



MHA Message

There is *NO* health without Mental Health!

From The Executive Director



What crosses your mind when you see Mental Health America of Licking County (MHA)? I hope it's, "What a great organization! We need more services in our community helping people take care of their mental health." Often, when people hear about mental health or see our logo at a table, they cringe, or hope no one notices that they've picked up a brochure. That's stigma, folks. People are afraid to admit they may need mental health services because, even though we know that one in five of us will have a mental health issue each year, many are still embarrassed or afraid to admit that it could be them.

MHA provides information at health and wellness fairs, we do presentations and we facilitate trainings countywide to ensure people have resources in hand when needed. We aim to provide people with the information they need to get help as soon as signs and symptoms occur and to build protective factors and limit risk factors, all to improve outcomes. The support of many people and organizations enables us to do this work.

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If you're reading this, it's because you're interested in what's happening at MHA, you've attended an event or you've given to MHA in the past. You're such an important component of the work that we do because, as a non-profit providing free services, we are always seeking funds to support our mission.

We are fortunate to have sustained support from the Licking County Foundation, Mental Health & Recovery for Licking and Knox Counties and United Way of Licking County. Perhaps you respond to MHA's annual appeal, you renew membership each May during Mental Health Month, or you attend Night of Hope or the Lou Mitchell Memorial Golf Outing. Wonderful donation surprises this year have been a Dank House event supporting MHA's YES Club and First Federal employees choosing MHA as the recipient of dress-down-Friday donations. We've received a longtime supporter's promise of a 401(k) distribution. Any time someone thinks of MHA when they're giving back to the community, it confirms that we are making a difference.

If you want to ensure that your giving to MHA continues for many years to come, I would love to talk with you about our endowment fund. Wouldn't it be great to know for sure that MHA will be here to help as Licking Countians live healthy, balanced lives for the foreseeable future? Call me at 740-788-0302 to schedule a time to chat. I look forward to hearing from you!

To your mental health,

Penny C. Sitler

Executive Director

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PROGRAM HIGHLIGHTS

BRIDGES



Out of Poverty
of Licking County

A PROGRAM OF MENTAL HEALTH AMERICA OF LICKING COUNTY

The Bridges Out of Poverty program has added a new Getting Ahead class at the Licking County Library which is held every Thursday from 10 am to 12 pm. Participants are taught skill-building strategies to aid individuals and families in moving out of poverty including financial literacy, communication skills and job interviewing skills. Getting Ahead classes are also provided at The Main Place, the jail, Adult Probation Day Reporting Program, and Courage and Spencer Houses.



Youth Self Advocacy is back in school teaching youth with developmental disabilities (DD) how to speak up, request help, understand personal rights and responsibilities and utilize resources. Christina Peña, the Coordinator, is providing the program in seven schools including Granville, Heath, Lakewood, Licking Heights, Newark, Utica and Watkins. She is hoping to grow the program with new ideas and is looking forward to a fun school year.

Compeer is a social integration and wellness program for people experiencing mental illness to increase their quality of life. The number of participants continues to grow. In September, the group went on a road trip to Old Man's Cave, and they are planning a Monster's Ball in October. Open Art Studio is held at The Main Place every Thursday from 12 pm to 4 pm. Several Compeer members will have pieces displayed in the Art of Recovery exhibit, sponsored by Mental Health & Recovery for Licking and Knox Counties, will be at the Licking County Library main branch in Newark from October 1 through 19 with a special reception including community recognition and awards on October 17th at 6 pm.



Compeer is seeking volunteers to be matched with a Compeer member to form a friendship. If you would like to volunteer to be a match, please call 740-522-1341.



YES Club would like to thank Licking Memorial Hospital for the donation of a used (but new to us) van which helped us with another fun and exciting summer. We took field trips to Blendon Woods, Blackhand Gorge, the Columbus Zoo, Anthony Thomas Candy Factory, Hollander Pool, Heath Water Park, Ye Olde Mill, Hocking Hills, Hoover Dam, Spring Valley Nature Preserve and other local attractions. YES Club held its annual Valentine's Day dance at The Skylight, attended the spring "We Are The Majority" rally in Columbus with over 2,000 Ohio young people, and painted three full wall murals in the clubhouse.

Members participated in monthly downtown clean-ups, our annual "Share the Love" campaign that brings warm clothes and accessories to those in need in the community, landscaping around the club as well as tilling, planting and tending to our garden. Members also helped with the Food Pantry's backpack program, assisted The Center for Visual Impairment's outreach at the Canal Market District Farmer's Market, helped with the Licking County Coalition of Care Spring Fling, sold t-shirts for the Newark Ohio Pride Coalition at the Pride Festival, prepared and served food for The Look Up Center's after school program, provided face painting at The Farmer's Market, distributed candy at the Safe Trick or Treat on the square, and represented YES at STEM on The Square and Rally in The Alley. We welcomed new staff members, Jordan Raugh and Vickie Owens. Jordan comes to us from Philo High School where he taught American History, and he also has Licking County Family YMCA experience. Vickie is an entrepreneur who provides bookkeeping and accounting services when she's not helping the members at YES Club. She also has an office and safety administration as well as a customer service background.

We continue to host a support group for LGBTQ+ teens in the county on the last Wednesday of each month from 6:15 pm to 8 pm. It is facilitated by a licensed independent social worker who is a member of the LGBTQ population and a free meal is provided.

PROGRAM HIGHLIGHTS



Girls In Progress (GIP) during the 2019-20 year will meet in all Newark middle schools as well as Licking Heights, Licking Valley and Watkins middle schools. 25 weekly classes take place with requests for additional classes from many of the schools.

GIP continues to evolve as the specific needs and adolescent culture of each class or school present. Inclusion of all is important, and providing an open forum for young people to talk about the challenges and choices that they are facing is critical. Modules focusing on parental absence and addiction, developing a strong voice and choice, help in understanding and coping with depression and anxiety, and additional information on healthy relationships have been added over the past year. The year has started out well, with girls that are excited and willing to share openly, encourage their peers and be a part of a life-giving year together.



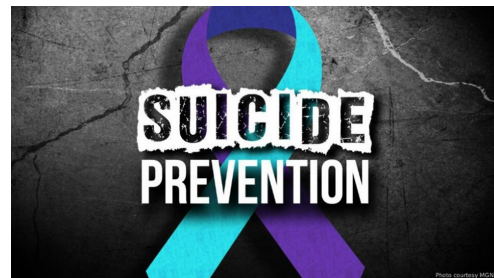
Parent Support

New Program Coordinator Kitty Roahrig is building on MHA's Parent Support (PS) program's past success and taking it in new directions. Parenting can be challenging and Kitty aims to help parents stay positive. She is engaging with parents of young children to deliver evidence-based programming at schools, to those residing at the Salvation Army Shelter, participating in Licking County Adult Probation's Day Reporting Program and Behavioral Healthcare Partners Spencer House, and parents who are referred to the program by Licking County courts or Child Protective Services. The program's goal is to help parents learn positive ways of communicating with their children, safe discipline methods and how to provide a healthy home environment.

Triple P is a parenting program option that can help individuals from all walks of life get more of the behavior they like from their children. Parenting Inside Out is proving to be very successful with parents who have had involvement with the criminal justice system.



Suicide Prevention programming has started, with Heath Middle and High schools and Newark Catholic High School having received Signs of Suicide (SOS) education and more schools scheduled. SOS has updated the materials and students are responding well toward the changes. On September 10th, MHA held its annual Suicide Prevention Walk and Candlelight Vigil at the Canal Market District with about 100 people present. This was a time for people to share their experiences and help support anyone who has lost a loved one to suicide. In Ohio, suicide is the leading cause of death for those between the ages of 10-14. Prevention programming helps raise awareness about preventing suicide.



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? In 2017, 19.7 million Americans 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 mental illness 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 keeps 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 nonjudgmentally 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.

66TH ANNUAL

DINNER AND CELEBRATION

Join MHALC for our Annual Dinner and Celebration on Thursday, November 14th at 6:00 pm at The DoubleTree by Hilton in downtown Newark. The evening will begin with dinner followed by awards presentations.

MHALC Accepting Nominations for the 2019 Paddy Kutz Community Mental Health Awards

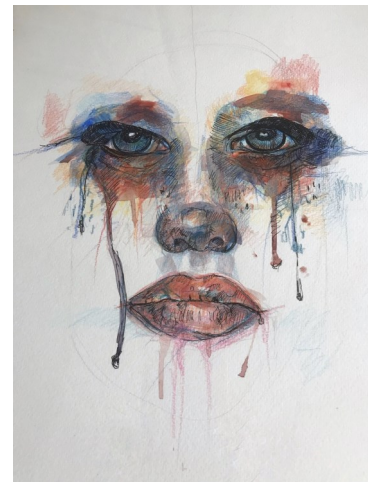
Education: Nominate a teacher, administrator or school program that supports the good mental health of the students of Licking County.

Business: Nominate a business or industry that promotes workplace wellness including mental health training and/or services.

Community: Nominate a person or persons who best represent(s) the qualities and passionate commitment to good mental health that Paddy personified during her 32 years of service to Licking County.

Nominations are due by **BY October 18th.**

- Fax to: (740) 522-4464
- Email: Rhea Pierron at рпиerron@mhalc.org
- Mail to: Mental Health America
65 Messimer Dr., Unit 3
Newark, OH 43055



MHR's Art of Recovery Exhibit:

October 1-19, 2019

Event, Community Recognition & Awards:

Thursday, October 17, 2019

6 pm - 8 pm

Licking County Library

**Save the date for
MHALC's
Night of Hope
on
March 7, 2020!**



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, 2019 through June 30, 2019.

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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Mr. Raymond York Jr.
Mr. Craig Young

* Signifies MHALC member

Thank you!

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TWO MORE WAYS TO HELP MHALC



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

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 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. **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.