



mindspring

MENTAL HEALTH ALLIANCE

MindSpring is an independent local charitable non-profit organization providing mental health education, support and advocacy. We are dedicated to improving the lives of individuals, families and the community on mental illness/brain disorders. MindSpring welcomes anyone who shares our mission and vision.

Highlights - More MH articles, education classes, info in newsletter, crisis cards)
Mental health care attitudes in the construction industry
Free webinar introducing the Wellness Recovery Action Plan
State Auditor findings on Medicaid privatization
Open Enrollment for Health Insurance Begins Nov. 1
Dispatch from Deadly Riker's Island- "Looks Like a Slave Ship in There."

The November Mindspring Journal/Newsletter has been posted [here](#).

- A multi-page document entitled "**Additional Mental Health Articles** From Around the Nation" - is at the same location as the November newsletter.
- A **November Education Course Guide** is also located in the same location as the November newsletter. Access to register for the classes is in the document. Community education classes are at **no cost to you**. The Workplace education classes have a \$5 per person cost.
- **Support groups** that are meeting in person are listed in the newsletter.
- **Many resources** are included for populations challenged by a lack of health equity.
- The Polk County **Children's Mental Health Crisis Services decision charts** are included again in this issue of the Mindspring newsletter.
- Basic information about the **state and regional mental health system** is also included.

- Please contact kkerner@mindspringhealth.org if you have questions or concerns or need an appointment at our office.
- Our websites are www.mindspringhealth.org or www.weareherewithyou.com.

[We are offering our crisis cards for sale.](#) You can personalize the cards with your organization's name, contact information and website. We have found the cards to be incredibly useful - people appreciate the instantaneous help on the cards since they are wallet-size and are made of a nearly indestructible material.

- o Do's and Don'ts in a Mental Health Crisis
- o Suicide Warning Signs and Response
- o Compassionate Communication

Survey digs into mental health care attitudes in construction industry

Business Record

As the pandemic continues to affect the economy and the mental health of many workers, the U.S. **construction industry** is experiencing the **second-highest rate of suicide** among all major industry sectors. However, a majority of construction leaders either say it's either unlikely that their workers would seek needed mental health care or say they don't know whether the workers would seek care.

That's according to a new national survey from the American Psychiatric Association Foundation's Center for **Workplace Mental Health**. The survey was conducted with the Construction Financial Management Association and co-sponsored by insurance broker Holmes Murphy and construction risk management firm CSDZ. Among the key findings:

- 93% of all survey respondents recognize addressing mental health at work as a sound business practice, and
- among presidents, CEOs and owners, 77% indicated it was prioritized at work.
- When asked if workers were likely to seek needed mental health care, only 26% indicated they believed workers were likely to seek care,
- whereas nearly half did not know (43%) and nearly a third said workers were unlikely to seek care (31%).

The APA Foundation's Center for Workplace Mental Health provides tools, resources and information, and has recently issued tool kits and webinars on COVID-19 and remote work, as well as "**NOTICE. TALK. ACT. at Work**," an e-learning training for managers on supporting employees' mental health needs.

Life Connections



Peer Recovery Services

“The Road to Recovery Never Ends”

The Copeland Center for Wellness and Recovery and **Life Connections** - a peer run organization offering peer recovery services - is offering this class. It is a 1.5 hour introduction to the **Wellness Recovery Action Plan** - an evidenced based practice for mental health recovery. It will be held in an online environment that can be accessed remotely from wherever you are. Learn what the Wellness Recovery Action plan is and how it can be used.

DATE: December 14, 2021 TIME: 1 p.m.CST-2:30 P.M. Fee: Free

Registration info listed here:

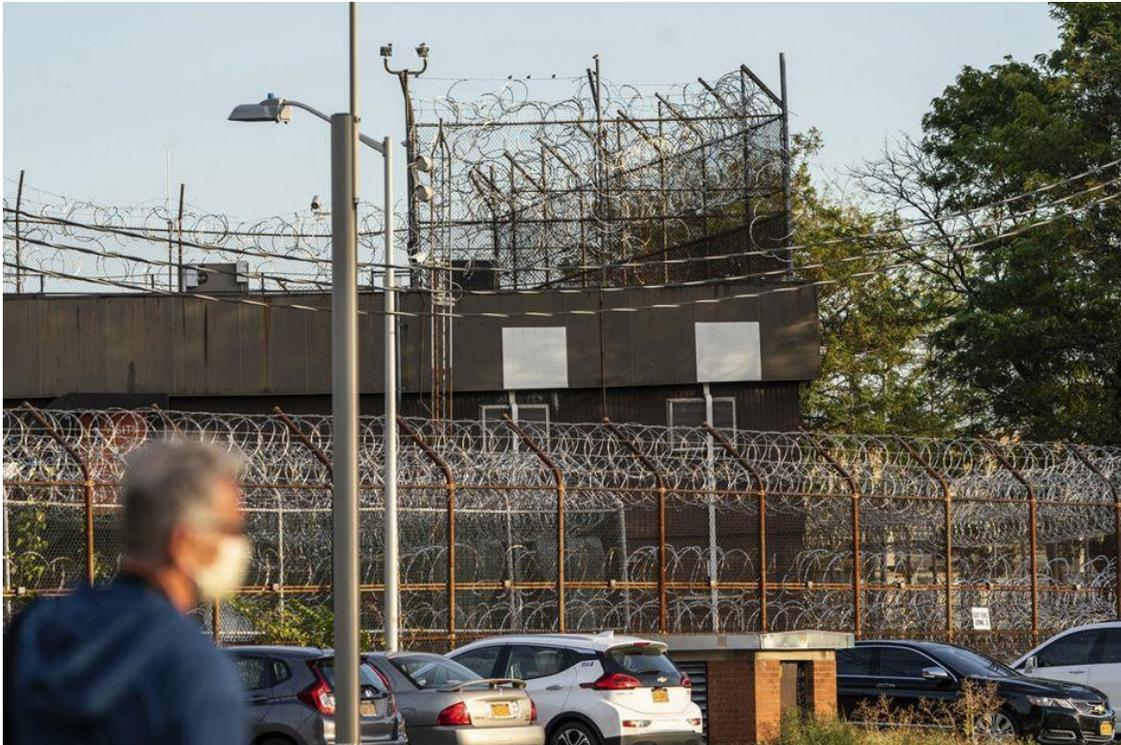
https://mcusercontent.com/8c502e310959c38c6df12aa6f/files/85158614-1a87-655c-31ee-6e7f9e4f500e/WRAP_with_Matthew.pdf

Auditor: Iowans are illegally denied care due to Medicaid privatization

[Iowa Capital Dispatch](#): Iowa's state auditor issued a report today that indicates the privatization of Medicaid in Iowa has resulted in an 891% increase in members being "illegally denied services or care." The report calls into question the 2015 decision by former Gov. Terry Branstad, a Republican, to privatize Medicaid. It comes from the office of Auditor of State Rob Sand, a Democrat who is considered to be a potential candidate for governor. Medicaid recipients can appeal a reduction in benefits or services. According to the auditors, a comparison of appeals filed before and after privatization shows the percentage of cases where the courts overturned a reduction or denial of services – ruling it illegal and then reinstating the services – increased 891%.

[Open Enrollment for Health Insurance Begins November 1](#)

Plans and pricing are already available for preview and consumers may use the [Federal Health Insurance Marketplace](#). This year the Centers for Medicare & Medicaid Services took steps to increase the number of [Marketplace-registered agents and assisters](#) – especially in underserved communities – to help consumers review options and to understand their benefits and rights. The boosted effort is the result of a series of research briefs on [health insurance access for underserved populations](#), including racial/ethnic minorities and those living in rural areas.



A security fence surrounds housing for incarcerated people at the Rikers Island correctional facility in New York on Sept. 27, 2021. JEENAH MOON/ASSOCIATED PRESS

Dispatch From Deadly Rikers Island: “It Looks Like a Slave Ship in There.”

The Marshall Project

This article was published in partnership with [New York Magazine](#).

October 2021

Rikers Island has been notorious for violence and neglect for decades. But detainees, corrections officers and officials tell us the New York City jail complex has plunged into a new state of emergency.

New York City’s Rikers Island jail complex has long been a dysfunctional, violent place. But 2021 has been particularly bloody. So far, [12 detainees](#) have died there, [at least five of them by suicide](#). There were [39 stabbings and slashings](#) in August, compared

with seven last August, according to a late September status report by court-appointed federal monitors.

The monitors, appointed in the settlement of *Nuñez v. City of New York*, [a 2011 class action suit](#) filed by Rikers detainees, have described the situation as [“nothing short of an emergency.”](#) That “emergency” is marked by “violence among incarcerated people, violence at the hands of staff, and violence toward staff, in addition to a disturbing rise in self-harming behavior.” The status report also cites “failures to properly secure doors on cells, vestibules and control stations.”

The explanations for the current crisis depend on whom you talk to. Corrections officers say staffing shortages and [new rules limiting long-term solitary confinement](#) have made their jobs more dangerous. “Officers have been burned by scalding water, cut, robbed, beat up and stomped out,” said one officer who withheld their name because their employment contract prohibits unauthorized interviews. “Feces are being thrown on them.”

But the so-called *Nuñez* monitors, who track use of force by Rikers staff, and [city officials](#), including Mayor Bill de Blasio, [point to widespread absences](#) by corrections officers, who have unlimited sick leave. Monitors report that over the past five months, thousands of officers have been [calling in sick or not reporting to work at all](#). Those who do come in are often forced to work multiple shifts in a row, leading to fatigue, violence, burnout and more absences.

“This is what [the end of mass incarceration](#) looks like,” the city’s corrections commissioner, Vincent Schiraldi, said in an interview. “It’s going to end messy, it’s going to end ugly. And that’s what’s happening right now.”

Schiraldi was one of several people, including detainees, corrections officers and government officials, who shared their perspective on the Rikers crisis with The Marshall Project. Their interviews, edited for length and clarity, are below. Some people we spoke to withheld their names out of fear of job loss or loss of privacy. Responses from the Department of Correction are at the end of the story.

Go to [Dispatch From Deadly Rikers Island: “It Looks Like a Slave Ship in There.” | The Marshall Project](#) for the rest of the story.



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