

**SPRING HAS SPRUNG! BY PAM ROBERTS**

The groundhog said we would have an early spring. He lied! Now, though, it's time to put away (not too far away) the snow shovels and start thinking about enjoying the warmer weather. As our spirits lift and we shed the gloom of winter, let's remember those whose moods may not lift with the change of seasons. Those who suffer from mental illness, who live in poverty, or those who may be dealing with bullying and violence in their homes.

Educating the citizens of Licking County about these issues is what we here at Mental Health America of Licking County do, every chance we get. We provide this education in schools with PAVE (anti-bullying programming) and Suicide Prevention. We work with kids after school at the YES Club, giving them a wide range of activities, learning experiences and opportunities for service to help them become healthy, happy adults. We also offer adults the Bridges Out of Poverty program as well as help with parenting skills. Last, we help those with persistent mental illness to develop friendships in the Compeer program.

Mental Health America has just completed three projects to help raise awareness and funding: Share the Love Suicide Prevention and Awareness Event (February 15) raised \$1,200 and reached 10,000 people with a message of hope. Java & Jazz (March 2) raised \$33,000, which is essential for continuing current programming. The Eve Elliott Easter Project, which has been a yearly project for nearly 60 years, provided 3,276 individuals with Easter baskets.

Mental Health America has just launched a new fundraising campaign to support these various programs. It is called Mile of Quarters for Mental Health. Businesses, schools, community agencies, and churches all across Licking County are joining in, from April 1 to May 15, to collect \$3.00 from their students, customers, parishioners, and clients to purchase footprints that you will be seeing everywhere! We will wrap up with a celebration on Newark's downtown square on May 18th at 10:00 am. Awards will be given for most creative display, most feet towards the mile, etc.

We hope you will join us and those listed below in contributing to the Mile of Quarters for Mental Health. Call (740) 522-1341 to ask how.

Added Touch, Aeropostale, American Eagle, Atrium Personnel, Bath & Body Works, Big Brothers/ Big Sisters, Boeing Company, Bon Worth, Camela Pham, Cell Style Cool Shades, Christopher Banks, Christ United Methodist Church, Church in the Mall, CJ Banks, Claude Barclay Photography, Custom Care Giving, Deb, Dick's Sporting Goods, Dunkins Diamonds, Eagles Wings Academy, Finish Line, Fredonia Baptist Church, Gallery of Dreams, Goumas Candyland, Heath Middle School, Hibbett Sports, HM Art Jewelers, Holophane, Jose Eber, Lakewood Local School District, Lens Crafters, LICCO, Licking County Aging Program, Licking County Dept. of Job and Family Services, Licking County Public Library, Linnet's Flowers, Master Cuts, MVNU Newark Campus, Newark City School District, Northridge High School, Watkins Memorial High School, and YES Clubhouse. WOW! Thanks everyone!

**URGENT NEED:** As you may or may not have heard, our PAVE (Prevent Assault and Violence Education) program took a huge financial hit this year, with a \$60,000 grant cut from the Ohio Department of Health. Jan GreenRiver, PAVE Coordinator and Asa GreenRiver, Assistant PAVE Coordinator have both been laid off until funding can be secured for this essential program. They know how important PAVE is to the students who are members, and are currently volunteering their services through the end of the school year. Please donate today by mailing a check (PAVE in the memo line) to 65 Messimer Drive, Newark, OH or go to [www.mhalc.org](http://www.mhalc.org) and click on [Donate Now](#) to help us keep this program alive. Thank you for your consideration!

We are an affiliate of Mental Health America and a partner agency of the United Way & Mental Health and Recovery for Licking & Knox Counties.

To remove your name from our mailing list, please [click here](#).  
Questions or comments? E-mail us at [proberts@mhalc.org](mailto:proberts@mhalc.org) or call 740-788-0301

**SPRING ISSUE  
APRIL 2013**

**CHECK OUT OUR  
BRAND NEW WEBSITE!**

[www.mhalc.org](http://www.mhalc.org)

**MAY is National  
Mental Health Month!**

Be on the lookout for our annual membership drive letter to arrive in your mail! Mental Health America of Licking County *depends* on your annual commitment, which can be as small as \$25. Monthly pledges may also be made on our website or by mail to:

MHA  
65 Messimer Drive  
Newark, OH 43055.

Will you make good mental health a priority in Licking County?



**OUR MISSION**

The mission of Mental Health America of Licking County is to promote good mental health and wellness and achieve victory over mental illness.

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DONOR ROLL**

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