

MENTAL HEALTH FIRST AID

By PAUL REICH
Special to the Planet

“This Mental Health First Aid course made me brave. It made me not scared to ask the hard questions. It made me understand just how many of us ... may be able to help each other and even be helped ourselves if we just open that door.”

After a friend took his own life, one Mental Health First Aid graduate shared her experience of feeling powerless to help. Our graduate knew her friend was struggling with depression, but she didn't know how to best support him. After he took his own life, she lived in fear that others close to her might suffer the same fate. After taking the course, she now feels brave and prepared to act when necessary and support her loved ones by asking the right questions in their time of need.

Mental Health First Aid is about empowering participants to help themselves, and their family, friends, co-workers and others in the community.

Why should you take a Mental First Aid Class? Mental health problems and substance use problems are common, as 1 in 5 of us will experience a mental-health or substance-use disorder this year. Mental health problems often start in adolescence — 50 percent of all illnesses beginning by age 14 — so the earlier we identify the problem and get help, the better the outcomes. Mental health problems are often left untreated — only 2 in 5 individuals with a diagnosed mental illness receive treatment. Delays in getting treatment are common, as the average wait time to get treatment is 10 years from the onset of symptoms.

Consider for a moment if we treated physical health ailments the way we treat mental health. In that world, 20 percent of us would experience a physical-health problem, like diabetes, each year. Only 2 out of 5 of us would get treatment, and that would only be after waiting an average of 10 years to seek out the treatment. Our insurance might limit treatment to a few visits to the doctor. In that world, most of us would demand changes to the system. Yet that is the reality for our community members who are experiencing mental health challenges — delays in treatment, limited insurance coverage and living with the untreated illness for extended periods.

We feel powerless in the face of mental illness, in part because it is a disease that is misunderstood and highly stigmatized.

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Birthdays

May 8: Barbara Betts, Rick Herrington, Cindy Lystad, Chace Oldmixon, Joseph Pale, Kendra Wilcox **May 9:** Linda Adams, Lael Fruen, Josh Kent, Mikaela Stanfield

If you'd like any additions, deletions or corrections to the birthday list, please contact Bobbie at bobbies@telluridecolorado.net. Ages 18 and over please.

TELLURIDE DAILY PLANET

ORBIT

THE SECOND FRONT PAGE
MAY 9, 2018



The National Building Museum in Washington, D.C. (above) was the scene of the National Inventors' Hall of Fame Awards Thursday, May 3. Among the inductees was the late Warren S. Johnson, great grandfather of Telluride local Mary Wodehouse, who was honored for a temperature control. (Photo courtesy of the National Inventors Hall of Fame)

COMMUNITY

Heat, and illumination

A Telluride local's relative is inducted into the National Inventors Hall of Fame

By LESLIE VREELAND
Contributing Editor

Washington, D.C. is widely perceived as a political snakepit these days.

But recently, it played host to a beacon of human possibility.

Make that “beacons”: Thursday, May 3, in a black-tie ceremony beneath the colossal marble columns of the National Building Museum — a fitting place to honor the planet's most esteemed makers-and-thinkers — 15 new inductees were admitted to the National Inventors Hall of Fame (NIHF). The nonprofit's mission, according to its website, is to celebrate “our best and brightest achievers ... the forward-thinkers who have revolutionized our world.”

“We had a great list this year,” said Rini Paiva, the NIHF's executive vice president for selection & recognition. Of the selection process, she added, “It's always fascinating to see which inventors will be recognized for their major and impactful work.”

This year, two inductees had a connection to Colorado.

Mark Caruthers, who is on the faculty at the University of

Colorado, “is being honored for his chemical synthesis of DNA,” according to Paiva.

Warren S. Johnson, the great-grandfather of Telluride local Mary Johnson Wodehouse, was recognized posthumously for his invention of a temperature control (a third of this year's award-ees are deceased).

“I think it's an amazing honor,” Wodehouse said.

Other honors went to inventors of organic light-emitting diodes, “sports broadcast graphic enhancements,” nanocomposite dental materials, and tissue typing for organ transplants.

The awards were a curious reflection of our times, both past and present. Turns out, the inventor of Lycra Fiber, or spandex, perhaps best known as the predominant material in women's undergarments, was invented in the 1950s by a male, DuPont scientist Joseph Shivers Jr., who was honored posthumously. On the other hand, the honoree for an environmentally safe clean-up technology known as emulsified zero-valent iron, or EZVI, is very much alive — Jacqueline Quinn holds 11 patents “and continues to invent other technologies for environmental

Wednesday Focus: Lifestyle, Arts & Nonprofits

1. Wednesday is the 11th Annual Valley Floor Day. Revel in the 570 acres of the forever-wild sanctuary. The monumental efforts of our local preservationists and societies have given our community a precious gift. Educational programs will be offered. Small groups (20 or less) are appreciated on the Valley Floor, as the elk are gathering for calving season.
2. In gratitude for your service and dedication to our community, all of San Miguel County law enforcement, first responders, coroners and clergy are invited to an appreciation lunch at the Telluride Elk's Lodge Wednesday from 11 a.m. to 2 p.m.
3. Telluride Theatre and the San Miguel Resource Center present “#MeToo,” a night of performance, Downlow stories, connection and what comes next in the movement Thursday at the Sheridan Opera House SHOW Bar at 6:30 p.m. The community event is free and open to the public (21 and over); a \$10 donation is suggested.

KOSOVO

MUSEUM OF BROKEN RELATIONSHIPS

By FLORENT BAJRAMI
Associated Press

PRISTINA, Kosovo (AP) — Dolls, a memory jar, a magnifying glass, a used condom: Each a memento of heartbreak contributed by an anonymous contributor to the Museum of Broken Relationships, an eccentric display in Kosovo.

The travelling exhibition — tied to a permanent tourist attraction in the Croatian capital Zagreb dedicated to treasuring and sharing heartbreak stories and symbolic possessions — opened a month-long stint in Kosovo last week as part of Europe Week.

“Its mission is to connect people in public spaces through the stories of love and loss,” a statement from the EU office in Kosovo said.

Curator Kushtrim Fetahu said organizers launched an open call for stories on Facebook and Instagram, and managed to collect 30 objects for the Kosovo exhibition.

They all aim at “storytelling, story sharing, to explain all the relationships, what happened not only between lovers but also between friends and families,” he said.

One contributor from the western Kosovo city of Prizren writes of a memory jar: “This jar holds the beautiful days and nights of our relationship and that doesn't deserve to be thrown away and not to be remembered.”

The collection in Pristina includes items from the museum's permanent collection in Zagreb, such as a positive pregnancy test from Leipzig, Germany as well as the wedding dress of a Turkish woman who lost her husband-to-be the day they would have gotten married — June 28, 2016, when a terrorist attack killed him at the Istanbul airport.

The museum won the EMYA Kenneth Hudson Award in 2010 for the most innovative and daring museum project in Europe.

The EU statement said that the Museum “encourages dis-

remediation, a field in which she is a recognized authority.”

All the honorees have received U.S. patents for their invention(s). They often have something else in common, Paiva said: a desire to solve a nagging problem. Warren Johnson, for example — Mary Wodehouse's great grandfather — was inspired to create a temperature-control device because his classes kept getting interrupted. Johnson was a teacher in Wisconsin, where winters are long and cold and classrooms were then-heated by hot-air furnaces in the basement (this was around 1876). “The system yielded fluctuating classroom temperatures,” a statement about Johnson's award explains. “Hand-operated dampers located at the basement furnaces were the sole, inefficient means of adjustment. Every hour, a custodian entered classrooms to assess temperatures, then opened or closed dampers as needed. The ongoing disruption spurred Johnson to develop a practical solution, leading to his 1883 patent for the electric thermostat.”

The difference between John-

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A visitor looks at a wedding dress displayed at the Museum of Broken Relationships in Pristina, Kosovo. (AP Photo/Visar Kryeziu)

Museum

KOSOVO, from page 20

cussion and reflection not only on the fragility of human relationships but also on the social, cultural and political circumstances surrounding the stories being told.”

When the project wraps up in

Kosovo, some of the stories will be sent to the permanent museum in Zagreb.

“In this way, stories from Kosovo will be a permanent part of an international museum,” the EU statement said.

Health

COURSE, from page 20

We have misconceptions, stereotypes and false ideas about what mental illness is. We do not feel comfortable talking about it in the same way that we might speak of our skiing injury, diabetes or cancer. We lack the knowledge and the tools to feel comfortable talking about it.

Mental Health First Aid seeks to change that picture: It reduces the stigma and normalizes the conversation around mental health; provides participants with the tools to recognize the signs and symptoms when a friend or loved one is experiencing a mental health crisis or the onset of mental health disorder;

gives participants the tools to help someone in a crisis situation get the help and care that they need; and empowers participants to be brave and to learn how to ask the hard questions.

Tri-County Health Network regularly offers classes. Call 970-708-7096 or email info@tchnetwork.org to sign up for a class.

If you know of someone struggling with a mental illness or a substance-use disorder, therapists are available through the Center for Mental Health, Telluride Medical Center and Uncompahgre Medical Center. The Rocky Mountain Crisis Line — 844-493-TALK (8255) — is available for individuals suffering a mental-health crisis or disorder, or for people trying to help friends or loved ones dealing with a mental health disorder.

May is Mental Health Awareness Month. In observance, let's not shy away from the hard con-

versations. If we know of someone going through a rough patch, let's commit to asking them how they are doing. We can recognize Mental Health Awareness Month by sharing our own experiences with mental illness, talking openly about the challenges we may be facing in our lives and supporting those who are struggling in our community. Give hope to individuals who are struggling — encourage them to seek professional help, or for less severe issues, promote self-care, listen to people's stories without judgment and give reassurance. Most importantly, never feel that you walk alone or that you must hide in the shadows. Encourage mental wellness in all you do, in your family, among friends and in our community.

Paul Reich is the Tri-County Health Network behavioral health program manager.

Fame

JOHNSON, from page 20

son and the rest of us, who would likely have been pleased with our single invention and gotten back to our classes — that is, if we even bothered to do something besides complain — is that Johnson continued to feel he could do better. Great inventors “are very persistent and dedicated to the pursuit of an answer to the problem,” Pavia said.

Johnson, for example, left his teaching job and went on to found the Johnson System of Temperature Regulation, the world's “first multi-zone automatic temperature control system.” By the early 20th century, the system was being used in the U.S. Capitol, the New York Stock Exchange, West Point, and palaces in Spain and Japan.

Wodehouse never knew her great-grandfather when she was growing up. “He died when I was only 7, and my sister was 5,” she said. “But I do remember my grandfather a little bit. And my parents talked a lot about the company he founded” (Johnson Controls, still based in Wisconsin).

What she recalls most vividly are trips to Altadena, California, where her grandfather and his cousins moved (“They broke out” of Milwaukee, as Wodehouse put it). “The cousins did interesting things,” she said.

“My dad's cousin, Seymour, helped develop radar in World War II. And my grandfather was very stately and austere. He had a huge library, and I loved books. Everybody was larger than life to me at that age,” she recalled. “Nobody was lacking in confidence in that family, that's for sure. These were incredibly accomplished older people.”

Her interactions with this side of the family gave her confidence.

“I always knew I had a brain, so when we could spend time with (these) other family members, especially when I was a teen, I could have really interesting conversations,” she said.

“It gave me hope. Growing up, my parents didn't really care if I had an education.”

Wodehouse was never driven to become an inventor, at least not literally. Even so, you might say her Johnson family ties helped her reinvent her idea of herself.

Seymour had a series of wives, and “Talking to these really well-educated women, I had role models.”

Wodehouse went on to college in Santa Barbara, and today she's a Realtor in Telluride.

Her time in Altadena, she said, “gave me a window into what was possible.”

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