

Partner Agencies and Funders



TWO MORE WAYS TO HELP MHALC



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

We are so excited about the Kroger Community Rewards Program and its potential impact for MHALC! **Your information must be renewed each year so please follow the directions below.**

Every time you swipe your Kroger Plus card, while you still receive fuel rewards and coupons, MHALC receives a portion of every dollar you spend. This is such an easy way to contribute to our programs. Please follow the easy instructions below to become part of the MHALC community. If you have signed up in the past, please renew your community information each year. If we can be of any assistance, please call our office.

Go to www.kroger.com.

Go to Community tab.

Click on Community Rewards Program.

Click on the COLUMBUS Enroll Now button.

Put in your information and Kroger card #.

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 shopping at stores such as Lowe's, Kohl's or Best Buy or when you start your holiday shopping, AND BE SURE TO SCAN YOUR KROGER CARD WITH EVERY PURCHASE!

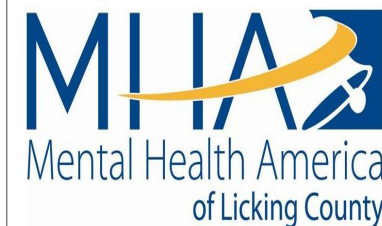


Shop on Amazon and Support MHALC!
Through the AmazonSmile program, 0.5% of your purchase will be donated to the charity of your choice.

Sign-up is simple:

- Go to smile.amazon.com and sign into your existing Amazon account.
- Search and select Mental Health America of Licking County to make it your charity of choice.
- The purchasing process and products are exactly the same on AmazonSmile as they are on Amazon.

Donating has never been as quick and easy! Please share with your friends and family and help MHALC continue to provide our much-needed services.



MHA Message

There is *NO* health without Mental Health!

From The Executive Director



September was quite a month at MHA. It was Mental Health Awareness Month, National Suicide Prevention Awareness Month and Recovery Month. We know that one in five – yes, I said one in five – people experience a mental health issue every year in the United States. It's really important to bring attention and awareness to the causes, signs and symptoms of mental illness so people can get help early and on the road to recovery.

Have you read Brandon Sneed's recent article about The Ohio State University football coach Urban Meyer's struggle with mental health concerns? I applaud Urban and his wife Shelley for speaking up. Any time celebrities share their lived experiences with anxiety, depression, substance use or other mental health disorders, their words go viral. I consider this phenomenon a gift to the one in five who live with such a struggle. I hope that it opens the eyes of everyone around them to the fact that mental health concerns are normal, common and treatable.

For too long, our society has considered mental health issues as taboo. It's time for that to stop. Did you know that breast cancer used to be treated the same way? People were afraid to talk about it or to be in the same room with someone afflicted with the disease. Thank goodness Betty Ford was brave enough to speak out about the fact that it could be detected early and treated back in 1974! Today, we don't hesitate to offer all kinds of support to breast cancer patients and we celebrate survivors with pink ribbons and fund raisers galore. I look forward to the day that we treat people with mental illness diagnoses the same way.

In Sneed's article, Urban Meyer is quoted as saying, "It's no different to me than, say, a hamstring injury. You don't just ignore a hamstring injury. And you have to address it." It's time we all start considering mental health issues the same as physical health issues. When your hamstring is hurt, you see a doctor and do all you can to repair it. When your brain is ill, the same thing should happen.

The price of not dealing with these issues as they occur is huge. On average people wait ten years from onset of symptoms to diagnosis of a mental health disorder, often not understanding what is happening until they've been hospitalized or jailed and are terribly ill. Outcomes would be significantly better if they could begin working toward recovery when they first notice their symptoms.

Suicide can be a tragic result of not addressing mental health disorders. Through August 22, we lost 23 individuals to suicide in Licking County. That is 23 too many. As a member of the Local Outreach to Survivors of Suicide (LOSS) Team, I have heard the heartbreak of surviving family members who have to figure out how to carry on following such a devastating loss. We are trying very hard to get the message out to people through our Suicide Prevention program that there is help available and that treatment does work.

I hope everyone reading this will join MHA in thinking of mental health as a critical part of overall wellness, seeking prevention services for all, early identification and intervention for those at risk, and integrated care and treatment for those who need it, with recovery as the goal. Call us at 740-522-1341 if we can be of help to you in any way.

To your mental health!

Penny Sitler

Board of Trustees

President
Monie Havens

First Vice President
Dave Hardy

Second Vice President
Debbie Matesich

Treasurer
Mareion Royster

Immediate Past President
Dave Wenger

Diana Avila
Cynthia Bowling
Dan Bybee

Brad Copley
Joe Ebel

Seth Ellington
Jacquie Goumas Fox
Kathy Gummer
Deborah Harvey

Maura Horgan
Matt McKenzie
Mackenzie Peterson
Davelyn Ross
Diana Vlachos

In This Issue

Summer Highlights
Program Highlights
MHALC News
From The Community
On The Horizon
Thank You!

Pages 2
Page 3
Page 4
Page 5
Page 6
Page 7

SUMMER HIGHLIGHTS

The 4th Annual Lou Mitchell Memorial Golf Outing for Suicide Prevention



Tim Mercer tees off during the event. Tim was part of the 1st place team this year.



The team from First Federal included Scot Evans, John Compton, Ryan West, and Chris Byrd.

The 4th annual Lou Mitchell Memorial Golf Outing took place on July 25th at Moundbuilders Country Club. Ninety-two golfers took to the greens on a beautiful Monday afternoon. Following a very hot day of golf, the group gathered for dinner on the patio and presentation by MHA’s Suicide Prevention Coordinator Justina Wade, Newark High School Counselor Scott Koebel, State Representative Scott Ryan, and Lou Mitchell’s son David Mitchell.

Special thanks to our 2016 sponsors!

Tournament Sponsors

DLQ Properties
Gummer Wholesale

Tee Sponsors

Cardinal Title
Ann Schroeder/Edward Jones
Englefield Oil
Fidelity Investments
First Federal Savings
Granville Inn
Hometeam Properties
Hope Timber and Garden
Mitchell Systems Inc.
Park National Bank
Waste Away Systems

Cart Sponsors

Michelob Ultra
OSU/COTC
Rusty Riders



Thank you to Moundbuilders Country Club, Gary Sitler, and MHALC’s Resource Development Committee for making this day happen!

MHA at the Granville Famer’s Market



MHA Development/Program Manager Jill Goddard, YES Club Director Ethan Pound, and film maker Ryan Davy at the Granville Famer’s Market in June. Jill and Ethan met Ryan as he cycled from LA to New York raising awareness for mental illness.



THANK YOU!

TO ALL OF OUR DONORS

Mental Health America of Licking County would like to recognize the following individuals and organizations for their support received from January 1, 2016 through June 30, 2016.

We make every effort to accurately reflect donations. Please call Jill Goddard at 740-522-1341 if you feel we have inadvertently left your name out and please accept our apologies.

- | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mr. & Mrs. Glenn Abel
Aetna Giving Campaign
Aladdin Diner
Mr. William Albrecht
Ms. Mary Albright
Ms. Susan Alexander
Ms. Jessica Altman
Ms. Kathy Anderson
Mr. & Mrs. Lucas Atwood
Mr. & Mrs. Paul Avila
Gojko Babic
Ms. Ann Bandecca
Dr. Geoffrey Bauman
Ms. Sandy Bell
Ms. Janice Bertini
Mr. & Mrs. John Blaha
Mr. Jeremy Blake
Mr. & Mrs. Daniel Blatter
Ms. Carolyn Boesch
Mr. Mike Born
Ms. Gloria Byrd Bowermaster
Mr. & Mrs. Philip Bowling
Ms. Diana Brest
Ms. Mariann Brooks
Mr. & Mrs. John Brown
Bummie’s Pub and Grub
Mr. & Mrs. Dan Bybee
Ms. Jessica Caldwell
Care Source Foundation
Mr. and Mrs. Dennis Carlson
Ms. Jonna Carney
Ms. Kim Cashdollar
Central Christian Church
Central Ohio Technical College
Pastor Karen Chakoian
Mr. & Mrs. Joe Charles Jr.
Ms. Anita Clemente
Mr. & Mrs. Michael Cloran
Mr. & Mrs. Rod Cook
C K Cooper
Mr. Charlie Courson
Ms. Mary Craig
Ms. Jill Crowe
Mr. & Mrs. Jeff Crumrine
Mr. & Mrs. Bob Cullen
Dr. & Mrs. Elliott Davidoff
Ms. Anne Davy
Delta Kappa Gamma
Denison University
Dr. Lawrence Dils
Rev. Deborah Dingus
Don Pound Studios
DoubleTree by Hilton
Mr. & Mrs. David Doney
Mr. & Mrs. Dave Douglas
Mr. & Mrs. Jonathan Downes
DLQ Properties Ltd.
Mr. & Mrs. Roger Draa
Mr. Richard Durso
Mr. & Mrs. John Duttera
Mr. & Mrs. R. Joseph Ebel
Ms. Susan Ehrenfried
Mrs. Betty Eifinger
Mr. & Mrs. Don Ellington
Mr. Seth Ellington
Mr. Ben Englefield
Englefield Oil Company
Mr. & Mrs. John Ewing | Mr. Don Eyer
Ms. Mary Kay Fausey
Mr. & Mrs. David Fenton
First Presbyterian Church
Ms. Mary Fitch
Mr. Jerry Fleming
Flying Colors Public Preschool
Mr. & Mrs. Pat Ford
Mr. & Mrs. Jeffrey Forman
Ms. Stacey Forman-Donnelly
Fraternal Order of Eagles Aux #387
Mr. Mike Fritz
Mr. James Fulford
Mr. & Mrs. Michael Fuson
GA Krebs and Sons
Mr. David Gail
Mr. William Gail
Ms. Kristin Garbrabant
Mrs. Dorothy Garrett
Ms. Patty Gaul
Ms. Grace Gavin
Mr. David Gawelek
Ms. Barbara Gilkes
Pastor Jeff Gill
Ms. Carolyn Givens
Goumas Confections
Ms. Charlee Gnaedinger
Granville Friends Meeting
Granville Inn
Col. & Mrs. William Gray
Ms. Dianne Griffin
Mr. & Mrs. Dean Gross
Mr. Rick Gummer
Ms. Kate Haidet
Ms. Judith Handel
Hanover Presbyterian Church
Mr. & Mrs. Dave Hardy
Mr. Michael Harris
Mr. & Mrs. Thomas Harvey
Mr. & Mrs. James Havens
Mr. & Mrs. Steven Hawk
Mr. Bob Hawley
Mr. Rick Hayden
Mr. & Mrs. Mark Heffernan
Heartland Bank
Mr. Tina Henkin
Ms. Pamela Hertenstein
Mr. Chris Hiner
Mr. Mike Hinger
Ms. Jessie Hixson
Mr. & Mrs. Jerry Hoffer
Ms. Cheryl Holton
Hope Timber, Ltd.
Ms. Maura Horgan
Mr. & Mrs. Stan Hortz
Mr. Richard Hughes
Ms. Susan Hughes
Ms. Melinda Ingalls
Mr. & Mrs. Alan Jankowski
Mr. & Mrs. Larry Jones
JP Morgan Chase & Co
Ms. Julie Jurden
Kairos Academy
Mr. & Mrs. Dave Kane
Mr. Abram Kaplan
Mr. Bryant Keith
Dr. & Mrs. Harold Kelch
Ms. Margaret Kelley | Kelley Family Foundation
Kessler Outdoor Advertising
Mr. Joseph Kiefer
Mr. & Mrs. David Klontz
Ms. Denali Knott
Mr. & Mrs. Jerry Krebs
Kroger Community Rewards Program
Ms. Andrea Kubik
Ms. Mary Kurek
Mr. & Mrs. Dave Kutz
Ms. Maria Lea
Licking 387 Memorial & Education
Charity Fund, Inc.
Licking County Chamber of Commerce
Licking County YMCA
Licking Memorial Health Systems
Mr. & Mrs. Steve Litwiller
Ms. Laura Long
Love Yourself & Earth
Ms. Kim Lust
Ms. Joyce Martin
Dr. & Mrs. Chuck Marty
Mr. Richard Mason
Ms. Debbie Matesich
Mr. Jim Matesich
Matesich Distributing Company
Maximum Fitness
Mr. & Mrs. Jerry McClain
McClain, Hill, Rugg & Associates, Inc.
Dr. & Mrs. Nelson McCray
Mr. & Mrs. Bob McGaughy
Mr. & Mrs. Matt McKenzie
Terri McKeown
Ms. Dena McKinley
Mr. & Mrs. Chris Meyer
Mr. & Mrs. Edward Miller
Ms. Gayle Miller
Ms. Sharon Miller
Mr. Tim Miller
Ms. Cynthia Mitchell
Mr. & Mrs. David Mitchell
Mr. & Mrs. Mark Mitchell
Moe’s Original Bar B Que
Mr. & Mrs. Charles Monroe
Mr. Brian Moriarty
Mr. Patrick Moriarty
Mr. & Mrs. Jon Morrison
Mortellaro’s McDonalds
Ms. Sallie Mullins
Mr. & Mrs. Jay Nader
Neal Avenue United Methodist Church
Ms. Christina Neely
Dr. & Mrs. Jack Neely
Newark Athletic Department
Newark City Schools
Newark Crossfit
Mr. & Mrs. Jeff Noe
Mr. & Mrs. James Norton
Ohio Suicide Prevention Foundation
Ms. Tonya Orr
Ms. Star Ours
Park National Bank
Parl Place Bistro
Dr. Mackenzie & Mr. Chris Peterson
Mr. & Mrs. Mark Posey
Mr. & Mrs. Doug Price
Mr. Doug Pricer
Ms. Barb Quackenbush | Ms. Linda Randolph
Mrs. Barbara Ransopher
Red Oak Pub
Mr. & Mrs. Bill Reynolds
Mr. & Mrs. Karl Rieppel
Ms. Karen Riley
River Road Coffee House & Café
Mrs. Barbara Robertson
Mr. Tom Robinson
Ms. Davelyn Ross
Mrs. Mollie Roth
Mr. & Mrs. Mareion Royster
Rep. & Mrs. Scott Ryan
Mr. Jack Schmidt
Mr. & Mrs. Robert Schmidt
Mr. Mike Schroder
Ms. Ann Schroeder/ Edward Jones
Investments
Ms. Sarah Schwab
Ms. Karen Shank
Mr. Chris Shonebarger
Ms. Barbara Shramo
Mr. Brian Simpson
Ms. Amy Singleton
Mr. & Mrs. Gary Sitler
Mr. & Mrs. Don Spellman
Mr. Dan Spence
Mr. Joey Spencer
Mrs. Shirley Stare
Ms. Carlyn Starr
State Farm Insurance Co.
Dr. D. Mark Stewart
Ms. Sandra Stewart
Ms. Sandy Stoker
Mr. & Mrs. Russ Suskind
Ms. Stephanie Tackett
Ms. Donna Tate
Texas Roadhouse
The Granville Inn
The Energy Cooperative
The Knitting Guild Association
The Old Bag of Nails
Thirty-One Gifts
Ms. Erin Thompson
Ms. Desiree Thress
Timbuk Farms
Dr. Katrina Timson
United Church of Granville
United Way of Licking County
Mr. & Mrs. Dick Utrevis
Ms. Mary Vaca
Ms. Diana Vlachos
Ms. Julie Vanwey
Mr. Orville Varasso
Mr. Paul Vetter
Mr. & Mrs. C. Zane Wachtel
Waste Away Systems
Mr. Gregory Weekley
Mr. & Mrs. David Wenger
Ms. Lucinda Wills
Mr. & Mrs. Mike Wilson
WNKO/Kool 101.7FM
Ms. Andrea Woodruff
Ms. Kristi Woolard
21st Century Financial |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



the Art of Recovery

Opening Thursday, October 20th at 6:00 pm

Art will be on exhibit throughout October at Licking Memorial Hospital's cafeteria, 1320 West Main Street

The Art of Recovery recognizes the talent of community members who live with mental illnesses and addiction, and the role of creative outlets like art can play in the recovery process.



63rd Annual Dinner & Awards Celebration

Join us for our Annual Dinner and Awards Celebration on Thursday, November 10th at 6:00 pm at The DoubleTree by Hilton in downtown Newark. The evening will begin with dinner at 6:00 followed by an awards presentation and much more.



Free Depression Screening

Thursday, October 6th from
9:00 am to 4:00 pm
Stop by MHA for a free depression screening.
Depression is treatable! Screenings are often the first step toward getting the needed help.

St. Patrick's Day with MHA!

Featuring award-winning Irish band We Banjo 3 from Galway, Ireland. St. Patrick's Day 2016 they played at the White House and on Friday, March 17th they'll be in Newark!

6:00-7:00 VIP Meet & Greet, food and drink with We Banjo 3
7:00-8:00 Live Auction
8:00-9:30 We Banjo 3's Concert

At The Midland Theatre
Newark, Ohio
Tickets on sale December 2016

Billboard Music Charts World #1!



A special *Thank You* to our early sponsors



PROGRAM HIGHLIGHTS



Over the summer, YES members enjoyed visiting many places in and around Licking County such as Flint Ridge, Dillon Dam, Roscoe Village and Ye Olde Mill just to name a few. The staff and students also started a walking club which allowed them to explore many of the local parks and bike trails including Blackhand Gorge and the Cherry Valley bike trail.

Working with Together We Grow, YES Club members learned all about growing fresh produce. Members were able to help plant and tend to the gardens and of course enjoy the fruits of their labor.



YES Club visited COSI as a way to help students prepare for another school year.

The staff from Mental Health America launched another new activity, preparing art for Mental Health & Recovery for Licking and Knox Coun-



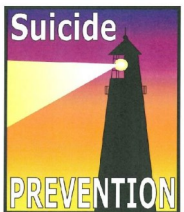
ties' upcoming Art of Recovery exhibit. Girls In Progress and Compeer Program Coordinator Shari Johnston met with students weekly to create some fantastic work for the art show which will be on display at Licking Memorial Hospital in October.



Compeer has been all about fresh veggies and fruit this summer. The monthly Lunch & Linger group has been going to area restaurants strategically located near Newark's new Canal Market District Farmer's Market. In addition to fresh vegetables and fruit, Compeers have enjoyed local musicians and artisans, and explored small locally owned shops in the surrounding area.



As a way to usher out the summer and welcome fall, Compeer held a gala event at the Newark Public Library. Participants enjoyed fresh produce from their garden along with other tasty homemade treats. Music, dancing and laughter made this gathering a party to remember. A big thank you to everyone involved!



The Suicide Prevention Walk and Candlelight Vigil took place on September 6th at Flory Park in Newark. Participants gathered to remember their loved ones, bring awareness and erase the stigma surrounding mental illness.

Todd Feasel from Mental Health & Recovery for Licking and Knox Counties shared his personal experiences with the group. Program Coordi-



nator Justina Wade and others shared poetry, music, resources and time to reflect and remember. The Newark Advocate highlighted the evening, stressing its message of hope.

Mental Health America, in collaboration with the Licking County Suicide



Photo found in *The Newark Advocate* September 7, 2016

Prevention Coalition, initiated Licking County's Local Outreach to Suicide Survivors (LOSS) Team in April of 2016. Consisting of local volunteers, this team is among the first responders when someone dies by suicide. Since April, the LOSS team has responded to many situations helping those in need.





Cara Noyes, Music Specialist at Cherry Valley Elementary, joined MHA this summer as part of the Business Community Advisory Council's STEP program. Cara spent time with all seven programs at MHA. Cara said of her time at MHA, "As a music educator, I never realized how 5-gallon buckets and drumsticks could have an impact beyond the walls of Cherry Valley Elementary School. I also had no idea how many folks are struggling with mental health issues (at least 1 in 5!) This summer,



thanks to the STEP extern program, I had the amazing opportunity to see the impact of bucket drumming on mental health."



Mental Health First Aid and Mental Health First Aid for Youth are trainings offered to the community to develop the first response skills necessary to identify and respond to an individual experiencing a mental health crisis. Penny Sitler, Shari Johnston, Kay Spengel, and Kim Foster facilitate the training for businesses, school teachers, or any local organization interested in taking a more proactive approach. For more information contact Kim Foster at (740) 522-1234 or Penny Sitler at (740) 522-1341.

Congratulations MHA!

Mental Health America of Licking County was the 2015-2016 Licking County United Way Live United Small Business Award recipient at the 2016 Annual Breakfast.



Free Support Groups At MHA

Autism Caregivers

2nd Wednesday each month from 12 Noon to 2pm

Circle of Hope/Teen Support

Each Monday from 4:00pm to 5:30pm

Depression & Bipolar

Each Wednesday 3:30pm to 4:30pm

Obsessive Compulsive Disorder

2nd and 4th Thursday each month from 7:00pm to 8:00pm

Survivors of Childhood Sexual Abuse

2nd and 4th Thursday each month from 7:00pm to 9:00pm

Survivors after Suicide Loss

2nd Tuesday of each month from 6:30pm to 7:30pm.

Congratulations to YES Club students and the Newark Health Department's STAND group! This year the group won the national Kick Butts Day social media contest. Nicely done!

Volunteer Spotlight

Why I Volunteer

by Marti Tracey, RN

A friend recently asked me why I volunteer. I shrugged my shoulders and said, "I don't know, I just do."

Well really, that's not much of an answer so I decided to dig a little deeper into my motivation. I am a retired psychiatric nurse and so have always been in a "helping" profession. I currently volunteer at the Opportunity Store at the Look-Up Center and at Mental Health America. I first started volunteering simply because a friend asked me to and I didn't want to let her down. It turned out that I really enjoyed it and that surprised me. I enjoyed it because I got to spend time with my friends who also volunteered and I met a lot of nice people who were also giving their time to help others. Volunteering has given me a sense of community that was lacking in my life since I retired. I also feel that I am making a contribution to our community just by showing up and doing what I can.

Before I started volunteering I had the perception that it would be a burden; that other people would want too much of my time and that I would feel "put upon". That has not been the case. Just the opposite really; I now have new friends, new tasks to learn, a feeling of belonging to a team, and a sense of purpose.

If you have ever thought about volunteering my advice would be to ask your friends if they know of any opportunities. Or figure out what your "special" talent is and go for it. Who knows, a whole new world may open up for you.

MHA Provides New Resources on Student Mental Health

In recognition of the challenges a new school year presents for children and adolescents, Mental Health America (MHA) is providing new resources on student mental health (<http://www.mentalhealthamerica.net/back-school>).

This year, MHA has developed tools and resources to inform and educate both students and parents about why specifically self-esteem and body image—and the negative thoughts and behaviors that can accompany them throughout the teenage years—can be critically important to a student's overall mental health.

"Issues of low self-esteem and distorted body image often develop during adolescent years, and some youth develop dangerous and destructive habits that should be addressed as soon as possible—before Stage 4," said Paul Gionfriddo, president and CEO of MHA. "As students head back to school, they can be dealing with a host of emotions. MHA has created simple, web-based resources that can help youth and parents start the conversation about mental health, body image and self-esteem—and provide hope for those dealing with the negative feelings and destructive behaviors that sometimes accompany them."

When adolescents are dealing with low self-esteem and body image concerns, some turn to dangerous activities, like self-injury, unhealthy eating habits, or body-focused repetitive behaviors like hair pulling or skin picking, which are related to obsessive-compulsive disorder. All of these can be harmful, both to someone's physical and mental health.

To find out more information about the signs and symptoms of these harmful behaviors, visit Mental Health America of Licking County's website, www.mhale.org, and click on the Back To School image on the homepage.

Free Programs At MHA

Bridges Out of Poverty

Classes provide skill-building strategies to individuals and families for moving out of poverty.

Compeer

A social integration program for people with mental illness.

Girls In Progress

A mentoring and empowerment program for middle school girls.

Parent Support

A program to assist parents and grandparents.

Suicide Prevention

An educational program for schools and business about the signs of suicide.

Self Advocacy

An educational program to teach people with developmental disabilities how to advocate for themselves.

YES Club

An afterschool and summer program for middle and high school students.