in Chicago. Upcoming venues for WilPower artists include the Open Studio in Evanston, farmers markets in Northfield and Glencoe (dates to be announced). The WilPower Expressive Arts Festival will be held on Friday, August 1st in Northfield. This annual event showcases WilPower artists' paintings, drawings, jewelry and clothing. The festival also features members' original prose and poetry with singing and drumming as well.

New to the Expressive Arts Program is Andrea Koch, a first year intern in the Masters Program in Art Therapy at the Art Institute of Chicago. "Andrea is a welcome addition with new and creative ideas that strengthen the program," said Gail Fried. "She is a sensitive and caring person who has quickly bonded with our members," she added.

Andrea hopes to explore other options for displaying WilPower artwork. "There are so many talented artists here!" notes Andrea. Her own experience includes creating art, teaching workshops, giving lectures, working at galleries, and organizing exhibitions. "At WilPower, I see a lot more talent than many members give themselves credit. Every time I've seen my own work on display, it's filled me with a great sense of pride and accomplishment. I'm really looking forward to sharing those feelings with the members at WilPower," she adds.



WilPower Artist Austin McGuire shows his latest work.

In My Own Words—Erasing Stigma

By Beth Schneider

Stigma goes far beyond the words that are used. Stigma is defined as using stereotypes and labels when describing someone. Stigma creates a division - an upper group and a lower devalued group. People who stigmatize people with mental illness do not understand that they have an illness that is biological, and physical. The effects of stigma go deep and the alienation it causes is often just as difficult to manage as the illness itself. The effects of stigma can become internalized and the person begins to feel deeply affected by the words of stigma.

There are many ways to combat stigma. Groups such as NAMI try to educate about mental illness and erase stigma. They try to undo the way mental illness is treated on the radio and television and in the entertainment industry. There are other groups trying to educate the public about mental illness so they can understand it.

In my work I try to empower people with mental illness so they can be strong and not let the negative words of stigma hurt them so deeply. I help people believe in themselves and let them know they can get well. I try to teach them to have a voice so they can tell those people who use negative words that they are wrong. It is my goal to hopefully one day erase stigma so people with mental illness can talk openly about it and find the help they need.

Beth Schneider is a WilPower Engagement Specialist.

PLANNED GIVING – A Gift that Lasts

PLANNED GIVING is part of estate planning. It is a way of meeting your personal financial goals while at the same time making a substantial contribution to WilPower.

Planned Giving can also provide you with important benefits by allowing you to fulfill your philanthropic interests today, while making a gift that will both have a long-term impact and provide opportunities to reduce your personal taxes.

Planned Giving allows you to:

- ◆ Realize personal financial goal
- ◆ Reduce Taxes
- ◆ Protect your family
- ◆ Protect your assests

- ◆ Have your family remembered
- ◆ Realize your personal philanthropic goal
- ◆ Maximize or supplement your income

Maximize the benefits to your estate and beneficiaries.

If your are interested in receiving additional information please contact Mary Gallagher, Development Director at 847- 501-2879 or e-mail mgallagher@wilpower.org.

DONOR SPOTLIGHT

Elinor Swiger

WilPower relies heavily on charitable donations to sustain and strengthen its mission so that members have ready access to the quality supports and services they need. One such donation came from a friend of WilPower who read an article in the newsletter describing the benefits of a year-end IRA charitable contribution.

Elinor Swiger and her husband have lived in Glenview for 40 years where they raised three children. She first heard about WilPower from Jim Hunt, former board president and fellow church member. They both participate in a church sponsored walking group and that became a way for Jim to introduce group members to WilPower and how it has helped him and his son - a member.

What made Elinor decide to support WilPower? "I saw the names of other donors that I respected," said Elinor. "But the real trigger for me was that WilPower was the first to mention the IRA tax deduction," she adds. Elinor admits that she is also motivated by the mission of an organization and feels it should be worthwhile and make a difference.

Whatever the motivation – we are deeply grateful for Elinor’s generous donation and for her commitment to and confidence in WilPower’s mission. It is because of individual donations such as this that WilPower can continue to look forward to expand its programs and include more adults living in the northern Illinois communities who seek services for their mental illness.

WilPower Inc.
444 West Frontage Rd.
Northfield, Illinois 60093
www.wilpower.org

NON-PROFIT
U.S. POSTAGE
PAID
PERMIT #226
WILMETTE, IL

Board of Directors

Don Hanigan, President
Irvina Warren, Vice President
Jim Morrow, Vice President
Robert B. Linn, Treasurer
Sylvia Adams
Bette Budnik
Amy Jill Burk
Jerry Carynski
George Harmon
Nancy Hug
Jim Hunt
Carrie Katz
Charles Morton
Minnie Morton
Janet C. Parker
Barbara Peterson
Tom Peterson
Betsy Rosenzweig

Executive Director

Susan M. Shimon

Advisory Board

Neil H. Adelman
Charles Connors
Elizabeth Coulson, State Rep.
Jay Forman
Cass Friedman
Louis I. Lang, State Rep.
Norm Lee
Robert Lundin
Barb Maier
Erma Medgyesy
Sheila O'Neill
Jeffrey Schoenberg, State Sen.
Clarice Stetter

Wish List

WilPower members are starting a photography group and need at least five digital cameras. If you would like to donate a camera to the group please contact Wendy Trafny at www.wtrafny@wilpower.org.

We need donations for the silent auction. The theme is "Vote for WilPower. . . Vote for Success" and we are looking for things all-American and representing each state. If you have something to donate contact Mary Gallagher at www.mgallagher@wilpower.org or 847-501-2879.

Upcoming Events:

Springfield Mental Health Rally - May 14th

Independence Day Party - July 3rd

WilPower Expressive Arts Festival - August 1st

WilPower Annual Benefit/Auction - September 14th