



MHA Message

There is **NO** health without Mental Health!

From The Executive Director



During May, we celebrate Mental Health Month and ask you to consider becoming a member of Mental Health America of Licking County (MHA). You've heard that there is no health without mental health and that MHA provides prevention education, support and advocacy. What does that mean exactly? Let me tell you about our programs that support that mission, all at no charge to participants.

Suicide Prevention Coordinator Christina Peña visits most Licking County middle and high schools each school year, sharing Signs of Suicide with over 3500 students. She also facilitates depression screenings at several schools, identifying students with signs of depression and those at risk of suicide. Volunteer mental health professionals do secondary assessments of those at risk, helping them and their families decide on action plans to keep those young people safe. We also offer Mental Health First Aid and Gatekeeper suicide prevention training to any business or organization.

Girls In Progress (GIP), managed by Shari Johnston, is a youth development program incorporating trauma-informed practices, promoting a sense of physical safety as well as emotional and physical health, development and well-being for vulnerable middle school girls.

Christina Peña coordinates Youth Self-Advocacy in partnership with the Licking County Board of Developmental Disabilities, teaching high school students with developmental disabilities what their rights and responsibilities are as well as how to speak up for themselves.

Parent Support Coordinator Kitty Roahrig facilitates programming helping parents develop parenting skills including building healthy relationships, communication skills and positive discipline.

YES Club, in downtown Newark, provides middle and high school students a safe and free place to go after school and during summers. They receive help with homework and academic, emotional and social support from a caring staff led by Ethan Pound and Haley Snider. Members are exposed to cultural experiences and served daily healthy meals. A clothes closet and food pantry are also available.

Donna Lee, Coordinator of the Bridges Out of Poverty program, offers Getting Ahead classes to provide training in financial literacy, job interview and application skills, all to help lift people out of poverty. The goal is to provide tools to enable them to gain employment or return to school for job training.

Donna also coordinates Compeer, encouraging people with severe and persistent mental illness to have quality of life through socialization and wellness. Compeer activities promote wellness and community, reducing isolation and positively impacting overall health.

All programming is funded through a variety of sources, including when you become a member of MHA. Without your support, we couldn't offer the resources we do through important programming for our neighbors who need us in our community.

To your mental health,

Penny C Sifler

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MAY IS MENTAL HEALTH MONTH

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.

Did you know that Mental Health America (MHA) founded *May is Mental Health Month* back in 1949? That means this year marks MHA's 70th year celebrating Mental Health Month!

This *May is Mental Health Month* and Mental Health America is expanding its focus begun in 2018 and raising awareness about the connection between physical health and mental health through the theme #4Mind4Body. We are exploring the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals— can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Mental Health America wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health can help you on the path toward focusing both #4Mind4Body.

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 on March 7, 2020.



Save The Date

LOU MITCHELL MEMORIAL GOLF OUTING FOR SUICIDE PREVENTION

Denison Golf Club

555 Newark-Granville Road, Granville, Ohio

Monday, July 22, 2019

Check in: Noon ~ Simultaneous Start: 1:00 pm ~ Dinner 6:00 pm



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, 2018 through December 31, 2018.

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.

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It's membership time at MHA!

More than a membership, it's a partnership. MHA is doing amazing things 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, return the enclosed form or call (740) 522-1341.

«Title» «First» «Last» «Suffix»
«Organization»
«Address»
«City», «State» «Zip»

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!

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, you must 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 # AX606.

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!

Thanks for your continued help and support!



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.