

# An Informational Brochure Provided by Fulton State Hospital

* Survivors of suicide loss support group
  + 1st Tuesday of the month 6-8 pm
  + First Christian Church
  + 6 East 7th Street Fulton, MO
* NAMI Missouri’s WARMline
  + 1-800-374-2138
  + 9 am-5pm weekdays, 3-9pm weekends and holidays.
* NAMI
  + 4th Thursday of the month 7 pm
  + Southside Christian Church Mexico, MO
  + Contact Ann: 573-220-3068
* Wellness Connections
  + Monday-Friday 9am-3pm
  + Mexico or Fulton Options Unlimited
  + Contact Stacey: 573-582-1234
* Mental Health Support Group
  + Sundays 1-2 pm
  + Bridgeway RCF dining room
  + 828 Jefferson St. Fulton
  + Contact Gloria: 573-592-1972
* Coalition Against Rape and Domestic Violence
  + Appointments 1-7pm Tuesdays and Thursdays
  + 573-642-1418 or 866-642-4422
* Kids Under Twenty-One (KUTO)
  + 888-644-5886
  + 4-10pm Sunday-Thursday
  + 4pm-midnight Friday-Saturday
* National Suicide Prevention Lifeline
  + 800-273-8255
* Missouri Crisis Access Response System
  + 800-356-5395 or 800-811-4760
  + 24 hours, 7 days a week
* Missouri Department of Mental Health
  + dmh.mo.gov
  + 800-364-9687 or 573-751-4122
* See local paper for weekly listings for AA and NA meetings

#### Local Mental Health Resources

Fulton State Hospital

600 E. 5th Street

Fulton, MO 65251

Phone: 573.592.4100

Fax: 573.592.3000

TT: 573.592.3498

Email: [fsh@dmh.mo.gov](mailto:fsh@dmh.mo.gov)

**“Mental illness is nothing to be ashamed of, but stigma and bias shames us all.” –Bill Clinton**

Information for this brochure is from the following resources:

1. National Alliance on Mental Illness. (n.d.). *What is mental illness: Mental illness facts.* Retrieved from <http://www.nami.org/template.cfm?section=about_mental_illness>
2. Duckworth, K. (2013). *Mental illness facts and numbers.* National Alliance on Mental Illness. Retrieved from <http://www.nami.org/factsheets/mentalillness_factsheet.pdf>
3. Ben-Zeev, D., Young, M.A., & Corrigan, P.W. (2010). Dsm-v and the stigma of mental illness. *Journal of Mental Health 19 (4)* 318-327. doi: 10.3109/09638237.2010.492484
4. Fulton State Hospital. (n.d.) *About us.* Retrieved from <http://dmh.mo.gov/fulton/aboutus.htm>

**Mental Health and Stigma**

“Creating Hope Through Excellence.”

“Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and an unwarranted sense of hopelessness to erect attitudinal, structural, and financial barriers to effective treatment and recovery. It is time to take these barriers down.”1

# About Fulton State Hospital

* Fulton State Hospital is comprised of four treatment units including maximum security (Biggs Forensic Center), intermediate security (Guhleman Forensic Center), developmentally disabled (Hearnes Forensic Center) and the Sexual Offender Rehabilitation and Treatment Service program.4
* Fulton State Hospital offers a variety of services including: “forensic evaluations and admissions, competency restoration treatment, acute inpatient treatment for Department of Corrections inmates, substance abuse treatment, and long-term treatment and rehabilitation for individuals with severe and persistent mental disorders and personality disorders.”4
* Fulton State Hospital services can only be accessed through Missouri state courts and legal system.

# Philosophy

**Mission:** “Partnership and Recovery”

A community of caring, skilled people partnering with individuals challenged by mental illness to inspire healing and recovery.

**Vision:** “Creating Hope Through Excellence”

**Values:** **R**espect

**E**ncouragement

**C**ompassion

**O**pportunity

**V**alue

**E**xcellence

**R**esponsiveness

**Y**ou

# The Basics

* “Mental illnesses are medical conditions that disrupt a person’s thinking, feeling, mood and ability to relate to others and daily functioning.”1
* Mental illnesses can affect anyone.1
* “Mental illnesses are not the result of personal weakness, lack of character or poor upbringing.”1
* Recovery from mental illness is possible.1
* “Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.”1
* Consequences of untreated mental illnesses may include homelessness, unemployment, substance abuse, disability, and suicide.1
* People with mental illnesses can find satisfaction and independence with support, mental health services, and/or medications.1

# Looking at the Numbers

* 1 in 4 (approximately 57.7 million) Americans experience mental health disorders each year.1
* 1 in 17 Americans live with a serious mental illness.1
* Between 70 and 90 percent of individuals have a significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.1
* Around 60 percent of adults, and almost half of the youths with a mental illness receive no mental health services.2

# The Effects of Stigma

* Creates stereotypes about people with mental illnesses and changes how the public views and treats those with mental illnesses3
* Can prevent mental illnesses from being addressed by decreasing the services that are available because the true need for help is overlooked3
* Decreasing self-esteem of those with mental illnesses3
* Makes people less likely to seek mental health services in order to avoid stigma3

**Fulton State Hospital**

#### Mental Health Information