

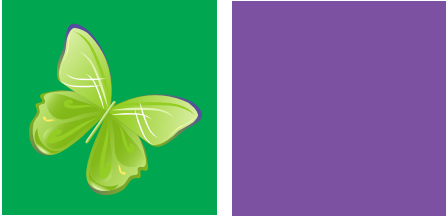
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# Mind Full

MENTAL HEALTH ASSOCIATION OF ERIE COUNTY, INC.

999 Delaware Ave. ■ Buffalo, NY 14209 ■ www.eriemha.org ■ August 2008 ■ Vol. 1 Issue 5



Please visit us...



999 DELAWARE AVENUE  
Monday – Friday  
8:00 a.m. – 4:00 p.m.

## Our Mission...

The Mental Health Association of Erie County promotes the mental health and well-being of the community through education, public information, prevention and training while supporting individuals and families living with mental illness through advocacy, treatment linkage and outreach services.

## First Things First... Teaching Kids to Care

By: Mary Lou Montanari  
Director Educational Intervention Programs

*"If you could pass on one bit of helpful information to a child, what would it be?"*

*"What bit of wisdom, what guiding principle would you share?"*

How would you answer those questions? Think about it... What do

Common sense tells us this. Experience proves it over and over again. And yet, positive role models are often in short supply in the everyday lives of many children. It is a challenge we must all embrace if we are to help children reach their potential.

Sadly, children from the suburbs and urban schools are exposed to domestic violence, drug/alcohol abuse, incest, divorce, dissolution of core family values,

gang violence and more. These are some of today's mental health concerns that create emotional and behavioral issues in the classroom. Still other children have someone in their home living with a mental illness. It is the role of experts from the MHA to respond to these needs in the classroom. In concert with teacher support and feedback, we customize our presentations to address these issues with children.

On July 17th, a group of dedicated Pre-Kindergarten teachers from the City of Buffalo Public Schools embraced that challenge. Together with a representative from the United Way of Buffalo and Erie County, staff and board members from the MHA, this group volunteered their time and expertise to help fine tune the MHA's B.E.S.T.-Basic Emotional Skills Training program. Built upon the MHA's long

*continued on page four*



The July 17th Focus Group was attended by Pre-K Teachers, Social Workers, United Way, MHA Board Member and Education Specialists.

you think matters most in a life well lived? I recently had the opportunity to ask those questions to a group of adults. Their answers had everything to do with kind, respectful and loving behaviors.

If we want children to lead healthy successful lives we must teach them how to care for themselves, others and the world in which they live. Of course the best way to do this is by example.



Focus Group "In Session" facilitated by Mary Lou Montanari, Director of Educational Intervention Programs.

AUGUST 2008  
**What's Inside**

Writing & Well Being  
Fall Schedule

Legal Services and  
Advocacy  
"Obtaining Your  
Medical Records"  
September 12

## Music for Your Soul and Art for Your HEART!

The HEART program is pleased to announce it's now entering into its third year and our success has really shown itself by reaching a whopping 12,500

middle and high school students at 19 schools! It's no surprise to anyone that people- especially young people- can find a connection to music. Music fits into our daily lives and allows us to make our personal life-soundtrack!



This purple pastel beauty is entitled "One Big Flower" and was donated by Rhianna Broady, a ninth grader from Grand Island High School. The bidding will begin at \$60.00 for this gorgeous piece!

HEART has been successful in demonstrating the connection adolescents have with music and how to use it to their benefit. We've learned that by using music as a conduit to teach positive mental health strategies for life, the message is

actually being heard!

To continue on with this use of an art form to reach out and educate, we've created the ART for HEART auction. It's a student-driven fundraising event that is in its second year. The 2nd Annual ART for HEART Auction will take place on October 18, 2008 at the Karpeles Manuscript Library Museum at Porter Hall (453 Porter Ave in Buffalo).

The event will use artistic expression as a way to continue connecting with adolescents and to invite a new element in- you, the public! Expression comes in many forms and no one knows that better than young people. So we have invited them to share with us their form of expression- through photography, painting, sculpting and more.

Generously, students have donated  
*continued on page four*

Sponsors:

New York State  
**om**  
Office of Mental Health

Mental Health  
Association of  
Erie County, Inc.

Erie County  
Department of  
Mental Health

## Be Forever Mind Full

*Mind Full* is a general interest newspaper addressing the needs of mental health consumers and their families.

*Mind Full* is published monthly by the Mental Health Association of Erie County, Inc. (MHA) in cooperation with the New York State Office of Mental Health and the Erie County Department of Mental Health.

It is agreed that the articles contained in *Mind Full* are the statements made by contributors to the editor and are not policy decisions or statements on the part of the New York State Office of Mental Health or United Way of Buffalo and Erie County.

The editor reserves the right to delete or edit portions of all material submitted for publication.

The Mental Health Association is an organization whose core mission is to coordinate care and treatment for persons who may have a mental illness. The MHA promotes advocacy, public information, prevention activities, and public policy.

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**Karen E. Richardson**

Editor... **Thomas P. McNulty**

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# Behavioral Problems Related to Maternal Smoking During Pregnancy Manifest Early in Childhood

## Researchers find probable precursors of adolescent conduct disorders in the behavior of toddlers and schoolchildren...

Many studies have established that a pregnant woman's smoking raises her child's risk of disruptive behavior disorders and of delinquency in the teen and young adult years, but its behavioral effects in early life have been difficult to trace. Now, however, NIDA-funded researchers have revealed associations between a child's in utero exposure to smoking and specific patterns of aberrant behavior as a toddler, at school age, and as a teen. The researchers propose that these patterns form a continuum, united by a underlying theme of disrupted social information processing.

### AN EARLY START TO DISRUPTIVE BEHAVIOR

In an initial study, Dr. Lauren Wakschlag of the Institute for Juvenile Research at the University of Illinois at Chicago and her colleagues, Dr. Rolf Loeber of the University of Pittsburgh and Dr. Kate Pickett of The University of York in England, analyzed disruptive behavior patterns in first graders and subsequent problems that have been associated with later delinquency. Data were derived from the first-grade cohort of the Pittsburgh Youth Study (PHY), a community sample of boys at risk for delinquency who were followed over several decades under the direction of Dr. Loeber.

The researchers concentrated on 448 boys, who were roughly age 7 when the PYS study began. One hundred and sixty-six boys in this group had mothers who smoked during pregnancy. These boys developed the antisocial behavior pattern known as oppositional defiant disorder (ODD) at more than double the rate of the rest. Children with ODD demonstrate defiant, disobedient, and hostile behavior towards authority figures that persists for at least 6 months, and they are touchy, easily angered, and resentful. ODD is often considered a developmental precursor of conduct disorder (CD), a condition in older children and adolescents characterized by persistent antisocial behaviors such as lying, truancy, vandalism, and aggression.

Boys whose mothers smoked while pregnant did not have a higher incidence of attention deficit hyperactivity disorder

(ADHD) without ODD than the non-exposed boys. However, the incidence of co-occurring ODD and ADHD—a combination that often results in chronic disruptive behavior problems—was nearly twice as high in the exposed group as in the non-exposed group. As the boys entered and traversed their teens, delinquent behavior began earlier and was more severe in the exposed group.

"All the children with ODD in the PYS study were diagnosed in first grade, meaning the disorder developed in the first 5 or 6 years of life. This provides evidence of a coherent developmental pathway from prenatal exposure to cigarettes to a subsequent sequence of conduct problems," Dr. Wakschlag says. "While previous research established a link between prenatal exposure to cigarettes and CD in older children, this study is the first to establish connections to ODD and to do so as early as first grade."

### TODDLERS WITH TROUBLES

To look for exposure-related behavioral abnormalities at even younger ages, Dr. Wakschlag's team conducted the Family Health and Development Project (FHDP), in collaboration with colleagues from the University of Illinois, The University of York, the National Institute of Mental Health, and the University of Massachusetts-Boston. The researchers recruited 96 expectant mothers, age 18 and older, at several clinics. The women were predominantly white and working class. Along with the women's self-reports, the researchers collected biological data, such as measurements of the nicotine metabolite cotinine in urine samples, to assess fetal exposure to maternal smoking. These measurements, taken three times during pregnancy, indicated that 47 percent of the women smoked throughout their pregnancies. Ninety-three infants and their mothers completed the study's developmental phase, which lasted until the babies were 24 months old.

The babies were evaluated every 6 months. At the 12, 18 and 24-month evaluations, each mother filled out the Infant-Toddler Social Emotional Assessment (ITSEA). During 20-minute laboratory observations of the toddlers

and their mothers interacting at 24 months, the researchers rated specific components of the toddlers' behavior using codes from the Disruptive Behavior Diagnostic Observation Schedule.

The results indicated that toddlers whose mothers had smoked during pregnancy demonstrated a high and escalating pattern of disruptive behavior from 12 to 24 months, whereas non-exposed toddlers exhibited a relatively stable pattern. A mother's smoking during pregnancy increased the likelihood of the observed atypical trajectory of behavior independent of several associated risk factors, including parental antisocial behavior, quality of parenting, and postnatal exposure to tobacco smoke. At 24 months, toddlers whose mothers had smoked while pregnant were more than 11 times as likely as non-exposed peers to exhibit clinically significant patterns of disruptive behavior, shown on the ITSEA.

To more precisely determine the nature of the boys' behavior problems, the researchers examined four components of disruptive behavior, each of which is considered a precursor to disruptive behavior patterns seen at later ages:

**Aggressive/destructive behavior**, including threatening, hitting, and throwing or smashing toys;

**Dysregulated negative affect**, characterized by persistent, uncontrolled outbursts of anger with loud yelling, intense crying, and temper tantrums;

**Stubborn defiance**, marked by obstructive behavior that persists after the mother has increased expressions of support for her child and has tried several strategies to change her child's behavior; and

**Low social competence**, where the child misses social cues and exhibits low social interest or concern.


These four behaviors, while viewed as normal in toddlers, are considered precursors to clinical problems if they are severe or pervasive.


The children whose mothers had smoked during pregnancy displayed lower social competence than other children and significantly higher levels

*continued on next page*

## Tune in to Tom McNulty's 'Spotlight on Health' Radio Program 96.1 – WJYE-FM • Sundays 7:00 a.m.

<b>August 3</b>	<b>John Leamer, Coordinator</b> Senator Mary Lou Rath's Walking The Villages Project Know The Neighborhood & Walk For Health
<b>August 17</b>	<b>Dr. William Pelham</b> UB Distinguished Professor of Psychology, Professor of Pediatrics and Psychiatry Director, Center for Children and Families Attention Deficit Hyperactivity Disorder
<b>August 24</b>	<b>Jean Wactawski-Wende, PhD</b> Professor and Associate Chair Department of Social and Preventive Medicine University of Buffalo EAGER Study (Effects of Aspirin on Gestation and Reproduction)
<b>August 31</b>	<b>Lani J. Burkman, PhD</b> Andrology Department University of Buffalo/Kaleida Health Founder, Life Cell Dx The Emotional Impact of Infertility





*Guests on Spotlight on Health in July were Chris—Parent of the Southtowns Connection on Autism, Tom McNulty (center) and NYS Assemblyman Mark J.F. Schroeder.*

# Behavioral Problems

from page two

of aggressive/destructive behavior and stubborn defiance. They were not more likely to exhibit dysregulated negative affect.

“Dr. Wakschlag has teased out some components of disruptive behavior problems when they first emerge between 18 and 24 months of age,” says Dr. Nicolette Borek of NIDA’s Division of Clinical Neuroscience and Behavioral Research. “This gives us a way to identify at-risk children early and raises interesting questions about the role of brain development in later-stage behavioral issues.”

## ON TO ADOLESCENCE

Dr. Wakschlag and colleagues have hypothesized that the resistant, hostile,

and unresponsive patterns of behavior demonstrated in FHDPPYS, and similar studies may reflect disruptions in social-information processing that resulted from prenatal exposure to cigarette smoke. To test this hypothesis, the team is conducting the NIDA-funded East Boston Family Study (EBFS), which includes 272 adolescents and is a follow up to the Maternal-Infant Smoking Study of East Boston. Dr. Wakschlag and her colleagues are also examining the influence of genetic makeup on exposure-related disruptive behavior among these young people. The researchers are using maternal exposure data originally collected by MISSEB but applying more sophisticated methods to measure prenatal exposure to cigarette smoke. These new techniques, which combine maternal self-report and biological data, were developed from data

by Dr. Vanja Dubic at the University of Chicago in collaboration with Dr. Neal Benowitz of the University of California, San Francisco and Dr. Wakschlag.

“Maternal self-reports are affected by memory lapses and social pressure not to smoke, and biological methods can be inaccurate because the smoke-derived chemicals have a short half-life and rates of metabolism differ among individuals,” says Dr. Wakschlag. “In addition, we know that smoking levels fluctuate throughout a pregnancy. The new technique incorporates the unique information from both of these methods to provide a more precise estimate of prenatal exposure to cigarettes.”

Article provided by NIDA Notes  
National Institute on Drug Abuse

## Writing & Well-Being Program is Back!

The Writing & Well-Being fall semester calendar is set. We’re thrilled that Jamie May will facilitate this fall and that a few guest lecturers are being planned. Please mark your calendar for:

**SEPTEMBER**  
Saturday September 6 and 20  
**OCTOBER**  
Saturday October 4 and 18  
**NOVEMBER**  
Saturday November 1, 15 and 29  
**DECEMBER**  
Saturday December 13 and 20  
All classes are held at the Mental Health Association and run from 10:00 – 12:00 noon. Please call Mary McParlane at 886-1242 Ext. 321 for more information.

# Community Support Groups

## WNY Independent Living Project

3108 Main Street – Buffalo, NY  
836-0822 (Ext. listed with topic)

Anger Management..... Ext. 109  
BiPolar/Manic Depressive  
Unity Club..... Ext. 331  
Depression ..... Ext. 159  
Double Trouble in Recovery..... Ext. 154  
Empty Leash  
Pet Loss Support..... Ext. 345  
Gay & Bi-Sexual  
Peer Support Group ..... Ext. 170  
Housing Support Group ..... Ext. 177  
Social Hour ..... Ext. 170  
First Step Vocational/  
Education ..... Ext. 153  
Networking Group Vocational/  
Education ..... Ext. 147  
Women’s Trauma Group ..... Ext. 163

## Mental Health Peer Connection Peer Support Line

A warm support line provided for callers with a mental health diagnosis. Seeking volunteers who have experienced living with mental illness to provide support to others. Training is provided. College interns are welcome. Contact Virginia Gonzales for more information at 836-0822 ext. 161.

The Support Line is available on:  
Monday - Friday – 1:00-9:00 p.m.  
Saturday & Sunday – 3:00-11:00 p.m.

## Action for Mental Health Inc.

1585 Kenmore Avenue  
Kenmore, NY  
871-0581

### Support Groups:

Sunday Mental Health Support Group  
Depression Support Group  
Women Trauma Survivors  
Embracing Recovery  
Pain Management Group  
Self Esteem Group  
Growing with Words, Poetry Group  
BiPolar Disorder “RUSH”  
Support Group  
TriView Support Group  
Facilitator Support Group  
Panic and Anxiety/OCD  
Support Group  
Southtowns Group – Anxiety,  
Depression, Panic Disorder & Social Phobia

## Attention Deficit Disorder Treatment Center

Ascension Lutheran Church  
4640 Main Street – Snyder  
Contact: 829-2244  
www.addresswny.org

## Avalon Eating Disorder Treatment Center

Recovery Support Group for  
individuals with anorexia, bulimia  
and binge eating disorder.  
Contact: 839-0999

## Break the Circle of Stigma Englewood Drop-In Services

66 Englewood Avenue – Buffalo  
Contact: Jim Rohl or Terry Warner  
835-1919

## Crisis Services Advocate Program

Individual Counseling for survivors of rape,  
sexual assault and domestic violence  
Contact: 834-3131  
www.crisisservices.org

## Change Unlimited MICA Support Group

66 Mead Street – North Tonawanda  
Contact: Kathy Essek 694-3214

## Clozaril Family Support Group

Support/information for  
family members of persons on Clozaril  
Buffalo Psychiatric Center  
400 Forest Avenue – Buffalo  
Contact: 816-2493

## Coping with the Loss of a Child Support

Jewish Community Center  
2640 North Forest Road  
Getzville, NY  
Contact: 883-1914

**Eating Disorders Association of WNY**  
Support for persons and family members of  
persons with anorexia, bulimia or compulsive  
overeating and binge eating disorder.  
Contact: 819-1338

## General Grief Support Group

For grieving adults who have  
experienced the death of a loved one.  
Contact: 836-6460  
www.hospicebuffalo.org/ltc

## GLYS (Gay & Lesbian Youth Services of WNY)

Various services, activities for gay, lesbian,  
bisexual, transgender and questioning  
youth & their friends ages 14 – 21.  
Contact: 855-0221  
www.glyswny.org

## Haven House Women’s Support Groups

Support for women who have been abused.  
Contact: 884-6005  
www.havenhouse.org

## Life Touch

Person & Family Support for those with  
personality disorders  
Wesleyan Church of Hamburg  
4999 McKinley Parkway – Hamburg  
Contact: 649-6335

## Obsessive Compulsive Disorder Support

Buffalo General Hospital CMHC  
80 Goodrich Street – Buffalo  
859-2945

## Parent Help Line

Free & Confidential telephone  
assistance for dads and moms living apart  
Contact: 1-800-716-3468

## Parent Support Line

Joan A. Male Family Support Center  
24-hour Family Support Line  
Contact: 892-2172

## Jewish Family Service of Buffalo & Erie County EWRAP PROGRAM

Jewish Family Service Elder Wrap Around  
Program is a socialization program for people  
over age 60 years who have a mental health  
diagnosis. This program is a transitional  
program designed to prepare the client for  
successful integration into local senior centers,  
neighborhood churches and other community  
activities. The EWRAP staff works with the  
client individually to assist them in learning  
how to comfortable engage in activities and  
independently socialize with other seniors.  
Staff will also work with the client’s therapist  
and medical providers as appropriate. EWRAP  
provides services without cost.

Referrals may be made by calling  
Jewish Family Service  
at 716-883-1914 and asking  
for the EWRAP Program.

## PFLAG (Parents and Friends of Lesbians and Gays)

Buffalo/Niagara Chapter  
Confidential Help Line: 883-0384  
www.pflag-buffalo-niagara.org

## Postpartum Depression Support Group

Support from mothers who know first hand  
about this mood disorder  
Erie County Medical Center  
Grider Street  
Contact: 898-3255

## Recovery

For those experiencing  
nervous symptoms & fears  
Please call for times and locations  
Contact: 694-0104

## Serenity Club

Mutual support for anyone diagnosed  
with a mental illness, under physician’s care  
and 18 years of age or older  
Englewood Drop-In-Services  
66 Englewood Avenue – Buffalo  
Contact: Terry Warner at 835-1919

## Spectrum Transgender Group

Support, information and advocacy  
for transsexual and questioning  
individuals and allies  
Contact: 888-705-8340

**Woman Focus  
(A Department of Prevention Focus, Inc.)**  
Workshops for women  
Contact: 884-3256



Monthly education meeting  
for families with a mentally ill  
loved one will meet on:  
Thursday, August 14th at 7:00 p.m.  
St. Paul’s Evangelical  
Lutheran Church  
4007 Main Street in Amherst.  
The NAMI Support Group meets  
Wednesday, August 27th  
at 7:00 p.m.  
Please call 832-4035  
for further information.



Would you like to give someone the  
powerful gift of friendship in as little  
as four hours per month? It can be as  
simple as going for a walk, seeing  
a movie or just picking up the phone.  
Through Compeer, you can help  
change someone’s life for the better.  
Consider volunteering today by calling  
Sarah Stimm at 883-3331.

## Spiritual Growth

### Holy Spirit Church Hall

Dakota Street near Delaware  
Hertel Avenues, Buffalo  
*Spiritual Support Group  
for Mental Health.*

For consumers of mental health services  
and caregivers, a prayerful group of  
people committed to helping each  
other. All faiths are welcome.  
Last Sunday of the month  
12:00 noon-1:00 p.m.  
Call 875-8102 to confirm meeting time

### St. Joseph University Parish Church

3269 Main Street  
(next to UB South Campus)

A 20 – minute Catholic Eucharistic  
Prayer Service for recipients of mental  
health services and caregivers in the  
St. Joseph University Parish Chapel  
(in the parish office building behind the church)  
Second Friday of each month  
at 7:00 p.m.  
For more information contact  
Sister Jeremy Midura 833 –0298

# Music for Your Soul

from page one

their artwork for us to auction to the community. These pieces are glorious and we know you'll love them as much as we do!

For this awesome event we are putting up a challenging goal - \$35,000 to raise- and we know we can do it!!!!

But, only the community can help us achieve this goal. We are offering sponsorship opportunities for local, national, non-profit and for-profit companies and individuals. Sponsorships range from \$250- for "Patron of the Arts" up to \$5,000- for "Artist" sponsors.

It's simple- do you fancy your company a "Doodler"? We have a sponsorship level for you, at only \$500. Or maybe you'd like to consider yourself a "Collector." That level is available for \$2,500. Each of these sponsorship levels comes with great opportunities for your company to promote your services to a public audience. In addition to logo placements on ads, posters and invitations, you will also receive complimentary tickets to the event and more. What a great way to celebrate your company's contribution!

We are so pleased to announce that Univera Healthcare, Veracity Benefit Designs and Courier Capital Corporation have all come on as sponsors for this year's event!!

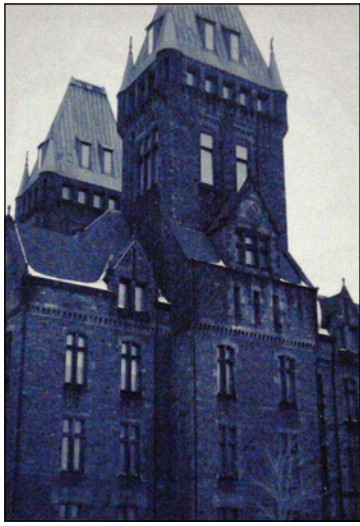
So hurry- join them and become a sponsor, too! All you have to do is choose a level that fits with your personality, fill out the form and send it in to us! Save on postage and fax it, or save on ink and have a carrier pigeon send it over... No wait, that might be too messy. The first two options are enough, right?

We know all too well that queasy sensation that you feel when you want to support such a great event and you just aren't able to help. We don't want you to feel left out, so we are happy to accept any donations. Last year, individuals donated a total of \$1,480 to the event- and we are so appreciative!

In addition to the funds needed to support the program, students, grades 5-12 are still encouraged to submit their original artwork for auction at the event. This is a wonderful opportunity for young people to learn the value of philanthropy and to see just how high a price that "doodle" can really fetch!! There's no need to submit through a school art teacher, you can do it all on your own- just make sure your parents are alright with it.

And this year we're offering a new category for you artists to submit work, too. It's called the "What Happiness Looks Like" category. Because art is not always self-explanatory, it's up to the artists to title and categorize their works. We are offering this particular category because happiness doesn't look the same to everyone- so, Artists, show us how you define "Happiness"!

Pretty much all mediums are accepted, although there are few limitations on



Andrew Nydahl from Kenmore West High School donated this fantastic photograph of the Richardson Towers. This would make a terrific addition to an office! Bidding starts at \$30.00



This piece entitled, "Sound of Simple Music," was donated by John Burdic, an eleventh grader from Brocton Central School. The stunning black and white chalk drawing would be a lovely addition to any music-loving home! Bids will start at \$25.00.

what we can take to auction. Any additional questions, as always, do not hesitate to contact Jessica at 886.1242 ext. 326.

So that's it, folks- easy, right?! With this fundraiser, the Creative and Artistic Programs department here at the MHA can continue to evolve and develop new art forms to offer all different age groups. It is our goal to include all ages in our creative and artistic programs, but we need your help to make it happen- so help us out and open your HEART (and your wallet). We'd really appreciate it!

LEGAL SERVICES AND ADVOCACY  
Presents

## Obtaining Your Medical Records

September 12, 2008  
10:30-12:00 noon

THE MENTAL HEALTH ASSOCIATION  
999 Delaware Ave. • Buffalo  
CALL 886-1242, EXT. 323 FOR RESERVATIONS



(Left to Right)  
MHA President & CEO Tom McNulty, MHA Social Marketing Department Member Mary McParlane visiting with NYS Assemblyman Schroeder

## First Things First...

from page one

and successful history of providing mental health education for students, B.E.S.T. will provide Pre-Kindergarten children with a 6 or 8 session interactive classroom program that will focus on the following:

- Understanding and managing feelings of anger, sadness, fear and frustration.
- Using respect and polite behavior (a.k.a. good manners!) when interacting with others.
- Making and keeping friends through the use of appropriate social skills such as sharing, taking turns, listening, helping those in need and peaceful conflict resolution.
- Understanding how we treat each other affects our psychological sense of self.

The B.E.S.T. program will be measured by scientists with social skill and mental health evaluation experience. Currently, the MHA is working with Drs. Bill Wieczorek and Kelly Marcynski from the Center for Health and Social Research at Buffalo State College. Their expertise is critical to our outcome measurement.

When we watch the evening news, pick up a newspaper... we see a world filled with violence; jails are full; families are torn apart and the cost to society is staggering. But there is hope. Each September young children come to school full of enthusiasm, eager to learn and make friends. The MHA is honored to help them succeed and live happy and fulfilling lives. B.E.S.T.- Teaching Kids to Care...priceless!

## Mental Health Association August Calendar

### REACH - Support Group for Families and Friends

For friends and family members of people with mental illness and/or neurological disorders. When someone you love or care for is ill, you may ask yourself, how do I learn more about what is happening and where do I go for assistance? The REACH Program offers mutual support for families and friends of individuals who have been diagnosed with a mental illness. The meetings are held monthly at:

**Heathwood Health Care Center**  
815 Hopkins Road, Amherst  
2nd Monday, 7:00 p.m.

**Spectrum Human Services**  
227 Thorne Avenue, Orchard Park  
No August Meeting  
(will resume in September)

**Schofield Residence**  
3333 Elmwood Avenue, Kenmore  
4th Tuesday, 6:30 - 8:30 p.m.

For more information, contact Janet McGlone at the Mental Health Association at 886-1242 Ext. 322.

### Child and Family Support Program Support Groups

Family Support Groups provide mutual support for those raising a child with emotional and/or behavioral problems. Respite is available with one-week notice unless otherwise noted. Call 886-1242 ext. 340 for more information.

#### BryLin Hospitals Support Group

1263 Delaware Avenue • Buffalo  
1st & 3rd Wednesday  
(moved a week due to CFSP Picnic)  
7:00-8:00 PM  
August 6th & 20th  
Respite not available

#### ECMC Support Group

462 Grider St., Room 444 • Buffalo  
2nd & 4th Saturdays  
12:30 - 2:00 PM  
August 9th & 23rd  
Respite not available

### Youth Peer Support Group

A youth-run peer support group for adolescents ages 12-18. Youth will plan monthly activities.

#### Gateway- Longview

**Family Resource Center**  
347 E. Ferry Street • Buffalo  
2nd & 4th Fridays  
6:30 - 8:00 PM  
August 8th & 22nd

#### Boys & Girls Club NEW LOCATION

**Cazenovia Park Baptist Church**  
520 North Legion Drive • Buffalo  
1st & 3rd Fridays  
6:30 - 8:00 PM  
August 8th & 22nd

### Parent Social Hour Support Group

Same Time ... Same Location ... Different Room  
\*Respite Available

\*Families requiring respite must RSVP one week prior to attending the group.