



# MHA Message

There is *NO* health without Mental Health!

## From The Executive Director



With spring finally arriving after its stops and starts during April, many of us anticipate the sunshine and blossoms of May. Here at Mental Health America of Licking County, May has special meaning - it's Mental Health Month. We promote well-being and self-care throughout the year but during May, we make an extra effort to bring mental health into the forefront. On the next page, read about this year's Mental Health Month theme of Fitness #4Mind4Body. Mental and physical health are intertwined and what we do to stay physically healthy, including regular exercise, eating a well-balanced diet and getting enough quality sleep, impacts our mental health as well.

If you're reading this, you most likely already support our efforts through attendance at MHA events and sharing your resources with us via donations, financial or otherwise. Perhaps you joined us at MHA's Night of Hope in March which featured talented comedian Greg Dellner and musician Kevin Daniel. They delighted us along with emcee-for-life Bob McGaughy and top-notch auctioneer Tim Hughes. Many people sponsored the evening, bought tickets to the event, purchased 50/50 tickets and auction items, and quite a few people wrote checks of support for MHA that night. Thanks to that event, our annual appeal during the holidays and our annual membership drive that happens in May, MHA is able to provide people of all ages with education about the importance of mind-ing our mental health, how to recognize the signs and symptoms of mental illness, and what to do when we notice that someone might be experiencing a mental health issue.

Everything MHA offers to the community is at no charge and we will bring programming to your location at a time that works for you and your organization. The more people we can reach with our message about taking care of mental health issues as soon as symptoms present themselves, the healthier Licking County will be. I hope that you'll consider becoming a member of MHA this May during Mental Health Month as well as supporting our efforts throughout the year. Remember, there's no health without mental health!

To your mental health!

*Penny C Sittler*

### Board of Trustees

President  
Debbie Matesich

First Vice President  
Jacquie Goumas Fox

Second Vice President  
Maura Horgan

Treasurer  
Cynthia Bowling

Immediate Past President  
Dave Hardy

Brad Copley  
Joe Ebel  
Seth Ellington  
Kathy Gummer  
Deborah Harvey  
Monie Havens  
Cher Jackson  
Matt McKenzie  
Mackenzie Peterson  
Mareion Royster  
Diana Vlachos  
Dave Wenger

### In This Issue

May Is Mental Health Month	Page 2
Program Highlights	Pages 3&4
From The Community	Page 5
MHA Events	Page 6
Thank You!	Page 7
Two More Ways to Give	Page 8

# MAY IS MENTAL HEALTH MONTH

## Do You Focus on Fitness #4Mind4Body?

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally –it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery. This May is Mental Health Month; Mental Health America of Licking County (MHALC) is raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions. Taking good care of your body is part of a before Stage Four approach to mental health. Getting the appropriate amount of exercise can help control weight, improve mental health, and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health. Sleep also plays a critical role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga. MHALC wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day – both physically and mentally – you can go a long way toward ensuring that you focus on your Fitness #4Mind4Body.



## CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Mental Health America of Licking County/Compeer Program. Come in to the Chipotle at **1292 N 21st Street** in Newark on **Sunday, May 6th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Mental Health America of Licking County/Compeer Program.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.



## It's membership time at MHA!

More than a membership, it's a partnership. In the following pages you will hear about all of the amazing things MHA is doing to impact the lives of the people in Licking County, but none of it would be possible without you! By renewing your membership or becoming a new member of MHA, you can help thousands of your community's members by helping us promote and continually reinforce mental health and wellness through prevention, education and advocacy, and eliminate the stigma of mental health issues.

For more information, to renew your membership or become a member, call (740) 522-1341.

*"Alone we can do so little; together we can do so much."* – Helen Keller

# PROGRAM HIGHLIGHTS



Out of Poverty  
of Licking County  
A PROGRAM OF MENTAL HEALTH SERVICES OF LICKING COUNTY

The Bridges Out of Poverty (BOP) program is making a big impact on reducing poverty in the Licking County community. Getting Ahead (GA) classes offered through BOP promote financial literacy and develop opportunities for job training and career advancement.

Getting Ahead, now offered at the new Adult Court Services Day Reporting Program, gives individuals a chance to learn life skills that will help keep their lives on the right path. An enhanced GA class at The Main Place has produced lots of new graduates and many graduates continue to attend classes!

If you or your organization would like more information about hosting a Poverty Simulation, a great tool to educate people about the day to day realities of life with a shortage of resources and an abundance of stress, contact BOP program coordinator Donna Lee at (740)788-0300.

Self-Advocacy is speaking up for yourself, asking for what you need, negotiating for yourself, knowing your rights and responsibilities, and using resources that are available to you.



The Youth-Self Advocacy program is designed to help youth with developmental disabilities cultivate self-advocacy skills as they transition from high school into adulthood. The program, which is a collaboration of MHALC and the Licking County Board of Developmental Disabilities, will participate in the YMCA's All For One camp for children aged 5-21 with a physical, cognitive and/or sensory need. Campers will have fun while participating in songs, arts & crafts, swimming, games and other camping activities.

The Compeer program is growing with twenty new members added this year. Compeer's mission is to reduce isolation and stigma for individuals who live with severe and persistent mental illnesses and to improve their quality of life.



Compeer accomplishes this through social integration activities like Lunch and Linger, an open Art Studio at The Main Place, a new Facebook page, karaoke and dance parties at the Newark Library and much, much more!



Compeer member Jim Thomas

This spring, Compeer will be starting a new community garden at the YES Club and many exciting road trips in MHA's new van thanks to grants from The John and Mary Alford Foundation and The Energy Cooperative's Round Up Foundation!



Youth Engaged in Service (YES) Club has been busy with lots of excitement! YES Club, a youth development after school and summer program for middle and high school students, has been busy with all kinds of activities. The winter months were warmed with students passing out hot chocolate, cookies, and holiday cheer on the square in downtown Newark. In February, YES Club continued their tradition of #NewarkLove by collecting hats, gloves, scarves, and socks for those in need, and they helped pack food for the YMCA's Backpack program.

The annual Valentine's Day dance was a big hit thanks to Bently Austin from The Skylight and to Matt McKenzie for pumping out some awesome tunes!



YES Club members visit COSI

\$2,201

Per Year

Cost for Pack A Day Smokers

SAVE YOUR MONEY

SAVE YOUR LIFE

Licking County Health Department

March continued to be filled with fun activities like trips to Dawes Arboretum and COSI and an informative presentation from Newark Councilman Jeremy Blake.

Partnering with the Licking County Health Department, the STAND team created a billboard focused on tobacco prevention and cessation. Stay tuned in the Fall issue of *MHA Messenger* for highlights from summertime at YES!



# PROGRAM HIGHLIGHTS



Girls in Progress (GIP) is growing! GIP, a youth development program that incorporates mentoring, community leadership, the arts, and emotional and physical wellness for middle school girls, expanded its outreach to Licking Heights Middle School for the 2017-2018 academic year.

Now in its fourth year, the GIP program has grown by 96%. Also added this year is a unique service outreach called the GIP Blanket Project. These middle school participants make fleece blankets that will be given to young girls entering into the foster care system through The Village Network and the National Youth Advocate Program (NYAP).

GIP works to instill positive self-esteem, educate about healthy relationships and boundaries, and promote good mental health.



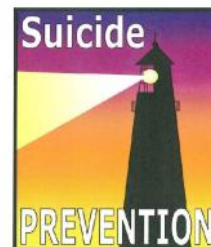
## Parent Support

MHA's Parent Support program is reaching more people and expanding its curriculum. Parent Support, an evidence-based educational program that addresses topics such as discipline and communication, has added a new curriculum called "Parenting Inside Out". This dynamic curriculum is designed to help incarcerated parents reunited with their children. MHA has recently added Parent Support to the Adult Court Services Day reporting program.

New classes are also offered the Newark Library each Thursday from 3:00 to 5:00 pm. To register call Justina Wade at (740) 788-0306.

The Suicide Prevention program is reaching out to educate youth and adults on the signs and symptoms of suicide in Licking County to help save lives. Whether it's teaching Signs of Suicide (SOS) in area middle and high schools or offering Gatekeeper Suicide Prevention training to adults, this critical program is working hard to improve the mental health of the community.

In addition to the program's regular SOS training, in January and March depression screenings were provided to freshmen at two area high schools. Discussions centered around the seriousness of mental health issues as well as early intervention and seeking treatment. These screenings help school professionals identify students who may be silently struggling. The screenings also teach students that it's important to speak up if they notice a change in their friends' behaviors and, most importantly, where to find help.



## What Is Mental Health First Aid?

Do you know how to help if you or someone you know is one of the one in five Americans who experience mental illness in any given year? Last year, 8.4% of the population had a substance use disorder. We all probably know someone with a mental health or substance use issue and we may be the people who need to offer help to them. Just as we learn how to assist people with first aid or CPR when they are injured or can't breathe, we can also learn how to respond when someone is experiencing an episode of anxiety or depression using Mental Health First Aid techniques.

Mental Health First Aid (MHFA) is an eight-hour course that covers details about the signs and symptoms of mental health disorders and provides an action plan for response in non-crisis and crisis situations, as well as the types of professional help and other community resources that are available.

Why don't people seek help for mental illness? Often fear, embarrassment or lack of knowledge keep individuals with symptoms of mental health disorders from reaching out. Reducing stigma around mental health concerns is another key component of MHFA. Participants learn how and when to get involved, how to listen nonjudgementally and how to respond in a supportive way to guide someone to appropriate professional help.

Mental Health America of Licking County and Mental Health & Recovery for Licking and Knox Counties partner to offer MHFA to the community free of charge. Many corporations, agencies and school systems have provided the training to staff, volunteers and community members. People have learned how to help their family members, coworkers, neighbors and friends, commenting "this is very important information" and "there was so much I didn't know."

MHFA is available to any organization or group in Licking County. Contact Penny Sitler at 740-788-0302 to schedule your training now.

## FROM THE COMMUNITY

### A Tiger's Face

By: Emily Jesenko, Ohio State University Newark student and MHA Intern

Abraham Lincoln, Albert Einstein, Virginia Woolf, Vincent Van Gogh, Isaac Newton, Michelangelo, and Beethoven. I bet you were thinking of what they are known for: the 16th president of the United States, a philosopher of science, a famous writer, an influential painter, a mad scientist, a brilliant artist of the High Renaissance, and a classical composer who was deaf. Did you know that all of these people listed were believed to have lived with a mental health issue?

Famous influential figures are not the only ones that lived or are living with a mental health issue. One in five American adults will have a mental health issue in a given year - that is 20% of us. However, many people are blinded by stigma or have it engraved within them without noticing. So many people are affected by this, so why is there still a stigma?

"Don't forget to lock your car!" Compeer coordinator, Donna Lee, reminded me when we arrived at The Main Place in downtown Newark. I was so excited to attend Compeer's art studio. We walked in and were surrounded by several people living with mental health issues. Donna warned me to be aware of my surroundings, and so I was; however, I wasn't scared. I was observing with curiosity, wondering what their stories were and how they remain strong while fighting the mental battles.

We walked into the art room and got set up for Compeer's art studio. We took out paint, brushes, crayons, canvases and other instruments and laid them out on the tables. I came across paintings done by previous Compeer members that made me stop and stare in awe. They didn't have to tell me their story for me to understand. So many of them appeared to have themes of sadness, loneliness, or anger. They revealed their real human feelings from the frontal lobe of their brains to the paint on their canvases. It made me realize how powerful art is as an outlet for anyone to express their feelings from the inside.

I was feeling creative and inspired so I decided to paint a tiger's face. People began walking in, and they all seemed excited to be there and were anxious to meet me. Many were so open and told me why they were there and also asked me who I was. I met one of the friendliest people that day. He came up to me and shared with me his art journal. I cannot put into words how alluring and precisely detailed his ink drawings were. Back to back were countless hours worth of creative art journaling. He said to me, "Art helps me fight my depression and for that I am so grateful to have a group like this."

Attending that art studio didn't just make my day but it also made me realize something. It reminded me that no matter what some may say we are all equal, regardless of our mental health. No one deserves to be looked down upon. No one deserves to be ashamed of themselves. No one deserves to feel alone. Mental Health America of Licking County has opened my eyes to this underserved population and has inspired me to raise awareness with others. Let's encourage everyone to break the stigma of mental health. Why not reach out and help them let it go? For me, sitting at the art studio painting a tiger's face was the perfect way.



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

### Free Support Groups At MHA

#### Autism Caregivers

2nd Wednesday each month  
from 12:00 Noon to 2:00pm

#### 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 6:00pm to  
8:00pm \*Held At Newark  
Main Library

#### Survivors after Suicide Loss

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

**Support groups are at 65  
Messimer Drive, Unit 3  
unless noted otherwise.**

**A FREE  
MENTAL  
HEALTH  
SCREENING  
IS  
AVAILABLE  
ONLINE AT  
[www.mhalc.org](http://www.mhalc.org)**

### *MHA's Night of Hope*

A big Thank You to everyone who made MHA's Night of Hope a huge success! Stay tuned for information about Night of Hope 2019.



### May is Mental Health Awareness Month

Join us on Sunday, May 6th from 4:00 pm to 8:00 pm at Chipotle on North 21st Street to raise money for MHA's Compeer Program. Simply bring this flyer, show it on your smart phone or tell the cashier you're supporting MHA's Compeer Program and 50% of the proceeds will be donated to that program.

### *\*Save The Date\**

## LOU MITCHELL MEMORIAL GOLF OUTING FOR SUICIDE PREVENTION



Denison Golf Club  
555 Newark-Granville Road, Granville, Ohio  
Monday, July 23, 2018



Check in: Noon \* Simultaneous Start: 1:00 pm \* Dinner 6:00 pm

For sponsorship information or to register a team call (740) 522-1341



# 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 July 1, 2017 through December 31, 2017.

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

Allen, Ms. Penny	Gummer Wholesale, Inc.	Licking Memorial Health Systems	Royster, Mr. & Mrs. Mareion *
Ball, Ms. Jennifer	Gummer, Mr. & Mrs. Rick *	Mader, Mr. & Mrs. Robert *	Russell, Ms. Betsy
Barkett, Dr. & Mrs. Brian	Hall, Mayor & Mrs. Jeff	Marathon Petroleum Company	Scott, Mr. & Mrs. Richard *
Barrett, Mr. Jeffrey	Halliday, Mr. John	Markham, Mr. & Mrs. John	Sifford, Ms. Rachel
Bauman, Dr. Geoffrey *	Hardy, Mr. & Mrs. Dave *	Marty, Dr. & Mrs. Chuck *	Simply Fit Foods LLC
Beall, Mr. & Mrs. Leman *	Harris, Mr. & Mrs. Michael *	Matesich Distributing Company	Sinsabaugh, Mr. & Mrs. Joseph *
Becker, Ms. Niconia	Harvey, Mr. & Mrs. Thomas *	Matesich, Ms. Debbie *	Sitler, Mr. & Mrs. Gary *
Beckman, Mr. & Mrs. Bart	Hatley, Ms. Tara	Matesich, Mr. & Mrs. James	Spellman, Mr. & Mrs. Don *
Behavioral Healthcare Partners	Havens, Mr. & Mrs. James *	Mathews, Ms. Janice	Stare, Ms. Shirley **
Ben's Pretzels/Walmart	Hayden, Mr. & Mrs. Harold	McCarty, Mr. & Mrs. Ken	Starr, Mrs. Carlyn **
Black, Mr. & Mrs. Rick	Hayes, Pastor Scott	McFarren, Dr. & Mrs. Bill *	Steger, Mr. Gregory
Bowling, Mr. & Mrs. Philip *	Henry, Ms. Sue *	McEachern, Ms. Beverly	Stewart, Ms. Sandra
Bradley, Mr. & Mrs. James	Hire, Mr. & Mrs. W. Jeffrey	McMullen, Mr. & Mrs. Ron *	Stewart, Ms. Zenda
Brest, Mr. & Mrs. Howard	Holmberg, Mr. Elbert	MedBen	Stockton, Ms. Sharon
Browning Family Trust	Hometeam Properties	Mercer, Mr. & Mrs. Timothy	Sutton, Mr. Max
Burgie, Rev. & Mrs. Dick *	Hope Timber, Ltd.	Miller, Ms. Gayle	The Boeing Company
Bybee, Mr. & Mrs. Dan *	Hopewell Federal Credit Union	Miller, Ms. Jodi	The Columbus Foundation
Byers Auto	Hopper, Mrs. Cherisse	Minsker, Mr. & Mrs. John	The Energy Cooperative
Charles, Mr. & Mrs. Tom	Horgan, Ms. Maura *	Mitchell, Mr. & Mrs. David	Round Up Foundation
Christ Evangelical Lutheran Church	John & Mary Alford Foundation Agency	Mitchell, Mr. Larry	The Licking County Foundation
City of Newark	Johnson, Mr. John	Mitchell, Mr. & Mrs. Mark	The Main Place
Clark, Rev. & Mrs. Richard *	JP Morgan Chase & Co	Mitchell, Mr. & Mrs. Tad	The Patricia R. and Herbert J. Murphy Foundation
Combined Federal Campaign	Kane, Mr. & Mrs. Dave	Mock, Mr. & Mrs. Doug	The Works
Corban, Mr. & Mrs. Bill	Kaplan, Mr. Abram	Morgan, Mrs. Jacqueline	Utrevis, Mr. & Mrs. Richard*
Cullen, Mr. & Mrs. Bob *	Katz, Mr. Steven/ Ms. Constance Barsky	Murdock, Mr. & Mrs. Larry	Wachtel, Mr. & Mrs. C. Zane*
Delta Kappa Gamma	Kelch, Dr. & Mrs. Harold *	Murphy, Mr. & Mrs. Herb	Wallace, Dr. & Mrs. John
DeVoe, Mr. & Mrs. Frank	Kelley, Ms. Margaret	Neely, Dr. & Mrs. Jack	Waste Away Systems
Douglas, Mr. & Mrs. David *	Kiwanis Club of Heath	Neuenschwander, Ms. Colleen	Watercutter, Mr. & Mrs. James
Draa, Mr. & Mrs. Roger *	Knobeloch, Dr. & Mrs. William	Newark City Schools	Weil, Ms. Mary *
Ebel, Mr. & Mrs. R. Joseph *	Kolb, Ms. Marti	Oberfield, Mrs. Dorothy	Wenger, Mr. & Mrs. David *
Eifinger, Mrs. Betty	Kosik, Ms. Cindy	O'Brien, Mr. & Mrs. Dennis	Whitlatch, Ms. Ann& Ms. Cynthia Gilman *
Ellington, Mr. Seth*	Krebs, Mr. & Mrs. George *	O'Brien-Bernini, Mr. & Mrs. Frank *	Wilhelm, Mr. & Mrs. Clarke
Enke, Msgr. Paul	Krueger, Ms. Jane	Palur, Mr. Larry	Williams, Ms. Margie
Ewing, Mr. & Mrs. John	Krueger, Ms. Norma *	Park National Bank	Young, Mr. & Mrs. Charles
First Federal Savings	The Krueger Family Trust	Pataskala Grace Brethren Church	
Flowers, Mr. & Mrs. Duane *	Kullman, Mr. & Mrs. Doug *	Patricia R. & Herbert J. Murphy Foundation	
Freas, Ms. Marilyn	Kutz, Ms. Paddy *	Peterson, Mr. Chris & Dr. Mackenzie Peterson *	
Frost, Judge Duke	Larsen, Mr. Steve *	Platt, Ms. Linda	
Fryman, Mr. & Mrs. Richard*	Lee, Dr. & Mrs. Owen *	Quackenbush, Ms. Barb	
Fuson, Mr. & Mrs. Michael	Leithauser, Mr. & Mrs. Joe	Ransopher, Mrs. Barbara	
Gano, Mr. Tim *	Licking 387 Memorial & Education Charity Fund, Inc	Reese, Pyle, Drake & Meyer	
Gemmell, Mr. & Mrs. Walter*	Licking County Board of Realtors	Reynolds, Mr. & Mrs. Bill *	
Giant Eagle	Licking County Child Enforcement Agency	Rieppel, Mr. & Mrs. Karl	
Goddard, Mr. & Mrs. Craig *		Robertson, Mrs. Barbara *	
Fox, Mr. & Mrs. Tony			
Graffeo, Dr. & Mrs. William*			
Griesse, Mr. & Mrs. Paul			

\*Signifies MHALC member

"No duty is more urgent than that of returning thanks." – James Allen

#### 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](http://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](https://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.