

# Spotlight on Mental Health

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## Did you know that September is National Recovery Month?

“Recovery” means different things to different people. It may mean getting better after an illness or an injury. Maybe it means getting something back that you once had. In the world of mental health and substance use, we use the following as a definition of recovery: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

The Department for Behavioral Health, Developmental and Intellectual Disabilities (DBHDID) supports several programs to help individuals who are Deaf, Hard of Hearing, Deaf-Blind, Later Deafened, or Deaf-Disabled access quality treatment and recovery services:

- When recovery services reflect someone’s unique cultural values and are provided in an accessible way, a person is more likely to succeed. Seven Counties Services is one of 14 Community Mental Health Centers (CMHC). Not only do they have a point person to help increase accessibility to services, they have a Deaf therapist and a Deaf case manager. Email [dhhservices@sevencounties.org](mailto:dhhservices@sevencounties.org) or check out the agency website at <https://sevencounties.org> for more information.
- The Enhanced Access program is available to every Community Mental Health Center . They can apply for reimbursement for interpreting expenses, captioning, or the purchase of adaptive equipment. Find the CMHC in your county here: <https://dbhdid.ky.gov/cmhc/>
- Partnerships with other agencies increase access to substance use treatment. Check out this video to learn how to find substance use treatment that is right for you or a loved one: <https://www.youtube.com/watch?v=bmqQhFahaow>
- Through the Kentucky Opioid Response Effort (KORE), DBHDID staff have worked to ensure treatment for opioid and stimulant misuse is more accessible. Here’s a video in ASL that describes some of the services available in Kentucky: <https://www.youtube.com/watch?v=Asbez2StdAk>
- DBHDID hosts various webinars and other learning activities throughout the year. For more information or to get on the mailing list, please email [Michelle.Niehaus@ky.gov](mailto:Michelle.Niehaus@ky.gov)

During the month of September we will be celebrating Recovery Month with several activities:

- Join us **online** for a Recovery Month Lunch & Learn at noon Eastern Standard Time on September 19. Meet Peer Support Specialists and Discuss “What does

recovery mean to you?” We will also share information about Kentucky’s Recovery Community Centers. Here’s the Zoom link:

<https://us06web.zoom.us/j/81278140443?pwd=eTJDVXpaRktvMUk0QUZCdkgpOjVlRkQ9>

Password: 046180

- Join us **in person** at the **Recovery Month Rally on 9/22!** Interpreters provided from 10 a.m. to 2 p.m.!



We believe that no one should be alone in their recovery. The Advisory Committee on the Need for Services for Individuals who are Deaf or Hard of Hearing has worked for almost 30 years to increase access to services. We invite YOU to join us in improving mental health, substance use treatment, and recovery services so that each person’s unique recovery journey can be honored. We know that with the right supports, tools, and resources, everyone can recover and have a meaningful life.