



MHA Message

There is *NO* health without Mental Health!

From The Executive Director



May is Mental Health Month and this year's theme is "Where to Start: Mental Health in a Changing World." In a world of constant change and with our community still feeling the impacts of COVID-19, it can be difficult to navigate life, especially if you are struggling with your mental health.

During this year's Mental Health Month, I want to strongly encourage everyone to check out Mental Health America's 2024 Mental Health Toolkit to discover multiple ways to act. The toolkit provides free, practical resources for you to do so. It includes information about how the changing world impacts mental health, how to build coping skills, and where to start finding help. It also includes tangible ways to advocate for improved mental health in the community.

The Toolkit is available at: www.mhanational.org/mental-health-month.

There are helpful and timely articles such as "Negative News Coverage and Mental Health," "Things You can Say When You're Not Fine" and worksheets on "Managing Frustration and Anger" and "Processing Trauma and Stress." A decision map is available to help you navigate resources and where to start.

Another valuable tool highlighted in this year's kit that is available year-round is the free, anonymous online mental health tests available at www.mhalc.org. These scientifically validated screening tools can be helpful to identify a mental health disorder and provide you with next steps. Please note that these screening tools do not "officially" provide you with a diagnosis, you'll need to speak with a licensed mental health professional. The online test results can be helpful to start a conversation with your provider and/or find a mental health provider. After you complete a screening, you will be provided with resources and tips. You can also create an account so you can see your past results in a chart that shows how your symptoms have changed over time.

Seeking professional help for your mental health is not a sign of weakness or moral failing, it's a sign of strength. You are not alone and there is help available. Remember, there is no health without mental health, and we all need to make sure we are checking in with our own mental health. It's ok to reach out for help when we're not sure where to start.

To your mental health,

Colleen Hendon
Executive Director

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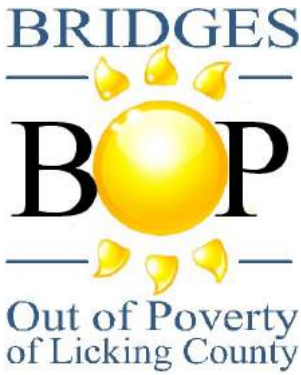
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MAY IS MENTAL HEALTH MONTH

It's **MEMBERSHIP** time! Mail the enclosed form to us or go to www.mhalc.org to join today.
Thank you for your continued support!

PROGRAM HIGHLIGHTS



The Bridges Out of Poverty (BOP) program strives toward 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.

The program has grown with the addition of ACEs & PACEs as a much needed trauma component. The Center for New Beginnings is quickly becoming one of the most effective groups BOP Coordinator Donna Wayt has ever facilitated. It is wonderful to see people healing and rejoining their communities with resources and coping skills. For convenience, this course is also offered online. Participants are incorporating art, poetry, and creative writing as an expression of the skills that they're learning together. Day Reporting continues to be a tremendous service to Licking County with success numbers growing steadily.

@mhalcBridgesOutOfPoverty

The Compeer program's mission is to reduce isolation and stigma for individuals who live with severe and persistent mental illness and to improve their quality of life.



Compeer has had a fun-filled and adventurous spring. Their walking group has been meeting regularly throughout the year. Members are looking forward to more outdoor activities. Trauma Informed Yoga (TIY) is planning to meet outside in the meditation garden for somatic breath work, yoga, and mindfulness grounding practices.

Their Road Dogs group is planning on traveling to some interesting parks this year. This social activity with friends makes individuals so much braver and willing to explore.

The art group is growing and continues to be their most popular group. They use art as a coping skill including 12 step art journaling and open art at The Main Place as an opportunity for fellowship and to share recovery based resources.

Compeer Circle of Friends x2 is the public Facebook group

Youth Self-Advocacy



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.

This school year has been a joy. Program Coordinator Christina Peña-Whittington looks forward to expanding into middle schools next year.

@MHALCYouthSelfAdvocacy



YES Club had a blast at their annual Valentine's Day dance and their holiday party went great! Members have been getting outside and taking full advantage of the sunlight and fresh air. They enjoyed a couple of field trips around town, making their own tie dye pillowcases and homemade ice cream during spring break. With summer just around the corner, they have already started planning their June programming schedule. They have a lot of new ideas and themes that they can't wait to share with members!

Download the YES Club application packet for any middle and high schoolers you think would enjoy being a member by visiting www.mhalc.org.

@YESClub




YES Club Members

Family Peer Mentoring Services

PLEASE NOTE: MHA is no longer offering Family Peer Mentoring services. Anyone interested in seeking these services should contact The Main Place at 740-345-6246.


PROGRAM HIGHLIGHTS

Parent Support



Triple P
Positive Parenting Program
for every parent

Positive Parenting Program



Is this for you?
Do you enjoy parenting, but wish you knew how to deal with specific problem behavior?

Triple P can help you

- Encourage behavior you like
- Deal with problem behavior
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

For additional information on free classes being offered at various times and locations contact:
Mental Health America of Licking County
740-522-1341 mhalc.org



The 2023-24 Grit program is going well! Program Manager Shari Johnston facilitated classes year round in Heritage Middle School, Wilson Middle School, and Newark High School. Classes have also remained strong at Licking Valley Middle School and Licking Heights Middle School. Additional classes have been added at some schools, doubling the access to each grade

level. A shout out to the Newark High School staff for coordinating schedules for incoming Grit freshman, providing an incredible space, and supporting the program each week!

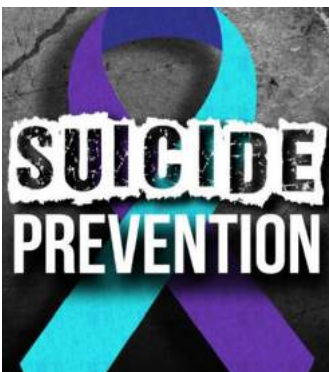
@GirlsInProgress is the public Facebook page



Grit Participants

The Parent Support program provides positive ways to help your child reach their potential. We all want our kids to be happy and healthy, and ready to succeed in life. But how can you know you're doing the best thing? And what if you'd like to know more about how to deal with common issues? Especially during uncertain times, every parent and caregiver can do with a little support! **Triple P** is one of the world's best parenting programs and it's available free to parents throughout the county. Certified and accredited Parent Support Coordinators can give you tips and strategies that really work to make family life more enjoyable and less stressful. You don't even have to leave your home because individual sessions are now available via phone or virtually. To get started, call 740-522-1341 or email kroahrig@mhalc.org.

@MHALCParentSupport



The Suicide Prevention program strives 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.

This summer, the MHA Team will be exploring other evidence-based suicide prevention programming to also offer this fall to accommodate the growing needs in Licking County.

For additional information, please contact Colleen Hendon at chendon@mhalc.org or 740-522-1341 ext. 301.

@mhalcSuicidePrevention

four things affecting your mental health

1

Current events

A 2022 study found that 73% of Americans felt overwhelmed by the number of crises happening around the world.

2

Loneliness

Loneliness increases the risk of developing anxiety & depression, and can have an impact on lifespan.

3

Technology

Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.

4

Social drivers

These are the conditions in which you live, work, learn, and play (i.e. finances, education, community).

four ways to improve your mental health

1

Take action

Try advocating for causes that are important to you - this can be therapeutic in its own way!

2

Find support

Whether it's friends, family, community spaces, or therapy, building a support system can help.

3

Set boundaries

Create a healthier relationship with technology by limiting your screen time.

4

Develop skills

Invest some time figuring out the best coping skills to help you healthily manage your feelings.

MHA EVENTS

It's membership time at MHA!



More than a membership, it's a partnership. On the previous pages you read 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 us reach thousands of your community's members by promoting and continually reinforcing mental health and wellness through education, prevention and advocacy, and eliminating the stigma of mental health issues.

See the enclosed membership form. For more information, call 740-522-1341 or visit www.mhalc.org.

SAVE THE DATE

LOU MITCHELL MEMORIAL GOLF OUTING FOR SUICIDE PREVENTION



Denison Golf Club
555 Newark-Granville Road, Granville, Ohio

Monday, July 22, 2024

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

Register Online at www.mhalc.org



**Please contact Rhea Pierron at rpierron@mhalc.org
or 740-522-1341 for more information.**

SAVE THE DATE

MHA's Night of Hope fundraiser

March 8, 2025

Stay tuned for details!

TRIBUTE GIFTS

In Memory of Jacob Ellis

Wilma Hollander

In Memory of Matthias Young

Ella Addams Family
Deandra Altmaier
Nathan Andrews
Bruce and Carol Baker
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Free Support Groups At MHALC

Depression & Bipolar

Tuesdays
3:30 pm to 4:30 pm

Survivors After Suicide Loss

For those who have lost a loved one.

2nd Thursday
5:30 pm to 6:30 pm

**Support groups are held at
65 Messimer Drive, Unit 3.**

**New attendees should call 740-522-1341 two
business days before support group to register.**

*We make every effort to accurately
acknowledge our donors. Please call
740-522-1341 to report an error or
omission, and please accept our apologies.*

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, 2023 through December 31, 2023.

We make every effort to accurately acknowledge our donors.

Please call 740-522-1341 to report an error or omission, and please accept our apologies.

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* Signifies MHALC member

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

—James Allen

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 use your Kroger Plus card, you will still receive fuel rewards and coupons and 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 the Main Menu.
- Click on Savings.
- Click on Kroger Community Rewards.
- 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!**



If you shop on Amazon, you can 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.

Thank you for your continued help and support!