

**SPECIAL
POINTS OF
INTEREST:**

- President's Moment
- Compass ACE Award
- Compass Cares
- Mission Moment
- Safety First
- Recipe
- How Pop Culture Influences Mental Health Treatment



The President's Moment

We've experienced extraordinary growth and changes here at Compass, thanks largely to our continued commitment to our vision, mission, and core values. Part of this continued growth was the recent acquisition of Damar Services adult waiver program in the Indianapolis area. Compass looks forward to strengthening our relationship

with Damar in the years to come. Growth is never easy and often places new demands on our team. With that being said, I want to thank and praise each of our employees for making a difference in the lives of our clients. I also want to extend that thank you to our service participants and many community partners for inspiring Compass to ensure that we continue



Kellie Qualls
Chief Executive Officer

to strive to support individuals in finding opportunities to live a meaningful and fulfilling life in their 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 for this quarter.

Madison Burns
DSP, Ft. Wayne

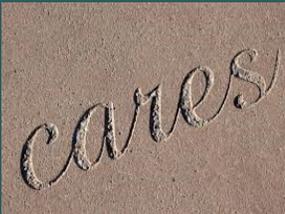
Amber Crowder
PC, Indianapolis

Sunday Faleke
PD, Indianapolis

Thank you for your hard work and dedication!



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. During quarter 3, the Town Hall members focused on game night and guys and girls night out. Game night was a huge success and provided an opportunity to welcome Compass' newest service participants while having a great time. Town

Hall members also planned the menu for the event which focused on healthy food options. For the Girls Night Out, a group of ladies met for dinner and a movie. The gentlemen met at Main Event for bowling and video games for their Guys Night Out. The Town Hall enjoys planning events and will be focused on the holiday season during the coming months.

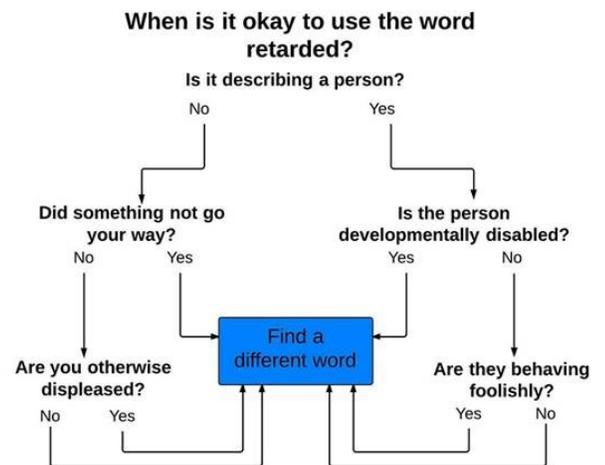


Compass Mission Moment

The "r-word" isn't just a word.

The r-word hurts because it is exclusive. It's offensive. It's derogatory. Asking people not to use this word is not censorship, political correctness or freedom of speech. It IS about consideration, dignity and respect for people with an intellectual disability.

Please take a moment to reflect on **person first language** and its role in the work we do every day. Words matter!



Compass Keeps You Safe



Tips to beat the heat!

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even

death, if not treated immediately. Extreme heat can also make existing medical conditions worse. The best way to survive the heat is to plan ahead for hot days and know what to do when the heat hits. Hot weather can affect anyone, including the young and healthy. However, some people are more at risk than others.

People most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness
- are taking medications that may affect the way the body reacts to heat such as:
 - allergy medicines (antihistamines)
 - blood pressure and heart medicines (beta-blockers)

Everyone can be affected by hot weather and it is important that you take care whenever the temperatures start to rise. A heatwave over a period of days, or even a single day of extreme heat, may cause illnesses such as heat cramps, heat exhaustion, and heatstroke. Sit back, close your eyes and picture snow. Research has shown that the body reacts to these daydreams, reducing its overall temperature.

Quick Sweet Potato Fries



Thanks to the extra hit of fiber, sweet potato fries are a filling stand-in for white spuds. With just a light coating of olive oil, baking the potatoes adds a crispy, crunchy texture that garners Clean Eating approval while you indulge your craving

Ingredients

- 1 tsp chopped fresh rosemary leaves
- 1 tbsp olive oil
- 1 lb sweet potatoes (about 3 medium)
- 1/4 tsp sea salt

Preparation

Preheat oven to 425°F. In a small bowl, combine rosemary and olive oil; set aside.

Scrub potatoes and remove any blemishes. Cut each potato lengthwise into 1/2-inch slices. Stacking 2 slices together, cut each into 1/2-inch strips.

In a large bowl, toss potato strips with rosemary mixture until evenly coated. Spread potatoes on a large parchment-lined baking sheet in a single layer. Bake for 30 to 35 minutes, flipping potatoes over halfway through baking time, until lightly browned. Remove from oven, sprinkle with salt and serve warm.

How Pop Culture Impacts Mental Health Treatment

Asylums. Insulin shock therapy. Meprobamate shock therapy. Electric shock treatment. All miracle cures for mental illness, right? If you read the newspaper in the 1940s, you might think so.

While reporting on the “high standard of psychiatric care” at new facilities at the Hillside Hospital in Queens, NY, in October 1941, *The New York Times* wrote, “The hospital has pioneered in the use of insulin and meprobamate, and also in the electric shock treatment, which has proved useful in shortening the average stay of patients.”

“The electric treatment, they say, at least is not unpleasant, so the patient may be more inclined to cooperate with the physician in future treatments,” said *The New York Times* in 1940. If you think these treatments sound more like a horror film, there’s a reason.

The Snake Pit

By the time 9 out of 10 American asylums were utilizing electroconvulsive shock therapy on their patients, according to Mary de Young in her book *Madness*, the 1948 film *The Snake Pit* was ready to rip open the doors on the shocking world of overcrowded asylums and their harsh conditions. The film is based on Mary Jane Ward’s novel of the same name, which captured her experiences at the Rockland Psychiatric Center in New York. She didn’t hold back, and neither did the Academy Award-winning film.

In the story, a young woman becomes confused and hallucinatory. She is administered electric shock treatments in an asylum until her psychiatrist uncovers the trauma that caused her mental illness. But as *The New York*

Times wrote in their [review](#), “This subject is dynamite. Faint or susceptible people might find it extremely hard to take.” The public’s first glimpse into the treatment of mental illness wasn’t pretty.

“Their picture... is a true, illuminating presentation of the experiences of a psychotic in an institute,” wrote *The New York Times* in 1948. “It is a cryptic but trenchant revelation of a crying need for better facilities for mental care.”

One Flew Over The Cuckoo’s Nest

Just as *The Snake Pit*’s indictment of the mental health system helped public perception of mental health treatment evolve, so too did Ken Kesey’s 1962 novel and later the 1975 film, *One Flew Over The Cuckoo’s Nest*.

Following Randall McMurphy (played by Jack Nicholson in the film), a criminal who escapes prison labor by getting committed to a mental asylum, *One Flew Over The Cuckoo’s Nest* threw into relief the questionable ethics of treatments such as electroconvulsive shock therapy and asylum life in general. As a result, a public sea change occurred against psychiatry’s methods.

“*One Flew Over The Cuckoo’s Nest*... swayed public opinion the most,” writes de Young. “The effect of this film on public attitudes about electroconvulsive shock treatment, let alone about madness and asylums, was considerable: in post-screening surveys, the majority of audience members considered it barbaric and punitive and would refuse to allow an institutionalized family member or friend to undergo it.”

And this film had an effect on mental health itself, as just a year after Kesey wrote the novel, former President John F. Kennedy signed into law the [Community Mental Health Act](#), which began the desinstitutionalization movement that would dismantle asylums and transform mental health treatment through the 1990s.

“The film generated a general distrust of hierarchical medical institutions and helped to modify many of psychiatry’s medical practices over the years,” [writes](#) Will Reckase. But this wasn’t all a positive change. While the horrible conditions in asylums and cruel treatments were rightly questioned, these films also stigmatized people living with mental illness.

“For many mental health professionals the book and film also had a negative effect,” [writes](#) Jon Swaine. “A 1983 study involving 146 university students found ‘considerable negative changes in attitude’ towards people with mental health problems among those who had seen the film.”

Modern TV and Film

Both *The Snake Pit* and *One Flew Over The Cuckoo’s*

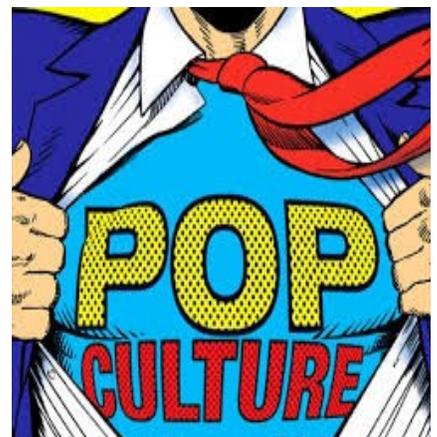
Nest demonstrate that pop culture, especially film and TV, has a great impact on the world around us. It can provide a look into the lives of those who are different than us, swing popular perception toward new viewpoints, and even change laws. That includes mental health treatment.

So what does this mean for mental health treatment today? How has film and TV impacted current popular perception of mental health?

Perhaps the biggest change Mramor sees is in destigmatizing mental illness and treatment. Unlike *One Flew Over The Cuckoo’s Nest*, which negatively impacted getting help, shows led by addiction treatment expert Dr. Drew and mental health professional Dr. Phil have helped reduce the stigma of seeking treatment.

While shows such as “Dr. Phil” are limited in their reality — the shows only lasts an hour and don’t portray the full complexity of therapy — it shows that modern mental health treatments are humane and it’s acceptable to openly discuss your problems.

“Dr. Drew and Dr. Phil have really allowed people to see that mental health is not something that’s to be hidden,” says Mramor. “It’s really made mental health an everyday kind of thing, and people are much more likely to enter into therapy because of it... It takes the stigma off of mental health treatment.”



Portrayals of mental health treatment, especially therapy, have a prominent place in many favorite films and TV shows, such as *The Sopranos*, *Fraiser*, *Monk*, *The United States of Tara*, *The Newsroom*, *Unbreakable Kimmy Schmidt*, *Crazy Ex-Girlfriend*, *You're The Worst*, *To The Bone*, *The Monster Calls*, *The Keepers*, and *13 Reasons Why*, among many others.

Sometimes the portrayal of therapy in these shows is more for gags, such as Kimmy Schmidt's alcoholic therapist played by Tina Fey in *Unbreakable Kimmy Schmidt*, and sometimes it's more serious like Dr. Melfi as Tony Soprano's therapist in *The Sopranos*. Yet in all genres, the stigma of seeking therapy is reduced because if our favorite TV characters willingly enter into mental health treatment and can navigate mental illness, then surely we can too.

Plus, seeing these characters enter care, even if the portrayal is heightened for entertainment, gives us a small window into what we can expect. It's no longer the asylum nightmare of *The Snake Pit*, or the electroshock terror of *One Flew Over The Cuckoo's Nest*. TV and film reflects the current reality of our world, which includes much better mental health treatment

13 Reasons Why

This reflection isn't perfect, however, as sometimes pop culture glamorizes serious mental illness issues,

raising questions about the responsibility of TV and film in how they portray mental health, because it does have a strong influence on those watching.

For example, Netflix's 2017 show *13 Reasons Why* details the reasons why a teenage girl died by suicide, as she leaves behind cassette tapes for all those who hurt her to listen to. The series includes a graphic scene depicting the main character Hannah's suicide. This led to a heated media discussion about how TV and film portray mental illness and their responsibility to reduce harm, in this case suicide contagion.

While show creators asserted *13 Reasons Why* was meant to start a **conversation** about suicide that could save lives, a study published in *JAMA Internal Medicine* in July found that Google searches on suicide and how to die by suicide increased by 20 percent in the 19 days following the show's release. Regardless of where you fall in the debate, there is no denying the power of a show's influence on how we view mental illness.

"TV does have that strong influence, particularly with mental health," says Mramor. "I think we really have to pay close attention, and [do] what I call conscious viewing, because otherwise the influence is very strong, very clear."

From *The Snake Pit* to *One Flew Over The Cuckoo's Nest* to *Dr. Phil*, *13 Reasons Why*, and many more examples, the history of mental health has been chronicled through film and TV. For better or worse, pop culture impacts our mental health treatment system and the public's willingness to seek help. It's a good reminder to be mindful in your watching, but to pay attention to how mental health is portrayed.



Compass Residential & Consulting

8925 N. Meridian Street
Suite 120
Indianapolis, IN 46260

Phone: 317-423-9350

Fax: 317-423-9355

E-mail: info@compassrc.com

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.

