

## SPECIAL POINTS OF INTEREST:

- President's Moment
- Compass ACE Award
- Compass Cares
- Mission Moment
- Tornado Safety
- Recipe
- Mental Illness and the Media

## The President's Moment

During this past 7 years, we've experienced extraordinary growth and changes here at Compass, thanks largely to our continued commitment to our vision, mission, and core values. We continue to expand our services throughout the State of Indiana.

We've set increasingly ambitious goals for ourselves, but we have the intense vision and

resources to achieve them. We have the knowledge, experience and expertise to bring our mission to fruition.

I praise each of our employees for making these past 7 years such an exhilarating success. I would also like to extend my thanks to our service participants and many community part-



Kellie Qualls  
Chief Executive Officer

ners for inspiring Compass to ensure that we continue to strive to support individuals in finding opportunities and to live a meaningful and fulfilling life in the direction of their choice.

## Compass ACE Awards

Compass introduced the ACE Award in 2016 as a way to recognize outstanding commitment to the agency's vision, mission and values. We are excited to announce the winners of the first ACE Award!

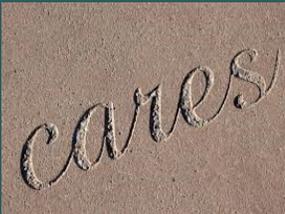
### Job well done!

Mika Gross  
Program Coordinator,  
Terre Haute

Funke Owolabi  
Direct Support Profes-  
sional, Indianapolis



Compass Cares is the philanthropic arm of Compass dedicated to promoting self-advocacy and corporate citizenship.



The Compass Mission Moment highlights a success story in assisting individuals in finding opportunities to live a meaningful and fulfilling life in the direction of their choice.

## Compass Cares - Town Hall



Compass Town Halls were developed so that service participants could have a unified voice regarding opportunities for social connections and self-advocacy. Town Hall members also have the opportunity to learn how a Board of Directors operates. Members appointed Michelle as Board Chair and her responsibility is to call the meetings to order and to also be the spokesperson when the group needs to have one voice. Each area across the state has Town Hall members. The Indianapolis members create a plan for outlying areas to follow. This first quarter, Town Hall members planned super bowl activities and had Valentine’s Day, Mardi Gras and St. Patrick’s Day parties. Members are currently in the process of planning activities for next quarter which will include fundraisers for Special Olympics in June. Be on the lookout for a fish fry and flower pot sale! Members are also planning an Earth Day activity, Health Fair and a Summer Picnic.

## Compass Mission Moment

We would like to congratulate Jeffery on his new job and success in advocating for himself! Jeffery came to Compass in April of 2016 and has made great strides in his progress. “Jeffery has been able to open up to more opportunities in the community. He has gained friends and experiences he didn’t have before coming to Compass,” states Bonnie Allen, Director of Service Development. “His growth has made such a difference with his peers as well”. Jeffrey was wanting to get a job and he found one at FedEx. He was hired in the loading department , and after self-advocacy work, he asked to be moved to the unload dock and his supervisor granted his request. This means a promotion and pay raise for Jeffery. “I really like my job and I hope to make supervisor in my department one day,” states Jeffery.

*“I really like my job and I hope to make supervisor in my department one day”*  
-Jeffery



# Compass Keeps You Safe - Tornado Safety



With Spring right around the corner, it's a good time to review tornado safety tips and your home's Emergency Action Plan. The American Red Cross provides the following tornado safety recommendations:

1. The safest place to be is an underground shelter, basement or safe room.
2. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative
3. Mobile homes are not safe during tornadoes or other severe winds. Do not seek shelter in a hallway or bathroom of one..
4. If you have access to a sturdy shelter or a vehicle, abandon your mobile home immediately
5. Do not wait until you see the tornado
6. If you are caught outdoors, seek shelter in a basement, shelter or sturdy building if you cannot quickly walk to a shelter.

## Creamy Avocado and White Bean Wrap

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chili in adobo sauce, (see Tip below)
- ¼ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp cheddar cheese
- 2 tablespoons minced red onion
- 4 whole-wheat wraps, or tortillas (8-10 inch)



1. Whisk vinegar, oil, chipotle chili and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about ⅔ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

• Tip: Chipotle chilies in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

• Eat neat: Keeping the filling inside a wrap or burrito can be a challenge, especially if you're on the go. That's why we recommend wrapping your burrito in foil so you can pick it up and eat it without losing the filling, peeling back the foil as you go

# How Mental Illness is Misrepresented in the Media

Unless you majored in psychology or attended medical school, chances are the bulk of your knowledge about mental illness comes from the newspapers you read, the television shows you watch and the movies you see. Studies indicate that mass media is one of the public's primary sources of information about disorders such as bipolar, schizophrenia and [depression](#). The catch? Research also suggests most media portrayals of mental illness are stereotypical, negative or flat-out wrong – meaning many people gain an unfavorable or inaccurate view of those with psychological disorders simply by skimming a few sentences or picking up a remote control.

“The worst stereotypes come out in such depictions: [mentally ill individuals](#) as incompetent, dangerous, slovenly, undeserving,” says Stephen Hinshaw, a professor of psychology at the University of California–Berkeley. “The portrayals serve to distance ‘them’ from the rest of ‘us.’”

Over time, the media has slowly become conscious of these harmful portrayals, experts say. In 2013, the Associated Press added an entry on mental illness to its Style Book to help journalists write about mental illness fairly and accurately. And in recent years, Hinshaw notes, screenwriters have made an effort to portray more humanized characterizations of individuals with mental illness – for example, Carrie Mathison on Showtime's “Homeland,” who has bipolar disorder; Bradley Cooper's character in “Silver Linings Playbook;” and John Nash, the Nobel Prize-winning economist with [schizophrenia](#) in “A Beautiful Mind.”

Still needed, Hinshaw says, are more realistic portrayals of the everyday struggles associated with mental illness. And despite new scientific advances in the understanding and treatment of mental illness, recent studies indicate that media depictions of mental illness are as outdated and harmful as ever, says Dr. Otto Wahl, director of the graduate institute of professional psychology at Connecticut's University of Hartford and author of “Media Madness: Public Images of Mental Illness.”

If media representations of mental illness aren't improving, individuals can at least become aware of the insidious portrayals that shape their perceptions of real-life people with psychological disorders. That way, they can distinguish between fact and fiction, stereotype and reality and the characters onscreen vs. their real life peers.

Here are a few common, inaccurate and misleading media stereotypes of people with mental illness:



**People with mental illnesses are criminal or violent.** Studies show that not only are individuals with mental illness less likely to commit violent crimes, they're actually more likely to be victimized. Still, Wahl points out, many news outlets conflate mental illness with violence. A common news account of mental illness, for instance, involves a sensationalized and violent crime in which an innocent person is killed by a mental health patient. The article is laced with graphic descriptions, emotional diction and a glaring headline. It also depicts the mentally ill person as devoid of social identity and dangerous, capricious, aggressive and irrational.

This goes for fictional media, too. For instance, TV characters who've been identified as having a mental illness are typically shown as violent, says Don Diefenbach, professor and chair of mass communications at University of North Carolina–Asheville, who researches media portrayals of mental health issues.

**People with mental illness look different than others.** Maybe it's the disheveled hair. Maybe it's the rumpled clothes. Maybe it's the wild eyes. Whatever it is, Wahl notes, there's usually something “different” about the appearances of people with mental illnesses – be it on TV shows or in video games, movies or comics.

These traits serve as visual signifiers to cast these characters – who are often threatening or evil – as the “other.”

Many homeless people – who often lack the resources or wherewithal to take care of their appearances – are mentally ill. “But there are also a huge number of people with mental illnesses who are getting up – showering every day, going to work, etc.,” Wahl says. In short? People with mental illness look like, well, everyone else – not like their media stereotypes.

**People with mental illnesses are childish and silly.** Many movies and TV shows – for example, “Me, Myself and Irene,” starring Jim Carrey as a patient with [dissociative identity disorder](#), or “Monk,” the show about a detective with obsessive-compulsive disorder – make light of mental illnesses. They portray otherwise serious psychological conditions as mere quirks, or those who have them as silly, funny and childlike

**Mental illnesses are all severe – or all alike.** According to Diefenbach's research, [depression](#) only accounted for 7 percent of the psychiatric disorders shown on TV. However, 12 percent of the characters suffered from some form of psychosis – experiencing delusions or voices, or losing touch with reality.

In reality, depression is much more common than mental disorders such as schizophrenia and [bipolar disorder](#). “The real-world relationship is going to be that depression outnumbered the family of psychotic disorders by about 6 or 7 percent to one,” Diefenbach says. Yet on TV, the most extreme cases – and the most rare disorders – tend to be disproportionately represented.

Individuals with mental illness also note that various conditions tend to get lumped together. “Mental illness” is used as a catch-all phrase to describe someone's condition, as opposed to specific medical terminologies such as “schizophrenia” or “anxiety disorder.” And even then, little variation is shown from patient to patient; one movie portrayal of bipolar disorder tends to resemble another.

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“There’s no discussion that each disease is different in each person, because each person is unique,” notes Nikki Marks, 46, who has bipolar disorder. “In real life, mental illness shows up differently in everybody. The media does not represent the complexity of mental illness in general. There’s this sense that it’s just a one-name-fits-everybody, or one-title-fits-everybody.”

**Psychiatric hospitals cause more harm than good.** Hospitals for the mentally ill have come a long way since 17th century Europe, when cold, dark facilities housed hoards of physically and mentally disabled patients, along with prostitutes, alcoholics and other social outcasts. Those mental institutions resembled a prison more than a place of healing – an image that’s still perpetuated by cinema, accord-

ing to a recent study conducted by researchers at the University of Salamanca in Spain.

Despite sweeping reforms that occurred over the past half-century, many films and television shows continue to portray [psychiatric hospitals](#) as bereft of comfort or care – empty corridors, bare walls and intimidating wings filled with manipulative doctors whose treatments cause more harm than good. And patients are often shown as committed against their will, or psychotic and out-of-control.

**People with mental illnesses can’t recover.** “Recovery is seldom shown” in the media, Wahl notes. “When people [are shown seeking] therapy, when they go to psychiatric hospitals – rarely do they get better.” And if they do get better, he adds, “it’s enough that they’re stabilized, but not enough so that ... they’re integrated with the world, and have friends and jobs.” The resulting message, he says, is that individuals with mental illnesses have no hope for a “normal” life.

The reality is that this isn't true: Experts say not only do patients often recover from psychiatric illnesses,

but they can live health lives with the help of medications, therapy and support networks

Pamela, a 57-year-old who lives in the District of Columbia who did not wish to use her last name, cites her story as proof. Pamela has bipolar disorder, and spent years dropping in and out of college and shuffling between doctors. But 10 years ago, she finally found a medication that stabilized her moods. She moved out of a group home, purchased a condo, held down a job and recently retired from her job as an office assistant.

By [Kirstin Fawcett](#) | US News Contributor



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**Your Life, Your Direction, Your Choice**

**Our Vision: That all individuals with disabilities will have an equal and valued place in their chosen communities.**

**Our Mission: Supporting individuals in finding opportunities to live a meaningful and fulfilling life in the direction of their choice.**

**Our Core Values: Self-Determination, Community Integration, Inclusion, Meaningful Day, Person-Centered Service Delivery and Protection From Harm.**

