



**Edition 2 - November 06**

Dear Colleagues:

I was pleased to receive a very positive response to the first edition of *Constella Leads*, the e-newsletter of [Constella Group's](#) Mental Health and Substance Use Program.

Below, I present the second edition. I hope that you will find the information to be of equal value to your programs.

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## ***New State Strategy Could Mitigate Premature Death Among Public Mental Health Consumers***

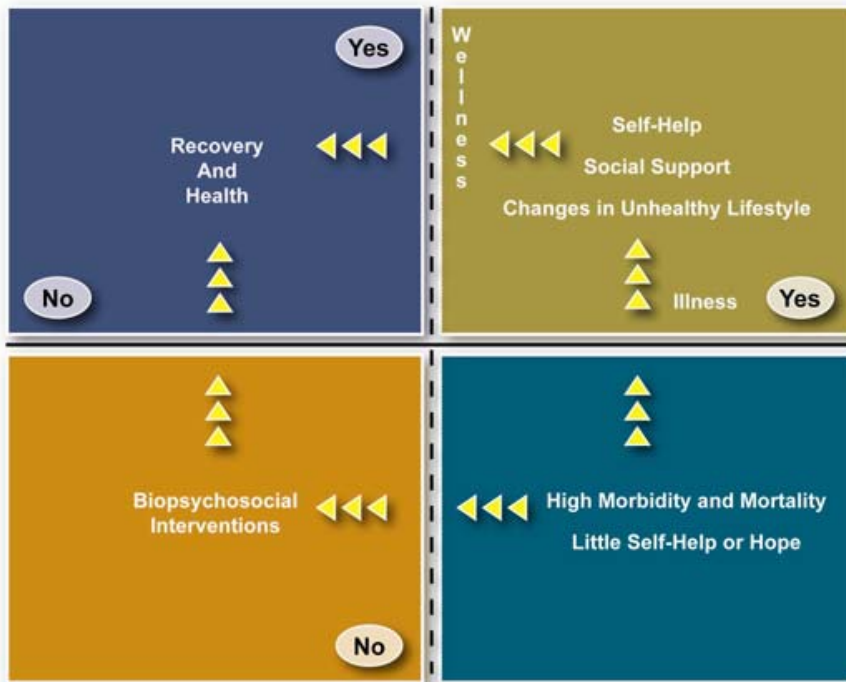
In our first edition, we discussed recent work that has shown public mental health consumers die 25 years younger than other adults (Colton and Manderscheid, 2006). We now bring to your attention a public health model developed more than 25 years ago that can provide a conceptual foundation for addressing this large disparity in mortality (Ng, Davis, and Manderscheid, 1981).

Aptly called the Wellness Model, this work views illness and wellness as two separate dimensions of health. Illness refers to disease; wellness, to one's outlook, social supports, and self-care activities. When combined, these two dimensions frame two strategies for achieving recovery—traditional biopsychosocial interventions and improved self-help and lifestyle changes. Both strategies will be necessary to address the large disparity in mortality.

I have had the opportunity to participate on a workgroup convened by the Medical Director's Group of the National Association of State Mental Health Program Directors to develop a strategy to work with consumer and family groups, mental health providers, and State health agencies to improve screening and services for physical health problems experienced by consumers with SMI. Clearly, a major segment of this work will involve engaging consumers and their friends and family members in self-help activities and lifestyle changes.

**For a copy of the new state strategy, please contact [Ron Manderscheid](#) at 240-514-2607.**

*Figure 1: Wellness Model Applied to Premature Death*



Colton, C.W. and Manderscheid, R.W.  
 "Congruencies in Increased Mortality Rates, Years of Potential Life Lost, and Causes of Death Among Public Mental Health Clients in Eight States."  
 Preventing Chronic Disease: Public Health Research, Practice, and Policy 3 (2): [serial online Apr] Available [online](#).

Ng, L.K.Y., Davis, D.L., and Manderscheid, R.W.  
 1981 "Toward a Conceptual Formulation of Health and Wellbeing." Pp. 44-58 in L.K.Y.  
 Ng and D.L. Davis, Eds., Strategies for Public Health: Promoting Health and Preventing Disease. New York: Van Nostrand Reinhold Co.

## Risk Communication Workshop Could Come to Your Town

Recently, Constella Group sponsored a workshop on Crisis and Emergency Risk Communication for public health professionals at Illinois' annual Bioterrorism Summit: "Partners Sustaining the Heartland."

Hosted by the Illinois Department of Public Health in partnership with the Illinois Public Health Association, the Bioterrorism Summit provided a comprehensive overview of federal, state, and local bioterrorism and emergency preparedness activities in Illinois. The Constella Group workshop introduced key communication tools and principles specifically related to crisis and emergency risk communication. This information allows individuals and stakeholders to make the best possible decisions during a crisis situation.

To learn more about how risk communications can augment your program, please contact [Ron Manderscheid](#) at 240-514-2607.

*"Crisis and Emergency Risk Communication: By Leaders For Leaders" — mentioned in this article — is a Centers for Disease Control and Prevention (CDC) program, which Constella supports to provide knowledge and tools for navigating the harsh realities of communicating to the public, media, partners, and stakeholders during an intense public health emergency, including terrorism. Learn more about this program at [CDC's website](#).*

## CDC's Biosurveillance Program is Expanding...In Your State

[BioSense](#) conducts near real-time biosurveillance and health situational awareness through access to existing data from healthcare organizations across the country. Constella Group is proud to support the Centers for Disease Control and Prevention (CDC) with this key initiative, and recently received two contract awards to expand our support of this high-profile, national program.

The first is a two-year extension of work begun in 2005 recruiting key health care organizations throughout the United States to contribute their existing electronic data to the BioSense system. Through that work, Constella has gained agreements from more than 1,000 hospitals, ambulatory care sites, commercial labs, and various other health care organizations. Many of these organizations are already sharing critical health data that CDC can use to detect potential bioterrorist threats and to manage disease outbreaks in cooperation with its state and local public health partners. Under the new contract, Constella Group will expand recruitment efforts to

target additional health organizations and data streams to ensure adequate national coverage for monitoring avian/pandemic flu.

Under the second contract, Constella Group is partnering with Lockheed Martin. Constella Group will staff and manage the BioSense BioIntelligence Center (BIC), which is responsible for monitoring, analyzing, and interpreting health data received through BioSense to identify and investigate anomalies/outbreaks. Also as part of this contract, Constella Group will help CDC determine the most effective way to share and utilize preparedness data.

If you are interested in finding out more about BioSense, visit [www.cdc.gov/biosense](http://www.cdc.gov/biosense).

## ***Public Health Preparedness Thought Leader Joins Constella***

Given the interrelatedness of mental health and emergency preparedness, I am very pleased to announce that Constella Group recently named Stewart Simonson, former U.S. Department of Health and Human Services' (HHS) assistant secretary for public health emergency preparedness, as its vice president for global public health preparedness.

Please read our [press release](#) for more information.

## ***Some Further Reading...***

[Behavioral Healthcare](#), a leading U.S. publication in the fields of mental health and substance use care, includes commentaries by Ron Manderscheid. Read his last two articles, "[Don't Let the Future Repeat the Past](#)," and "[Preparing for a Bird Flu Pandemic](#)," which appeared in the May and July issues, respectively.

## ***For More Information***

For more information on any of the items discussed in this edition or for further information on Constella's Mental Health and Substance Use Program in general, please contact me at:

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### **About Constella Group**

Constella Group, LLC, is a leading provider of professional health services worldwide with more than 1,200 employees in 43 countries. Through our work in health sciences, international development, and pharmaceutical product development, we help public-sector, commercial, and nonprofit clients identify and address critical issues affecting human health.

In business for more than 30 years, we remain committed to our vision of *enhancing human health around the world, every day*. Whether communicating health prevention messages to the public, creating a social marketing program in family planning for a developing country, or helping a pharmaceutical client build relationships with regulatory authorities and manage its clinical trials, we are passionate about creating a healthier world, free of disease. We apply our resources, skills, and knowledge in the areas of research, communications and social marketing, social advocacy, training, policy development, program support, program evaluation, strategic consulting, technology, regulatory affairs, and clinical trials management.

Headquartered in Durham, NC, Constella has corporate offices in the United States, the United Kingdom, France, Germany, and India, as well as project offices in various countries throughout the world.

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