

YOUR MENTAL HEALTH MATTERS



65 Messimer Dr., Newark, OH 43055
 Phone: 740-522-1341 Fax: 740-522-4464
 E-mail: mhalc@alink.com www.mhalc.org

ANNUAL MEETING AND DINNER INVITATION INSIDE!

Partner Agencies and Funders



PLEASE JOIN US FOR A POVERTY SIMULATION

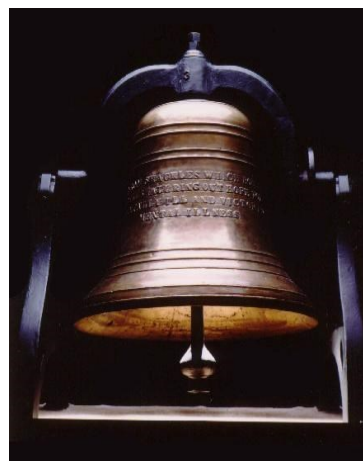
Bridges Out of Poverty presents:
What Does the Face of Poverty Look Like?

Crossroads Baptist Church
 75 N. 6th Street, Newark, 43055
 November 6, 2014
 9:00 am—1:00 pm

This program helps employers, community organizations, social service agencies and individuals address poverty in a comprehensive way.

For more information and to register, call Donna Gibson at (740) 788-0300 or (740) 522-1341 or email parentsupportbop@mhalc.org

Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.



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YOUR MENTAL HEALTH MATTERS

There is NO health without mental health!

www.mhalc.org

HERE'S TO GOOD MENTAL HEALTH!



Penny Sitrler,
 Executive Director
 (740) 788-0302
 psitrler@mhalc.org

As our annual dinner nears, I am reflecting on my time with Mental Health America of Licking County (MHALC). I can hardly believe I've been on the job as Executive Director for nearly a year. So much has happened and my learning curve is beginning to flatten out (finally!). I am fortunate to work with such a cohesive and supportive staff and Board of Trustees. When I've had questions, they've helped me find answers. Sometimes we follow in the footsteps of the past and other times we make our own new path.

New initiatives include Girls In Progress (GIP) and Mental Health First Aid (MHFA). I'm one of five of our staff who have developed GIP at Heritage Middle School, meeting with a group of girls in Linkage Coordinator Dava Kaltenecker's Closing the

Achievement Gap (CTAG) program. We provide the students with hope, improve their coping skills and allow them to dream and set achievable goals. Lofty ideals, I know, but they are all part of our involvement in the Newark City Schools' Graduation Rate Committee. The earlier we become involved in the lives of at-risk students, the sooner we help them change the trajectory of their lives.

Mental Health and Recovery for Licking and Knox Counties (MHRLK) underwrote the cost of my MHFA trainer training. MHFA is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves. I now provide MHFA throughout the county alongside MHRLK Executive Director Kay Spergel. So far, I have done two trainings with more

scheduled for October and beyond. If your company or organization would benefit from training, call me to schedule MHFA. Join the ranks of the 250,000 Mental Health First Aiders who have been trained in the US.

MHFA fits right into Mental Health America's national initiative advocating Before Stage 4 (#B4Stage4) thinking. We wouldn't wait until Stage 4 to treat other medical conditions, so why do we wait when it comes to our mental health? It typically takes 10 years from the first time someone has mental health concerns until they find appropriate help. Don't wait, be proactive! Take a mental health screening at MHALC.org and understand your mental health, and encourage your friends and family members to do the same. Think of five people in your life (including yourself). Statistically, at least one is struggling with a mental health condition. Make mental health a priority in your life. We are here to help.

MHA'S SUPPORT GROUPS

Mental Health America of Licking County has many free support groups:

- Autism Support Group: 2nd Wednesday of each month, 12-2 pm; for parents and guardians of persons who experience autism spectrum disorders.
- Depression & Bipolar Support: Every Wednesday 3:30-4:30 pm
- OCD: 2nd & 4th Thursdays of each month, 6:30-8 pm.

- Peer Support: Every Friday, Noon - 1 pm.
- Schizophrenics Anonymous: 1st Wednesday of each month at 1 pm.
- Survivors After Suicide Loss: 2nd Tuesday of each month 7 pm.
- Survivors of Child Sexual Abuse: 2nd & 4th Thursdays of Each month from 7-8:30 pm.
- Survivors of Trauma: Every Monday, 12:30-1:30 pm; For

women who have experienced trauma.

All groups meet at Mental Health America in Moundview Center, 65 Messimer Drive, Newark. (Park in rear of building)

More information is available by contacting MHA at (740) 522-1341, by email at mhalc@alink.com or on our website at www.mhalc.org.



FALL 2014 EDITION

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Mission

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

Vision

Mental Health America of Licking County envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential free from stigma and prejudice.

YOUR MENTAL HEALTH MATTERS

SUICIDE PREVENTION PROGRAM

Justina Wade,
Suicide Prevention
Coordinator
suicideprevention@mhalc.org
(740) 788-0353



July 21, 2014 marked the 2nd annual Lou Mitchell Memorial Golf Tournament. 19 teams participated in the event and we netted about \$8,000 to support our Suicide Prevention Program. All team members went home with prizes that were donated by the Mitchell family and local businesses. Special thanks to those who donated, helped out and participated in the event. We hope that this event continues to grow and be a success in years to come.

On September 9, 2014, MHA held our annual candlelight vigil to remember those lost to suicide. This year we added a memorial walk to this event. 150 people met at Real Life Church of the Nazarene on Mill Street, and walked up East Main Street carrying balloons with their loved ones' names and signs with statistics and warning signs about depression and suicide. Veronica Nott donated t-shirts with the message "Suicide is Preventable, Choose Life" in honor of her sister, Heather, who died by suicide two years ago. Veronica, Tarsha Henry-Raker and Lauren Heath, were the driving force behind this event. Special thanks to these three ladies and all who helped with this event, including members of the Youth Leadership Council who supplied balloons for the balloon launch and special music for the vigil. We appreciate all those who donated to this important cause.



A BIG thank you goes out to Linda Camelo who is a crisis counselor at Behavioral Healthcare Partners in Newark. Linda is a very valuable member of the Licking County Suicide Prevention Coalition and recently completed the beautiful new Suicide Prevention quilt shown.

Check it out!
Free anonymous screening for depression and other mental illnesses is available on our website. (www.mhalc.org)



YOUTH SELF-ADVOCACY

Justina Wade,
Youth Self-Advocacy
Coordinator
jwade@mhalc.org
(740) 788-0353

Mental Health America of Licking County is partnering with the Licking County Board of Developmental Disabilities to bring youth self-advocacy into the schools.

Self-advocacy is:

- Speaking up for yourself
- Asking for what you need
- Negotiating for yourself
- Knowing your rights and responsibilities
- Using resources that are available to you

Coordinator Justina Wade spent most of the summer creating a curriculum to educate students in intervention classes in schools on self-advocacy. Currently four schools are participating in this program and we plan to be in more schools soon.



FALL 2014 EDITION

Please join us!



As Mental Health America celebrates 61 years of education, prevention and advocacy in Licking County.

Mental Health America invites you to join us at our Annual Meeting! Come and share in the accomplishments of those who serve others in our community while advancing the vision of Mental Health America of Licking County.

Heritage Hall, 1058 E. Main Street
Thursday, November 13th
6:00 pm

Cost is \$30 per person
Dinner will include:

Chicken Cordon Bleu, Green Beans, Red Skin Potatoes, Salad, Rolls and Dessert
Vegetarian Selection is Available Upon Request

Reservations may be made at www.mhalc.org or by calling Pam at (740) 788-0301 by Friday, November 7, 2014.

SPONSORSHIPS FOR MENTAL HEALTH CONSUMERS ARE WELCOMED!



WE ARE NOW ACCEPTING NOMINATIONS FOR "THE PADDY" PADDY KUTZ COMMUNITY MENTAL HEALTH AWARD WHICH WILL BE AWARDED AT THE ANNUAL MEETING.

Go to www.mhalc.org to nominate someone who best exemplifies the passion that Paddy always showed for raising awareness about Mental Health.

Deadline for nominations is OCTOBER 10TH!

THREE WAYS YOU CAN HELP MENTAL HEALTH AMERICA

MAGICAL SEASON OF GIVING

Magical Season of Giving is a five-week event at Indian Mound Mall that runs from November 15-December 24, 2014. This is an opportunity to raise funds for Mental Health America. Here's how it works:

- Customers bring their Indian Mound Mall receipts to the mall office and designate a non-profit organization.
- One Receipt = One Entry Form
- Each week, a random entry form will be drawn. The customer will win a \$50 Visa Gift Card and the designated agency will be awarded \$500 cash.
- Each week, the entries will be removed from the prize barrel and entries will start over.
- Cash prizes can be accumulated and prizes will be awarded at the conclusion of the event.

All details are listed at www.indianmoundmall.com. Click on "Programs" and then "Magical Season of Giving." You may also call (740) 522-3942, fax (740) 522-5171 or email bbickerstaff@glimcher.com.

UNITED WAY DESIGNATIONS

Mental Health America of Licking County is an annual recipient of United Way funds, so no designation is required in your giving. Federal civilian, military, and postal employees can, however, designate Mental Health America of Licking County to receive your United Way donations through the Combined Federal Campaign (CFC), the workplace charity campaign.

We would be so grateful!



HOW THE KROGER COMMUNITY REWARDS PROGRAM WORKS FOR ALL OF US!

In 2014, Kroger is giving away \$4,000,000 to local non-profits. We want to be sure MHALC receives a good portion of that money! Every time you swipe your Kroger Plus Card, YOU get fuel points and coupons and MHALC gets a portion of every dollar you spend.

Last quarter, we raised close to \$75 and only had THREE participating shoppers! This past quarter, we earned over \$200 and only had SEVEN shoppers! We really hope you will sign up. It helps us so much.

See instructions below—it's SO easy! Perhaps you have been signed up in previous years. Be sure to follow the steps below to sign up again. It needs to be done each year. Please call if you need any help signing up!

1. Go to www.kroger.com.
2. Go to Community tab.
3. Click on Community Rewards Program.
4. Click on the COLUMBUS Enroll Now button.
5. Put in your information and Kroger card #.
6. Be sure to link your card to **MENTAL HEALTH AMERICA OF LICKING COUNTY. Group # 91467**

Don't forget to buy gift cards at Kroger when you are going out to eat or going shopping at stores such as Lowe's, Kohl's or Target, or when you start your Christmas shopping, AND BE SURE TO SCAN YOUR KROGER CARD WITH EVERY PURCHASE!

Thanks for your continued help and support!



YES CLUBHOUSE IMPACTING LICKING COUNTY



By Erin Ours

The YES Club is always a captivating place this time of year. There are countless new youngsters joining our family everyday. Everyone is excited about forming new bonds with new people and many of last year's middle school members are now high school members. We have also welcomed our new Middle School Activities Coordinator Jo Henthorne. Our days are full of stimulating and educational activities.

Program Director Amanda and her husband Dave Vozzella are eagerly awaiting the birth of their first child Annabella in October. Congratulations to them both!

September and October highlights: The high school members will be attending a field trip to Ohio Dominican College (visiting a YES graduate) and taking a campus tour followed by dinner in the

campus dining hall.

YES will have three members join the Newark Youth Council. They will meet monthly to assist Newark City Council members with local issues and events.

As members of the Afterschool Alliance, we will again be participating in the nationwide 15th annual Lights On Afterschool event by inviting past members and their families in for an open house on October 23rd.

Thank you to all who make the welcoming experience of this magnificent place happen.



MEET THE YES STAFF



Vee Hottle, LSW
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Amanda Vozzella, LSW
YES Program Director
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Erin Ours
YES Activities Supervisor
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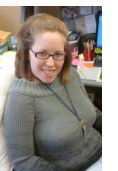
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Amy Sanders
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The YES Club may be reached at (740) 522-0937.

YOUR MENTAL HEALTH MATTERS

COMPEER NEWS



As the new Compeer Coordinator, I am pleased to say that my first few months have been both challenging and rewarding. I have been getting to know the Compeer participants, and sharing a bit of myself with them. I feel it a privilege to gain their friendship and walk beside them in their journey toward wellness.

The definition of Compeer tells the story. A Compeer is a person of equal rank, status or ability. Other words used to describe a Compeer is an ally, an equal, a cohort, a comrade and a shipmate. Compeer National started over 35 years ago, offering companionship and support to individuals during the time of deinstitutionalization of those suffering from chronic and severe mental illness.

Today, there continues to be a great need in the Licking County community, and in communities around the country, to socially integrate individuals who experience severe and persistent mental illness. Compeer is an evidence-based program which decreases loneliness and isolation and has been directly linked to positive physical and emotional health, and the decrease of emergency medical treatment and crisis mental health-related hospitalizations.

The mission and goals of the Compeer program are as follows:

Social and relational health: Compeer participants have many opportunities each month to meet together. These include group dinners, cultural and entertainment events at the Midland Theatre and throughout the community, holiday celebrations, art exhibits and movie and game nights. The group gatherings offer a positive atmosphere of acceptance, belonging and connection to many who would otherwise be quite isolated.

Intellectual and emotional health: Workshops, health fairs, educational nights and art classes are held to offer tangible support for the needs of the Compeer participants.

Physical health and wellness: The health and wellness focus of our program includes partnering with The Main Place to offer exercise and healthy living classes that support and promote wellness and continued growth in our Compeer participants. We also participate in community 5k walks and recently participated in the Suicide Prevention Walk and Candlelight Vigil.

Supportive friendship: Peer support is effective because people who have like experiences can often relate better and offer more authentic empathy and validation. As the saying goes, "Walk a mile in my shoes", and our participants have. The Compeer program fosters this supportive friendship in both the group setting and one-to-one matches with volunteers in the community. In addition to volunteers in the

community, our long-term Compeer members also mentor new participants. This has been very successful, with one-on-one mentoring and connection through weekly phone calls and individual meetings during the month.

The Compeer program plays a prominent role in the lives of the participants and in their recovery process. I look forward to the months ahead, both getting to know those in Compeer better and



continuing to promote a positive, member-led group that makes all the difference in the lives of many.

Shari Johnston
Compeer Coordinator
(740) 788-0303
compeer@mhalc.org

Volunteers Needed

We need individuals from our community willing to mentor, hang out with and befriend our members, encouraging them in their recovery!

If that sounds like the role for you, contact Shari Johnston at 788-0303.

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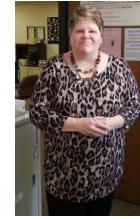
Bob Rodrigues

Davelyn Ross

Mareion Royster

Max Sutton

Kelly Tenney



Donna Gibson,
BOP and Parent Support Coordinator
(740) 788-0300
parentsupportbop@mhalc.org

To sign up for Parenting classes, Getting Ahead classes or a Poverty Simulation, call Donna at (740) 788-0300 or Mental Health America at (740) 522-1341.

New classes are always being formed.

Parenting in a Minute

Who wants a child who always listens, cleans their room without being told to, helps around the house, says please and thank you and does not argue or backtalk? You do...right? I hate to squash that dream but the reality is that each and every child has different strengths, weaknesses, fears, hopes and dreams. I also forgot to mention there is no perfect child mold available. PARENTS ARE NOT PERFECT EITHER and will make mistakes. Parents fear that they will not give their children everything they need. Simply try and enjoy your kids while they are young.

Parents know their child better than anybody and it is up to each parent to ensure that their children are safe, happy, educated and healthy (to the best of their abilities). Children are not trying to be bad nor are they "little adults". Each child is simply exercising an increasingly new independence as they grow up and view the world around them!

BRIDGES OUT OF POVERTY MAKING IMPACT

Bridges Out of Poverty's (BOP) work is to remove barriers individuals and families in poverty face which inhibit personal and financial growth and to provide support and education without bias or stereotypes to ensure that people, regardless of their situation, will be afforded equal opportunities in education, employment and life goals.

Yearly more of the negative effects of poverty are seen throughout our community. The most affected are the children of families who have been unable to rise above poverty and the long-term consequences it leaves behind. Our schools are filled with children and young adults who have potential but lack the resources and encouragement to utilize their personal strengths. We have some great schools and really wonderful teachers and staff who care so much and work very hard to help each child learn and move forward in life. We continue to see even more children join the ranks of those who are in trouble academically and/or legally.

The Getting Ahead program is more than just an informational course. It includes:

- Financial literacy
- Budgeting
- Understanding socio-economic differences between income classes
- Job and life skills
- Managing change
- Managing stress

Standing up for your values, beliefs and for yourself is so important, especially when raising children and giving them the necessary tools and resources needed to survive, learn and grow. The BOP program creates a safe and accessible environment to learn, grow and succeed. By working together to eliminate barriers and strengthen family ties, participants create a healthier, more dynamic future.

PARENT SUPPORT CLASSES AVAILABLE

A parent's job is to guide and nurture their children along the way, teaching them how to make good decisions and when to ask for help.

While there isn't a program available which will help parents change their children overnight, there are programs to help eliminate stress and anger that can come from parenting. Each program helps parents to be consistent in their actions and reactions in correcting the child's misbehavior.

Communication, attitudes and behavioral changes are also part of each curriculum. Classes are for parents, grandparents, caregivers, children and youth. It is important to work together to reduce the chance our community's children will become involved with risky behaviors like drugs, alcohol, crime, sex or dropping out of school. Seeing improved grades and engagement in school and positive behavioral changes for both the caregiver and the children will strengthen the unity of the entire family.

Parents are the most effective educators of their children and when they learn new strategies and model good behavior, the children will follow.

Parent Support programs were started in 1993 and have evolved with the addition of evidence-based best practices that help parents with children of all ages. Crisis intervention and phone support are also part of the parent support services. MHA offers the following programs:

TRIPLE P (POSITIVE PARENTING PROGRAM)

1-2-3 MAGIC

PARENTING WISELY

