



**A place to lead    A place to learn  
A place to believe in ourselves**

April 2006, Vol. 10, No. 4

## Vouchers for addicts: Staying clean has new rewards

*The Philadelphia Inquirer* Mar 3

The idea that we can influence adult behavior by offering meaningful incentives — gift cards and bus tokens, CD players and rent subsidies — is slowly catching on in drug and alcohol treatment. More than 60 studies here and in Europe show that rewarding substance abusers for staying clean helps keep them enrolled in the critical early weeks of outpatient rehab, when dropout rates can hit 40 percent or more.

It has also helped double abstinence rates later on to about 60 percent.

“Contingency management,” as the system is called, is all about stimulating the brain’s natural reward centers with something other than drugs or alcohol. And while offering goods and services to addicts can get expensive, think of it this way: Untreated addiction costs this country \$400 billion a year, more than heart disease, diabetes and cancer combined.

Consider, too, that two centuries of collective knowledge and treatment history have brought us no closer to a cure for addiction. Only a small percentage of addicts ever achieve complete and sustained recovery.

“In a field that frequently struggles to find effective treatments, I think [vouchers] are an attractive and effective

*(continued. p.6 see “voucher”)*

**Major funding  
provided by:**



United Way  
of Dane County



Grassroots  
Empowerment  
Project

## Police Learn Better Response To People With Mental Illness

Rich Daly *Psychiatric News* March 3

A growing number of police departments nationwide have adopted a new approach to interact more effectively and more safely with people with mental illness.

Under the program, known as Crisis Intervention Teams (CITs), communities train individual volunteer officers to know how mental illness manifests and best practices for dealing with those with mental illness in the field. Another arm of the program designates continuously available facilities where mental health professionals always accept police detainees with signs of mental illness. The final but critical aspect of the CIT program is to form partnerships with the mental health community so health professionals and those with mental illness can learn how the police operate and provide feedback on ways to improve the program.

Although the programs vary somewhat in different localities, program participants and researchers said in interviews with *Psychiatric News* and in published studies that the CIT program appears highly effective and among the best options for police departments looking to better handle situations involving people with mental illness.

“We’re convinced that by providing additional skills to the officers, they have been able to de-escalate situations that in the past they might have not been so successful with,” said Mark Munetz, M.D., chief clinical officer of the Summit County (Ohio) Alcohol, Drug Addiction, and Mental Health Services Board. Thus, individuals who are brought “to our emergency psychiatric facility are in better shape; they are calmer and often more willing to accept help. So it is a terrific program.”

### Origins of New Response

In 1988 the Memphis Police Department began working with the local chapter of the National Alliance on Mental

Illness (NAMI) and two local universities to organize and implement the first CIT program and train officers.

The program now includes about 225 voluntary officers who have had 40 hours of special training from mental health professionals and psychiatrists, family advocates, and consumer groups. The training, like many CIT programs, includes instruction on the basics of psychiatry and psychology and de-stigmatizing mental illness, understanding the symptoms of these conditions, explaining the mechanics of the local mental health system, and learning de-escalation techniques. A part of the deescalation mindset is the practice of referring to individuals as “customers” instead of “suspects” or “detainees.”

“This is probably the most challenging because it is helping officers—within the framework of their own safety and the public safety—learn how to talk more effectively to people in a mental health crisis,” said Munetz, who runs training for an Akron, Ohio, CIT program. “In their regular training they are generally taught to take command and be in charge, and a lot of what we teach is being lower key, more patient, and more soothing in their approach.”

The number of officers trained—a common CIT guideline is 25 percent of the force—allows some CIT officers to be available regardless of the day or time of an emergency call requiring CIT help. Having a designated mental health facility to receive people whom CIT officers detail for erratic or disruptive behavior was critical for police to accept the program because it allows them to return to their patrols as quickly as a simple arrest would.

The Memphis program has since spread to police departments throughout Tennessee and in several other states,

*(continued. p.6 see “police”)*



# Cornucopia

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### Newsletter

Karen Milstein

Greg Smith

**Keep your face to the sunshine and  
you will not see the shadows.**

**-- Helen Keller**

## Free WRAP planning group at Cornucopia!

Do you want to get your symptoms more under control and lead a recovery-oriented healthy life? Do you wish you had a crisis plan to tell your treaters, friends, and family how they can best help you in a psychiatric emergency? All these things and more are part of writing your own Wellness Recovery Action Plan (WRAP). WRAP was written especially for mental health consumers to help them take control of their lives. Cornucopia is offer a free 8-week WRAP group open to the first 8 people who register by calling the Cornucopia office at 257-7489. Participants will get a free copy of Mary Ellen Copeland's book, Wellness Action Recovery plan. The group will be lead by Benita Walker and Gail Louise Auerbach, both long time mental health consumers with much group facilitation experience. Benita has a masters degree in Social Work and Gail has a masters in Community Mental Health. The group will meet on eight Thursday nights from 6-8 pm beginning May 18th. By the end of the group, each participant will have their own individualized WRAP plan. If you want to learn more about WRAP before registering, attend Karen Herro's Wellness Group on April 5 at Cornucopia from 6-8 pm. Benita will be presenting an overview of the WRAP planning process and will share a sample WRAP plan with participants. All participants must register no later than May 10 as we will be meeting with each prospective participant before the group starts. WRAP is a very powerful tool to manage your symptoms and lead a healthier life. It has helped me (Benita) immensely. If we get too many interested people, we may offer it again in the future.

## MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. *Computer lessons are only open to consumers.* Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

**DATE:** \_\_\_\_\_

### Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$20.00
- Enclosed please find my membership fee of \$10.00 to be paid over two months for a total of \$20.00

### OR: I want to subscribe to your newsletter.

- Low income \$6.00
  - Regular \$10.00
- Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

**Yes, I/we support your mission and would like to make a donation to your organization.** I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

*Donations are tax-deductible.*

- Friend \$25
- Donor \$50
- Sponsor \$100

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

If you're new, how did you hear about us? \_\_\_\_\_

Please make checks payable to Cornucopia Inc  
Detach and mail this form to **Cornucopia Inc**  
**306 N Brooks St, Madison WI 53715-1002**  
Cornucopia reserves the right to administrate membership.

## Mission

**Cornucopia** is an arts and wellness center run for and by people with mental health issues and their allies. Through fellowship, we celebrate creativity and diversity. We promote growth and dignity by helping members develop strengths and talents which build personal and community life skills.

Join us!

(In accordance with Title 17 U.S.C. Section 107, this material is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes.)



This newsletter is published with  
generous support from



## ACTIVITIES & NEWS BITS

Please pay your dues for 2006!  
\$20 covers all your supplies  
for this year. What a deal!

Thanks, Dawn.

### \*Water Oils with Peter on Fridays\*

Come to Peter's water oil painting class on Friday afternoons. A comfortable atmosphere for all. This month's focus is on light and dark shadows and form. Bring your own pictures to turn into water oil explosion masterpieces. Peter is happy to help you learn how to paint with water oils. Come have fun!

### Kerry's class:

come and draw really weird stuff (or normal stuff if you prefer) on **Thursday afternoons** from **2:30 to 4:00**. Come explore your creativity and make something to put in the June art show. Be there and listen to bad music. -kerry



Phil Vosters

### Computer Tutor: Phil on Fridays (1:00-3:00).

#### CALL AHEAD!

Phil can teach you almost anything you want or need to learn about computers! Email, Microsoft Office, Internet, Photoshop, you name it!

Just ask! Make an appointment! 257-7489.

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Sign up ahead of time in the office!

## Art Exhibition: Deadline & Help Needed

Artists who want to show their work at the downtown library starting June 1<sup>st</sup> are responsible for matting and framing their art. The deadline for submissions is May 1<sup>st</sup>. As usual, there will be a sign up book to register for the show. We have three months to get it together.

If you have a painting to show why not frame it asap so that it is framed ahead of time? We have matts and frames and a matt cutter for you to use.

If you need HELP I will be at Cornucopia from 11am to 1pm on Thursdays or you can make an appointment with me or Kerry! Call 257-7489.

I will help organize the show but I am unable to do all the work I have previously done for it. I need people to help put the show up and take it down. If interested, please let me know!!! Thank you, Dawn Gifford

## Join Us for Wednesday night Wellness Group!

Hope to see you there!

**Apr 5: WRAP Plan with Benita**

**Apr 12: Assertiveness Training**

**Apr 19: Effects of Trauma, Part 1**

**Apr 26: Effects of Trauma, Part 2**

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN

**MARY'S CLASS: Come for a variety of artistic medias ranging from drawing to painting to craft. Join Mary from 1:30-3:00 for her Arts and Crafts class every Monday afternoon. Be there!**



Our art program is supported in part by grants from the Wisconsin Arts Board with funds from the State of Wisconsin.

Our clay program is supported by:  
Cornucopia April 2000



# Events near & far

*If you want to attend an event but can't afford it, call the number listed and ask about scholarships.*

**Celebrate Recovery** (Christian) small groups  
Tues 7:30pm, Mt Horeb Risen Savior Cafe 608-575-2681

**Depression & Bipolar Support Alliance** support.

Laura 241-5788 / Mindy 233-0303 / dbsa@email.com

**Eating disorders support group**

Mon 7:15-8:30 Covenant Presb. 274-5115

**Eating Disorder Recovery Group** Support group for those in active recovery, facilitated by a registered nurse in recovery, 6:30-8 pm Thursdays, St. Marys Hospital (see sign near elevator for room) 831-7592.

**Eating Disorders Friends & Family Support Group**

For those who have a loved one with an eating disorder  
6:30pm Thursdays, Rm. 1101, St. Marys Hosp. 276-7765

**Interfaith Depression & Bipolar Support**

Thursdays 7-9:00 pm

Christ Lutheran Church, Stoughton Gary 873-1938

**Mad Town Secular Recovery**

from alcohol or drugs Thur 8pm / Sun 9am

Wil-Mar Neighborhood Ctr 608-220-7045

**Madison Hearing Voices Group** Thursdays 2:00

Mental Health Center Rm. 14. SOAR 608-446-0104 or  
progressiverecovery@hotmail.com.

**Mental Health Support Group**

Mondays 6pm MH Center Rm. 238, 249-5230

**Mild Brain Injury network**

Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison  
Community Health Education Ctr Atrium 238-3571

**New Directions** peer support for separation

or loss of relationship. Thur 7-9 St Dennis 245-0829

**Rainbow Connection** Social group for LGBTQ people who

have experienced some form of mental illness, 1-3 pm 1st &  
3rd Fridays of the month. 255-8582.

**Recovery Inc.**

Tuesdays 7pm Wil-Mar Neighborhood Ctr 294-1106

**Self-Management & Recovery Training**

Abstain from addictive behavior

Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

**Survivors of Suicide** of Dane County Support Group

2nd and 4th Tuesday 7-9 pm 280-2700.

**NAMI Dane County Support Groups**

Peer led, open to all. 249-7188 www.namidanecounty.org  
United Way building, 2059 Atwood, Madison

**Significant Others** Tue Apr 18 7:00-9:00

**Parents** Mon 3 & 17 7:00-8:30

**Parents of Young Adults** Mon Apr 10 7:00-8:30

*Meets at Amcore Bank, Mt Horeb*

**Schizophrenia** Sat Apr 8 & 22 1:00

**Depression/Bipolar** 6:30-8:30 Sun Apr 2, 9, 16, 23, 30.

**Four Agency Cooperative Effort (FACE)** offers  
**support groups** for Dane County residents:

Depression, fear, anger, aggression, ADD, women, men,  
loss, abuse, survivors, trans-parenting, body image &  
more. En Ingles y Espanol. 256-2358.

**National Suicide Prevention Lifeline**

1-800-273-TALK www.SuicidePreventionLifeline.org

*Callers receive suicide prevention counseling from trained  
staff at the closest certified crisis center in the network.*

**Wisc Pub Psych Net Mental Health Teleconference** Thurs-  
days 11:00 to noon Call 608-316-0022, code 1099

**April 6** Benzodiazepines **Robert Factor, MD, PhD, U-W Medi-  
cal School, Mental Health Center of Dane County**

**April 20** Antidepressants **David Katzelnick, MD, Healthcare  
Technology Systems**

**Mental Health In-Patient Recovery Conference**

**Thu May 18** Wisc Dells Wintergreen Resort

Recovery, communication, involving consumers, state code,  
retrauma, planning, more.

\$75 / \$35 consumer *Register by May 5*

Marilyn Clarenbach 920-235-4910x2483

WMHI, PO Box 9, Winnebago WI 54985-0009

**AgeAdvantAge Employment Workshops**

Madison Senior Center, 330 W Mifflin St

Wednesdays 2:00-3:30

**Interviews April 5**

**Mock Interviews April 12**

**Got The Job? Now Keep It! April 26**

Scholarships available for those in need.

Reservations 266-6581.

Info: Michael R Krauss 608.242.4897

**Job Seekers' Network**

Free job search info & support

9:00-11:00 Mondays

Dane County Job Center

1819 Aberg Av, Rm 6, Madison

608-242-4886

**UW Job Center Listings**

www.jobcenter.wisc.edu

Database updated daily

608-262-5627 / 262-6313

432 N Murray St

Madison 53706-1496

**Project FACE:** Four Agency Cooperative Effort offers ongoing  
mental-health support groups for residents of Dane County  
(including Spanish-speaking groups), at locations countywide.  
Information: 256-2358

**Computer Training**

Free basic sessions

10:00-noon Thursdays

Hawthorne Library, Madison

RSVP 608-246-4548

*Tell them you saw the notice here. Let us know if you attend anything listed here.  
This helps us know the efficacy of our events page and encourages groups to list events here.*

# members' works

Dear God,

Now I lay me down to sleep,  
please don't let my daddy creep

into my room at night  
causing me all this fright

I'm only four years old  
I'm a good girl  
or so I'm told

IF I keep my mouth shut  
and my body still

          somethin' 'bout the puppy  
          he won't have to kill

I'd never want to hurt my  
dog 'Red'

But my body is torn and  
my senses are dead.

So, if I die before  
I wake,

then I guess it was  
all just Fate.

'cuz I don't think  
god cares or hears...

all my prayers or  
seen my tears.

— *Anonymous*

"Ish of the Lea" *Brad William Warner*

The deflowered man; the tender need to meet the same sensibility and yet virility blooms over mine and equally in lust as men enter into my presence. I refused the water its mirror and yet I promise my reflection safety and desire—to control events in daily energy and nightly cast rendezvous' and again I wonder if I am sparring with a very dangerous shadow. Am I obsessed with losing my ground near strangers when actually there is no Leah to shame, nor claim in whorish proffering within.... I will not give in—I will not relent unto a vicious lie and soon we dane in open grain and purifying rain and cold air memorizing our freedom and will. I will not have vision into them; I will heal the crisis alone and protect us in the mysteries of elctrical concentration and spiritual lifting from betrayed senses and toward the beautiful and shared lea of God. I once believed in Ishmisele, but now I beieve in the cross of Christ. My sisters know me in equable serenity and I begin aright as left-handed fates are ignored and unempowered there. My grateful love sings to you all in the dark....

Psycho Path (I recently learned there really is such a street name in Michigan)

I walked down Psycho Path in Michigan swinging my Prada small nylon hotdog handbag (retail \$125) in my right hand. Walking beside me was my boyfriend Frank Furter. A dachshund a/k/a weiner dog ran across our path with a squeak toy hotdog in it's smiley mouth. I said, "Oh, look at the hotdogs, Frank Furter!" The dachshund ran out of sight and Frank Furter said, "Doggone it!" He then asked me if I'd like to get married in Frankfurt Germany and I said, "Ya, when do we leave?" Then as an afterthought said, "What about my job at the screw factory?" Frank, incensed, said frankly, "Screw that screwy job and lets just pack up and go tomorrow." But now we found ourselves on Sane St. and Frank Furter became sangfroid. He went home to go to sleep and the recent weiner world we had just whirled in was now a teeny weeny memory.

— *Barbara Stangler*

(“police”, continued from p.1)

including Ohio, Texas, North Carolina, Iowa, Oregon, New Mexico, and Washington.

### **Effective for Police and Patients?**

The study, in the May 2000 APA journal *Psychiatric Services*, compared the outcomes of the Memphis CIT program with those of the civilian counselor teams who work with police in Birmingham, Ala., and the Knoxville, Tenn., mobile crisis units of specially trained officers.

The study found only the CIT model included a dedicated crisis triage center with a policy of not refusing police cases, which was at least partially responsible for CIT’s much greater response to “mental disturbance” calls. CIT resulted in 75 percent of individuals in such cases being taken to a treatment location, while that happened for only 20 percent of the Birmingham cases and 42 percent of the Knoxville cases.

In comparison, more than 3,000 individuals have been processed by CIT officers in the Akron program since May 2000, with about 75 percent transported for treatment and 6 percent arrested, Munetz said.

“What I have found in my research and field work is that none of the programs is as extensive as CIT,” said Bonnie Sultan, CIT technical assistance coordinator for NAMI. “There are some other options available, but CIT is the gold standard.”

Sultan is conducting the first national study of CIT programs with the Council of State Governments and the Police Excellence Research Forum. Her study will identify the number of CIT programs, the number of jail-diversion programs, the number of individuals who are involved in each program, the types of training and personnel used, and funding sources. The results will be released in April.

Meanwhile, the number of CIT programs is expected to increase. One sign of that expected growth: The CIT programs’ first national conference in 2005 had more than 700 attendees, when organizers expected only about 250.

**Information about the Memphis CIT program is posted at [www.cityofmemphis.org](http://www.cityofmemphis.org), and the program comparison study is posted at <http://mhlp.fmhi.usf.edu>.**



Cat... (by Heechang Suh)

(“vouchers”, continued from p.1)

option,” said Kenneth Silverman, who is experimenting with contingency management at the Johns Hopkins University School of Medicine in Baltimore.

Scientists began looking at the reinforcing effects of drugs in laboratory animals as early as the 1940s. In the 1980s, Stephen T. Higgins, a behavioral psychologist and Philadelphia native, began looking for a new way to keep cocaine addicts — a particularly tough group — in rehab long enough for the inherent rewards of being drug-free to kick in.

He knew he couldn’t use cash. “For many cocaine users, that’s a cue for drug use,” he said.

Higgins settled on vouchers to augment standard treatment. That treatment can include time in a residential facility, an intensive outpatient program, Alcoholics Anonymous-style group therapy, individual counseling, and medication, followed by years in AA-type support groups. With some variation, this has been the model for treating addiction for decades.

Higgins’ idea was quite simple. If addicts in treatment produce a drug-free urine specimen, they get vouchers ultimately redeemable for things like camera equipment, passes to local gyms, McDonald’s gift certificates, and fishing licenses. The vouchers start small — \$2.50 — and build up over the 12-week program, for a possible total of \$1,000.

But produce one “dirty” sample and you’re back to square one.

“A lot of these decisions to use [drugs] are spontaneous. All we wanted to do was give them reason to pause,” said Higgins, professor of psychiatry at the University of Vermont. His studies found that with vouchers, retention rates in his rehab programs increased by five times, to 50 percent.

James R. McKay, an addictions expert at the University of Pennsylvania, is wrapping up a five-year, 170-patient voucher study funded by a \$2.5 million federal grant. Cocaine addicts with alcohol and other problems earned up to \$1,150 in vouchers redeemable for rent and utility subsidies or gift cards from stores like Target and Wal-Mart.

McKay’s results, now being analyzed, show vouchers having a modest, but not huge, effect in keeping addicts in outpatient treatment and in reducing cocaine use. But he’s intrigued.

“I think this taps into some sense of achievement, giving people clearly measurable goals: Clean urine equals progress,” he said.



Voucher proponents agree that incentives alone aren’t the answer. But Stephen J. Gumbley, whose goal at the Addiction Technology Transfer Center of New England at Brown University is to translate research into practice, thinks they’re worth trying.

“I think people are finally getting the idea that science can help us get the results we want,” he said.

# April 2006

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

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HOURS :	10-3:30	10-3	10-8	10-3	10-3	CLOSED
					Water Oils 1:00-2:30 w/Peter S.	1
2	3 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	4 Clay with Ali 10:00-12:00	5 Wellness/ Open Night Karen H. 6:00 WRAP Plan with Benita	6 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	7 Water Oils 1:00-2:30 w/Peter S.	8
9	10 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	11 Clay with Ali 10:00-12:00 <b>Massage with Thomas 1:00-3:00</b>	12 Wellness/ Open Night Karen H. 6:00 Assertiveness Training	13 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00  full moon	14 Water Oils 1:00-2:30 w/Peter S.	15
16	17 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	18 Clay with Ali 10:00-12:00	19 Wellness/ Open Night Karen H. 6:00 Effects of Trauma, Pt One	20 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	21 Water Oils 1:00-2:30 w/Peter S.	25
22 29	23 Games 12:30 Arts & Crafts 1:30 -3:00 <b>BOD meeting 5:30- 7:00</b>	24 Clay with Ali 10:00-12:00 <b>Massage with Thomas 1:00-3:00</b>	25 Wellness/ Open Night Karen H. 6:00 Effects of Trauma, Pt Two	26 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	27 Water Oils 1:00-2:30 w/Peter S.	28  new moon

# ***Every week at Cornucopia***

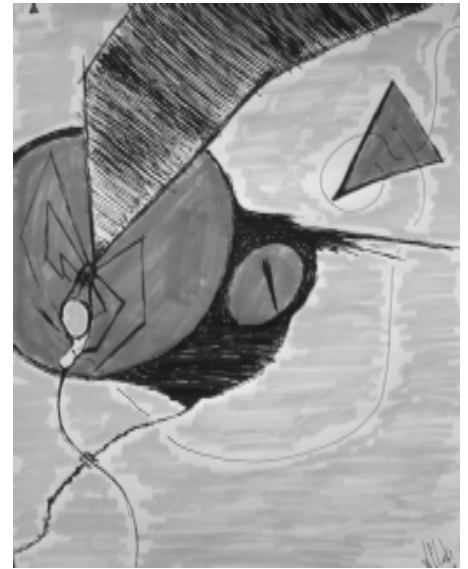
***Mondays 12:30 Games  
1:30 Arts & Crafts***

***Tuesdays 10:00 Clay  
2nd/4th Tues 1:30 Massage***

***Wednesdays 6:00 Wellness Talk***

***Thursdays 11:00-1:00 Matting and Framing  
2:30-4:00 Art Workshop***

***Fridays 1:00 Oil Painting (water base)  
1:00 Computer Help (by appointment)***



*by William Cooke*

Please pay your dues for 2006!  
\$20 covers all your supplies for this year. What a deal!  
Thanks, Dawn.

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**calvin3**

**calvin2**



**marybeth**

**peter1**

**philbob**

**whose?**

