

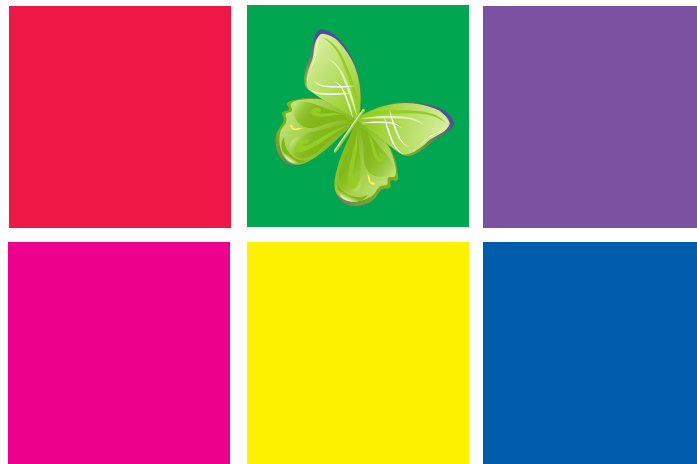
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# Mind Full

MENTAL HEALTH ASSOCIATION OF ERIE COUNTY, INC.

999 Delaware Ave. ■ Buffalo, NY 14209 ■ www.eriemha.org ■ May 2008 ■ Vol. 1 Issue 2



“Get Connected”  
during May  
Mental Health Month!

Please visit us...



999 DELAWARE AVENUE  
CORNER UTICA

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.



DANIEL LUKASIK

## Daniel T. Lukasik to Speak on The Courage to Change

The Mental Health Association of Erie County, Inc. will hold its 47th Annual Meeting on Tuesday, May 13 at the Buffalo Convention Center. The annual meeting begins at 12:00 noon and will end at 1:30 p.m.

This year, we are privileged to have Daniel Lukasik join us as the keynote speaker. Daniel will speak on The Courage to Change and share his personal story with us.

Daniel is a successful lawyer living with depression. Daniel has struggled with depression, like some thousands of other attorneys across the state. He is a 1988 graduate of the University at Buffalo School of Law and is currently managing

partner at the law firm of Cantor Lukasik Dolce Panepinto. Daniel was named to this year's Who's Who list by his peers as one of the top lawyers in Western New York.

He is the creator of the website www.lawyerswithdepression.com and the Chair of the Committee to Assist Lawyers with Depression in Erie County. Daniel is a member of the New York State Bar Association's Lawyers Assistance Committee. The New York State Bar Association awarded Daniel with the 2008 Award of Merit for his work in helping lawyers with depression statewide. Additionally, he will be receiving

*continued on page two*

**MAY 2008**  
**What's Inside**

- Mental Health Awareness Month Activities
- Educational Intervention Program
- Dirt on Debt
- Community Mental Health Support Programs
- Membership Opportunities

**Sponsors:**

**Please join us for a private showing of CANVAS**

...A Film by Joseph Greco  
...Inspired by a true story!

Sedona Film Festival Best Feature Film Award and featuring Academy Award Winner Marcia Gay Harden and Emmy Award Winner Joe Pantoliano

The Mental Health Association and Daemen College will present a private showing of the movie CANVAS on Tuesday evening at 7:00 in the Wick Center, 2nd Floor Social Room. The Wick Center is located behind the main building at 4380 Main Street in Snyder.

James May, Jr., facilitator of the Mental Health Association's Writing and Well-Being Program reviewed this movie and said "It is a powerful story about a family's struggle with schizophrenia. The mother has schizophrenia, and her husband and son both deal

**\$10 includes a DVD**

*continued on page two*

## 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.

MHA Board Chair...  
Karen E. Richardson

Editor... Thomas P. McNulty

Publication... Gallagher Printing

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**Mary Lou Montanari**  
*Director, Educational Intervention  
Programs*

**Jessica Zwieg**  
*Director, Creative & Artistic Programs*

# CANVAS

*continued from page one*

with the pain of accepting this fact. The turn-around in the story is when the mother becomes aware of her illness and accepts treatment. From here, the family is able to come together again." This movie is about a family coping with mental illness and is as full of hope and humor as it is heartbreaking performances.

There is a \$10 charge to attend the movie, and the first 100 persons will receive a movie CD that evening and for those who will not receive the CD the evening of the showing, the MHA will order for pick up.

## Daniel T. Lukasik to Speak

*continued from page one*

this year's Distinguished Alumni Award for Community Service from the University at Buffalo School of Law.

Recently, the New York Times, Wall Street Journal, Buffalo News, Bar Association of Erie County Bulletin, and FOX News Network have told his story. Daniel hopes that sharing his personal experience with others will help fellow attorneys and their families recognize depression and seek help. We invite you to come and hear Daniel's inspiring story of personal recovery and his untiring drive to help make a difference in the lives of persons living with mental illness.

If you would like more information on attending the annual meeting, please call Rose Argenio at 886-1242 Ext. 313 or [argenio@eriemha.org](mailto:argenio@eriemha.org).

# Call for Artists

for the 2nd Annual

## ART for HEART

By Jessica Zwieg  
Director, Creative & Artistic Programs

### An Art Auction of Original Student Artwork

Middle and High School students are invited to submit original artwork they have produced in school or independently!

ART TEACHERS ARE ENCOURAGED  
TO GET THEIR STUDENTS INVOLVED!!

#### ENTRY GUIDELINES

- ▲ All works must be original and created by a student currently in grades 5-12
- ▲ Works may be in any appropriate medium including oil, watercolor, charcoal, photography, sculpture, glass and ready to display (framed or matted)
- ▲ Student and parent/guardian must sign a release authorizing donation of the piece for auction
- ▲ Limit of 2 entries per student
- ▲ Each submission must be accompanied by a completed entry form!

Please contact Jessica Zwieg at  
**716.886.1242 Ext. 326**  
for an entry form and any questions  
about submitting for the auction!

**THE DEADLINE TO SUBMIT IS JUNE 30, 2008.  
NO EXCEPTIONS!!**

CALL JESSICA IF YOU ARE INTERESTED IN:

- Donating artwork!
- Volunteering for the event!
- Sponsoring the event- businesses and individuals are encouraged to sponsor!
- Purchasing tickets for the event!
- Joining a mailing list to receive updates about the event!

## Tune in to Tom McNulty's 'Spotlight on Health' Radio Program 96.1 – WJYE-FM



Sunday, May 18 at 7:00 a.m.  
Daniel T. Lukasik, Esq.  
*Lawyers Suffering from Depression*

Sunday, May 25 at 7:00 a.m.  
Tom O'Claire  
*Family Affairs Specialist - NYSOMH*

## Substance Abuse

If you find yourself drinking or using drugs to cope, it is time to seek help. Although using drugs and alcohol may seem to help you cope, substance abuse can make your symptoms worse, delay your treatment and complicate recovery. It can also cause abuse or addiction problems. If you need help, please call the Information & Referral Service at the Mental Health Association at 886-1242.

## Have we visited you?

The Social Marketing Department at the Mental Health Association participates in many community events throughout Erie County. Since January, we have participated in wellness events at: School #54, School #11, Gateway Longview, Frank Sedita School, School #79, Buffalo Psychiatric Center, Williamsville North and South High School, North Towns Catholic and the Niagara Frontier Transit Authority.

If you have an event, or need a speaker on a mental health topic, please call Mary McParlane at 886-1242 Ext. 321 or email at [mcparlane@eriemha.org](mailto:mcparlane@eriemha.org).

# Mental Health Association Plans Many Activities for May -- Mental Health Awareness Month

By *Rose Argenio*  
Director of Social Marketing

How many times are you able to take a few minutes and think about what you are doing for your own mental health? Although we all know the importance of balancing our physical and mental health needs, we often tend to put these needs aside for our families and our work. During the month of May, the MHA bolsters its efforts to reach everyone in our community with these important messages. We ask you to take a few extra minutes from your busy schedule and read about the events we are planning for May and to attend at least one of them. This is also a wonderful way to meet the members in our community.

Our May Mental Health Month theme this year is "Get Connected." By being connected, we are able to emphasize the connections that support our own mental health and well-being. These include family, friends and others that form an individual's social support network, the community at-large and when needed, a mental health professional.

We all need to:

- Increase recognition that mental health is fundamental to overall health and well-being.
- Increase awareness of the role of social connectedness in promoting mental health and protecting mental health during times of adversity, particularly when one is experiencing significant life stressors.

- Increase recognition of the signs and symptoms of mental health conditions, with an emphasis on stress and depression, and the importance of connecting with a health care provider early.

#### Connect to Family and Friends

- Make a short list of friends and family members who are supportive and positive.
- Make a commitment to yourself to call, email or get together with them.
- Share what's on your mind honestly and openly.
- When you talk, also listen.
- Make social plans.

#### Connect To Your Community

A great way to feel emotionally strong and resilient in times of stress is to feel connected to a broad community. Think about the things you like to do. You can expand your social network by looking into community organizations that bring people together who share the same interests. Many communities, for instance, have local biking, hiking or walking groups. You may also find the support you need through local support groups, (listed monthly in *Mind Full*). Or consider volunteering with an organization that you would enjoy.

Again we hope to see you in May!

## ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

# Need Extra Help to Pay for Prescription Drugs? *Erie County Senior Services May Help*

Medicare's push to help people enroll in new prescription drug plans ended December 31st, but for Medicare enrollees who need extra help affording prescriptions, efforts continue all year at Erie County Department of Senior Services. Extra Help, also called the Low-Income Subsidy, is a government program to cover all or some of the costs associated with Medicare Part D such as premiums, deductibles and prescription co-payments. Eligibility is based on individual income levels and assets up to \$23,970.

"People can apply for Medicare Extra Help year round; this benefit doesn't have a set open-enrollment period. If someone has any questions about eligibility, call us at 858-7883" said Bill Daniels of the Erie County Department of Senior Services' Insurance Resource Center. Senior Services provides outreach, educational events, and personalized counseling to people with Medicare.

"Over 4 million people may be eligible for Extra Help nationally and aren't receiving it, and we're able to help folks in Erie County. Maybe you're one of the 12,000 in our area who are eligible but aren't yet enrolled."

"We had a woman in her Medicare drug plan's coverage gap and couldn't afford almost \$800 a month for medications, so she often skipped doses because they were so expensive. We helped her apply for Extra Help and the Medicare Savings Program. Since several of her medications were generic, we found a Part D plan that had no cost for those. She now pays just \$26.65 a month, covering the cost for all her brand name medications, and she has no gap in coverage."

Even if you're not eligible for the Extra Help, there may be other programs to help with costs of medical and prescription insurance. If your net income is less than \$1,190 (single),

# Advocacy & Mental Health Parity

## A Conversation with **TOM O'CLAIRE**

Family Affairs Specialist for the New York State Office of Mental Health and Father of the Late Timothy O'Claire

Timothy's Law mandates that insurance providers covering any health care services must also provide coverage for mental health and substance abuse services, and that coverage and cost must be 'on par' with all other health care services covered under such policy.

**Thursday, May 8, 2008**  
6:30 – 8:30 PM

**The Palisano Auditorium - Room 101**  
**Bogel Hall • Hilbert College**  
5200 South Park Avenue  
Hamburg, New York 14075

**For more information, please contact the Mental Health Association of Erie County, Inc. at 886-1242.**

*Sponsored by the Mental Health Association of Erie County, Inc.*  
*Refreshments provided by The Way Program*

## SMOKING

If you smoke, talk to your doctor about quitting. Smoking puts you at risk for problems like heart disease and cancer. For more about quitting, call 800-QUIT-NOW or please call the Information & Referral Service at the Mental Health Association at 886-1242.



**Arts in Healthcare Initiative**  
*Fostering an arts-enhanced healing environment*

The Arts in Healthcare Initiative, established by the UB Center for the Arts, will bring the performing and visual arts into the healthcare setting, engaging patients, family, and staff in the creative process. The arts transform the hospital environment by creating opportunities for communication, healing and understanding.

#### Becoming an Artist in Residence

The Center for the Arts is recruiting artists to work in the healthcare environment. Artists will work daily with the hospital population at the bedside and in workshops creating opportunities for self expression, learning, and healing. The Arts in Healthcare Initiative aims to become a comprehensive arts program that incorporates all arts disciplines including music, dance, theater, storytelling, literature and visual arts. Artist in Residence applications are available on the Center for the Arts website.

For more information:  
Katherine Trapanovski  
Director of Events and Outreach  
716-645-6754 x 1388  
ArtsInHealthcare@ubcfa.org

www.ubcfa.org

To donate to this initiative:  
Carrie Veltri  
Director of Development  
716-645-7343  
cveltri@buffalo.edu



## Please Join Us for the Parent Social Hour at Boys & Girls Club Friday, May 2 and May 16

By Jenny Laney  
Director of Child & Family Support Programs



The Child and Family Support Program is thrilled to announce a parent social hour at the Boys and Girls Club in South Buffalo the first and third Friday of the month from 6:30-8:00 p.m. A youth peer-support group takes place at the same time for youths 12-18 years of age. David Serwinowski, youth coordinator for Family Voices Network in Erie County, publishes a monthly calendar to include a youth activity each month. Some of the activities the youth have participated in include bowling, lasertron, a visit to Cyberjocks, and ceramics. Childcare is provided for younger children when requested. Brian Enright, the director of the Southside Boys and Girls Club, welcomed our 11 parents and 8 youth on April 4th. We thank Brian for this opportunity to be present in South Buffalo!



## “DIRT ON DEBT”

by Janet G. McGlone, Attorney  
Legal Services and Advocacy

Client Advocacy Service has changed its name. We are now **Legal Services and Advocacy (LSA)**. We will still be providing civil legal services to adult mental health consumers in Erie County, but we think this more accurately describes what we do. Our address and telephone number are the same also.

On March 26th, the Legal Services and Advocacy staff presented “The Dirt on Debt.” We discussed student loans, the Federal Fair Debt Collection Act and Social Security Disability (SSD), Supplemental Security Income (SSI) and Judgments. This article will recap the highlights.

### Student Loans

*The most important thing to remember about student loans is to contact the creditor before you are behind in your payments.* If you are not behind in your payments, it is fairly easy to get a **deferral** based on hardship. A **deferral** allows you to skip payments on the loan for a set period of time if your income is so low you cannot afford to make them. You can also get the amount of the payments lowered if your income is low.

Someone who becomes permanently and totally disabled after taking out a student loan can have his student loan cancelled. A cancellation wipes out the debt, so it does not have to be repaid. To receive a cancellation, a person’s doctor must complete certain forms in a specific manner. If you have a student loan and think you might qualify for a cancellation, call Legal Services and Advocacy and speak with a staff member.

### Federal Fair Debt Collection Act

Under the Federal Fair Debt Collection Act (FFDCA), debtors are protected from unscrupulous and abusive collection practices. Anyone trying to collect a debt, except the initial creditor, is prohibited from: calling before 9:00 AM and after 8:00 PM; threatening violence;

calling at the debtor’s employment; threatening to put the debtor in jail; harassing the debtor and/or his family by the use of foul language or calling many times in a row; calling the debtor’s neighbors. The most important protection of the FFDCA is the no-contact provision. The no-contact provision allows a debtor or his representative to instruct a collection agency or attorney’s office to stop contacting the debtor by phone or mail. If the collector does not obey this instruction, he can be made to pay triple damages (three times the real damages). If you are being harassed by some person or agency trying to collect on a debt, call Legal Services and Advocacy and speak with a staff member.

### SSD, SSI and Judgments

The first rule in dealing with bank accounts containing payments from the Social Security Administration (SSA) is not to put anything other than SSA benefits in that bank account. Payments made by the SSA because of a person’s disability or advanced age are exempt from garnishment, except for child support or recoupment of a previous overpayment. This means that a creditor who has a judgment against you is not allowed to take any of your SSD or SSI.

Although it is against the law to garnish SSI or SSD, sometimes a judgment creditor will place a hold on the bank account of an SSI and/or SSD recipient. As long as the only funds in the bank account are those paid by the Social Security Administration, the hold will be released once proof of the benefits is provided to the attorney who placed the hold. However, if ANY other funds have been put in the bank account with the benefits from SSA, the judgment creditor can take all the funds in the bank account. If you receive SSI and/or SSD and a freeze or hold has been placed on your bank account, call Legal Services and Advocacy to speak with a staff member.

The last thing to remember about debt is: NEVER IGNORE YOUR MAIL.

## Legislative Session with Assemblyman Mark J.F. Schroeder Scheduled for May 22



MARK J.F. SCHROEDER

Mark J.F. Schroeder, NY State Assemblyman from the 145th District and member of the NY State Mental Health Committee, will visit the Mental Health Association and discuss neighborhoods and the needs of children, adults and families.

Please join us here at the MHA on Thursday, May 22 at 4:30 p.m. for a discussion on mental health. Light refreshments will be available. The MHA is located on Delaware and Utica Street with parking in the rear.

For more information, please call Mary McParlane at 886-1242 Ext. 321 or email at [mcparlane@eriemha.org](mailto:mcparlane@eriemha.org).

## NEWS FROM THE Educational Intervention Programs

By Mary Lou Montanari  
Director Educational Intervention Programs

### Make Sure Everyone Knows... Our Kids are “Too Good For Violence!”

In September of 2007, the MHA embarked upon a new adventure! Staff members, Mary Lou Montanari and Mary Jane Jablonski began the first year of a three-year pilot program entitled, **Too Good For Violence (TGFV)**. TGFV is a violence prevention/character education program designed to improve behavior and reduce aggression among student participants. Through the use of story telling, puppets and songs, select City of Buffalo Kindergarten students began a journey with “Tuggles” the teddy bear to search for a “peaceable place.”

This seven lesson social skill program helps children as young as five years old share, take turns, listen respectfully to others, solve problems peacefully and communicate feelings appropriately. This foundation of positive interpersonal skills makes the classroom a place where, free from the distraction of misbehaviors, teachers can teach and students can learn.

Teachers and students alike have great things to say about TGFV. Just ask Lamar (not his real name), who came to school one day saying, “I get along better with my brother since Tuggles taught me to stop, calm down and think when I get mad.” Teachers have commented that TGFV has created a dialog among students and

between students and teachers. When communication increases, behaviors improve and real learning can take place. We are pleased to report that the initial evaluation of TGFV by Buffalo State College’s Center for Health and Social Research has found significant improvement in all behavioral areas measured. We are committed to providing students with evidence-based social-skill programming that enhances their daily interactions with others.

The MHA is grateful to the Erie County Department of Mental Health for funding this worthwhile project. During the 2008-2009 school year, we will offer TGFV for students in Kindergarten and First Grade. During the 2009-2010 school year, TGFV will be presented for students in Kindergarten through Grade Two at our pilot schools. Upon completion of the pilot phase of programming, we anticipate offering this beneficial program to primary grade students throughout the county.

Prevention has the greatest impact when provided early in the life of a child. Our enthusiastic educators are honored to provide TGFV at this critical point in the lives of young children. We want everyone to be “Too Good For Violence!”



# JOIN TODAY!

Dear Friends of Mental Health Association,

*Who Cares About Mental Health in Erie County? We Know You Do!*

Did you know that your local MHA is here to assist you in with information on mental health topics, accessing mental health care, providing speakers for community events, providing civil legal assistance, providing educational programs in schools throughout Erie County and providing support and advocacy assistance for children with behavioral and emotional needs?

The MHA was formed in Erie County more than 45 years ago, and continues to update its programs and services as the needs arise. By becoming a member of the MHA, you will be supporting our movement to improve and to protect the lives of children, adults, families and older adults who are affected by mental illness.

In return, you will receive the benefits of membership. Please fill out the membership form below and send it to the Mental Health Association.

Please join today!



## Membership Enrollment Form

PLEASE MAIL OR FAX THIS FORM TO:

**Mental Health Association of Erie County, Inc.**  
**Attention: Membership**  
**999 Delaware Avenue Buffalo, NY 14209 Fax: 881-6428**

Name (title, first, last) \_\_\_\_\_

Company Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-Mail Address (To receive MHA News) \_\_\_\_\_

- |  |   |
|--|---|
| <input type="checkbox"/> Student Membership - \$25/year  | <input type="checkbox"/> Non-Health Care Corporate/Business - \$100 |
| <input type="checkbox"/> Community Support Membership - \$50/year                                | <input type="checkbox"/> Psychiatrist or M.D. - \$150               |
| <input type="checkbox"/> Clinical Social Worker or Other Masters Level Clinician or Nurse - \$50 | <input type="checkbox"/> Hospital or Agency - \$200                 |

IN ADDITION TO MY MEMBERSHIP, I would like to make a donation in the amount of \$ \_\_\_\_\_.

In Honor of \_\_\_\_\_ In Memory of \_\_\_\_\_

I do not wish to be listed in the MHA Newsletter or on the MHA Website.

PAYMENT TYPE:

CHECK (made payable to *Mental Health Association of Erie County, Inc.*)

CREDIT CARD

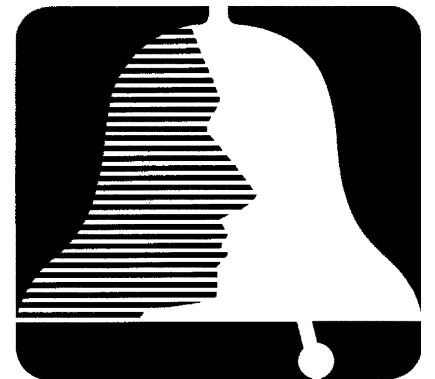
Credit Card Type:  Visa  MasterCard Total Amount Charged to Credit Card: \$ \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

(THIS INFORMATION IS SHREDDED AFTER IT IS PROCESSED)

Signature \_\_\_\_\_

*Thank you! You will receive your confirmation of membership shortly!*

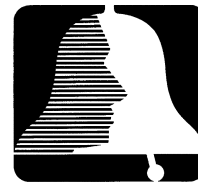


### Membership Benefits For ALL Levels:

- E-mailed updates via the MHA Website
- *Mind Full* Newsletter
- MHA Annual Report

### Professional Membership Benefits:

- Name and Professional Listing printed in *Mind Full* and MHA Website
- One 400-word column published in *Mind Full*
- 20% Discount taken on ads in *Mind Full*



# Mental Health Association May Calendar

## REACH – Support Group for Families and Friends

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  
 May 12 – 7:00 p.m.

**Spectrum Human Services**  
 227 Thorne Avenue  
 Orchard Park  
 May 15 – 6:30 p.m.

**Schofield Residence**  
 3333 Elmwood Avenue  
 Kenmore  
 May 27 – 6:30 – 8:30 p.m.

## Writing and Well Being Program

Writing and Well Being is an ongoing writing workshop for former and current consumer of mental health services. New participants are welcome to join any time during the year.

*Facilitator – Jamie May Jr.*

Saturdays  
 May 3 and May 17  
 10:00 a.m. – 12:00 noon  
 999 Delaware Avenue at Utica  
 Buffalo  
 (Free parking in rear of building)

For more information please call Mary McParlane at 886-1242 Ext. 321 or email at [mcparlane@eriemha.org](mailto:mcparlane@eriemha.org)



## 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 with one-week notice unless otherwise noted. Call 886-1242 ext. 327 for more information.

**BryLin Hospitals Support Group**  
 1263 Delaware Avenue • Buffalo  
 1st & 3rd Saturdays  
 11:30 AM – 1:00 PM  
 May 3rd & 17th • June 7th & 21st  
*Respite not available*

**ECMC Support Group**  
 462 Grider St., Room 444 • Buffalo  
 2nd & 4th Saturdays  
 12:30 – 2:00 PM  
 May 10th & 24th • June 14th & 28th  
*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  
 May 23rd (No group on May 9th)  
 June 13th & 27th

**Boys & Girls Club St. Thomas Aquinas Church**  
*(school entrance on side street)*  
 450 Abbott Road • Buffalo  
 1st & 3rd Fridays  
 6:30 – 8:00 PM  
 May 2nd & 16th • June 6th & 20th

## 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.*

# Poet's Corner

Please join us at the Starlight Studio and Art Gallery for an evening of poetry and art featuring the artists from the Creative Edge Art Studio of the Monsignor Carr Institute along with the writers from the Writing & Well-Being Workshop on Thursday, May 29th at 5:30 p.m. The evening includes a poetry reading and art exhibition. For further information, please contact Mary McParlane at 886-1242 Ext. 321.

We invite you to send your poetry to us for publication in our new Mind Full newsletter. Please send to Rose Argenio at Mental Health Association, 999 Delaware Avenue, Buffalo 14209 or email at argenio@eriemha.org.

## Freedom

He was a child when he was born  
No one knew he would live his life  
that way  
Year after year his relationships  
grew worse  
All his failures were upon him  
when he went to prison  
From a child he grew to be a very  
angry man  
He broke the rules when he hurt  
someone  
God got his attention too late  
The long path of individuation was  
presented to him  
Even in prison, he refused to  
change  
He died that way

By Donna M. DiPietro

## A Lost Love

Another love that lost its way  
This time I had plenty of time  
to stay  
Broken hearts eventually will  
mend some day  
I'll close my eyes for a  
moment to pray –  
Hoping for a stronger love  
to come my way

By Richard "Doc" D'Amato

## How to Get Out of the Elephant

Whether or not you behave like an  
elephant,  
Elephant ears flapping wildly  
Tail brushing away flies,  
Everyone will say  
"Look, there's the most beautiful  
elaborate, intelligent, wonderful  
elephant ever!"  
you say:  
"I'm not an elephant!"  
they say:  
"good little elephant"

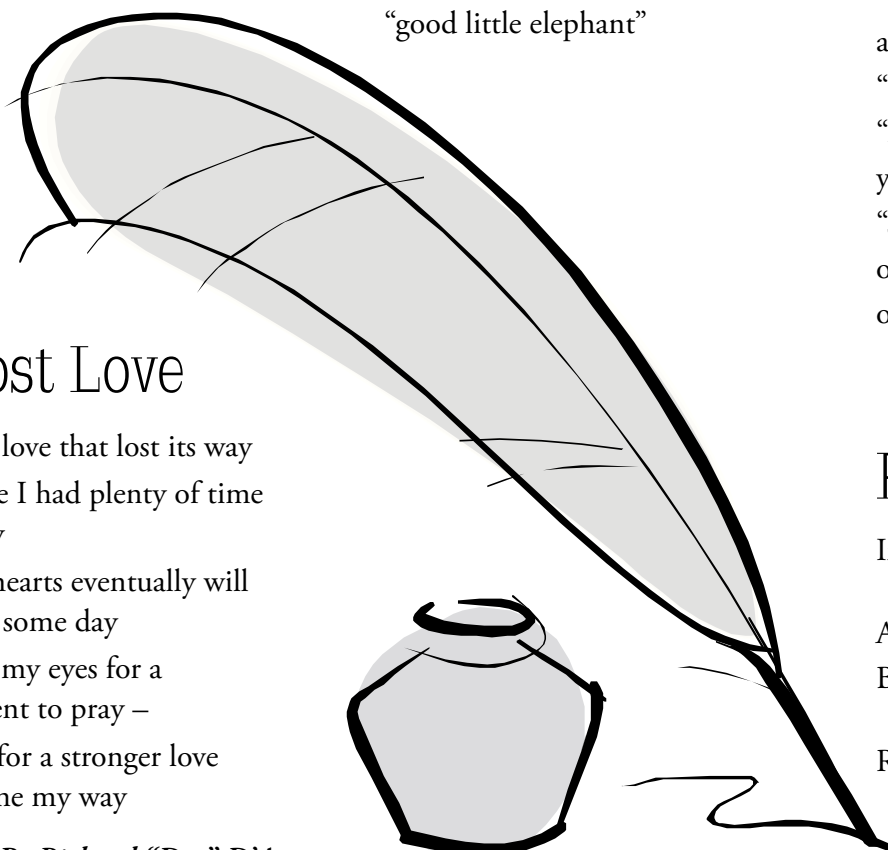
then you notice that in fact  
you're trapped  
inside an elephant,  
peeking out, as if the elephant  
were a spaceship!  
"let me out, let me out!" you say,  
"I'm a boy inside an elephant.  
I'm not an elephant, but a young  
man!"  
"yes, yes," they claim,  
"the elephant seems  
a little restless."  
"let's put him in the zoo..."  
"now what do I do?"  
you try to decide."  
"squeeze myself out  
of the elephant's trunk,  
or stay in here and hide?"

By Jamie May

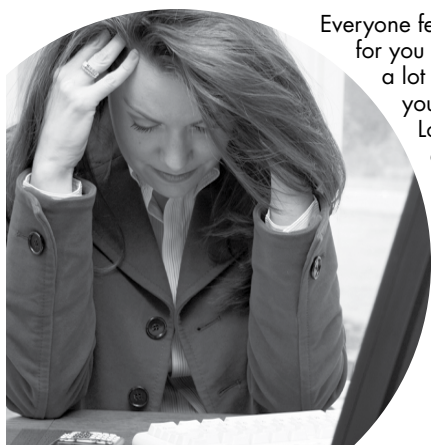
## Places

In your heart there used to be a  
special place for me  
A place that I dearly loved to be  
Being there always made me so very  
happy  
Returning to that place means  
everything to me

By Richard "Doc" D'Amato



## WORN OUT FROM STRESS?



Everyone feels stress. In small doses, stress may be good for you when it gives you a burst of energy. But feeling a lot of stress—all the time—can take its toll on your body. Stress can make you feel run down. Long-term stress can lead to depression and anxiety disorders, a weakened immune system and heart disease.

For more information, contact the Mental Health Association of Erie County at (716) 886-1242, visit our website at [www.eriemha.org](http://www.eriemha.org) or visit [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

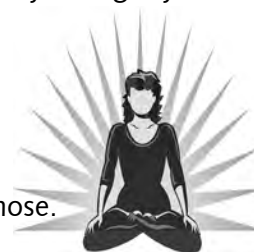


## De-Stress Through Deep Breathing

Deep breathing is a great way to de-stress. It actually changes your brain's chemical balance to calm you down.

Here's how to do it:

1. Lie down or sit on the floor or in a chair.
2. Rest your hands on your stomach.
3. Slowly count to four and inhale through your nose. Feel your stomach rise. Hold it for a second.
4. Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you're going to whistle. Your stomach will slowly fall.
5. Do this a few times.



Receive your free subscription of the new *Mind Full* newsletter by filling out the completed form to:

**Mind Full**  
Mental Health Association of Erie County, Inc.  
999 Delaware Avenue  
Buffalo, NY 14209

✂

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I would like an email subscription to *Mind Full* (Please provide email address above)

I do not have email. Please send my subscription in the mail.

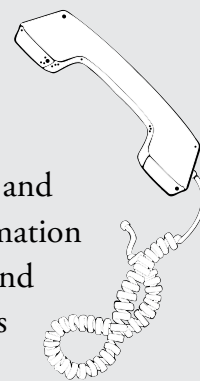
I would like to support the programs and services of the Mental Health Association. Subscriptions to *Mind Full* are offered FREE of charge. Donations are optional. We appreciate your generous support.

## Please call us...

The Mental Health Association's Information and Referral Program provides individuals with information and/or referrals on mental health services and programs that are available in Erie County. All calls to the Mental Health Association are confidential.

Please call 886-1242 if you have any question regarding mental health and needed services. The Information & Referral Service is available.

Monday – Friday 8:00 a.m. – 4:00 p.m.



# 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 extension 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

## 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 comfortably 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 May 8  
at 7:00 p.m.

St. Paul's Evangelical Lutheran Church  
4007 Main Street in Amherst.

The NAMI Support Group meets  
Wednesday, May 28  
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

# MAY MENTAL HEALTH MONTH EVENTS

Please call the Mental Health Association if you would like more information on the activities listed below at 886-1242

- May 3** **Boulevard Mall Information Table**  
10:00 a.m. – 6:00 p.m. (Near Sears)
- May 6** **Main Walk Information Table**  
11 a.m. – 1 p.m.  
(Bet. Main Place Mall & Rath Bldg)
- May 6** **Canvas Movie**  
Daemen College at 7:00 p.m.  
\$10.00 includes DVD at door
- May 8** **A Conversation with Tom O'Claire**  
Hilbert College – Palisano Auditorium  
in Bogel Hall
- May 10** **McKinley Mall Information Table**  
10:00 – 6:00 p.m. (Near Macy's)
- May 13** **47th Annual Meeting of the  
Mental Health Association – 12:00 Noon**  
Buffalo Convention Center
- May 14** **Courageous Conversation -  
Consumers Speak Out**  
6:00 – 7:30 p.m.  
Mental Health Association  
999 Delaware at Utica Street
- May 16** **Work Rules & Public Assistance**  
11:00 a.m. – 12:30 p.m.  
Mental Health Association  
999 Delaware at Utica Street
- May 17** **Galleria Mall Information Table**  
10:00 – 6:00 p.m. (Near Macy's)
- May 18** **Spotlight on Health Radio Program**  
96.1 - WJYE-FM at 7:00 a.m.  
Daniel Lukasik, Esq.  
Lawyers Suffering From Depression
- May 22** **Legislative Day with  
Assemblyman Mark J.F. Schroeder – 4 p.m.**  
Mental Health Association  
999 Delaware at Utica Street
- May 25** **Spotlight on Health Radio Program**  
96.1 - WJYE-FM at 7:00 a.m. –  
Tom O'Claire  
Father of the late Timothy O'Clair
- May 28** **Courageous Conversation -  
Consumers Speak Out**  
6:00 – 7:30 p.m.  
Mental Health Association  
999 Delaware at Utica Street
- May 29** **Writing & Well-Being Poetry Reading**  
5:30 p.m.  
Starlight Studio & Art Gallery

## You CAN Help the Mental Health Association to Continue to Provide its Programs and Services

### Special Gifts Program

Contributions to the Mental Health Association of Erie County, Inc. provide an excellent vehicle for recognizing and honoring friends, family members and associates.

Gifts "In Honor Of" and "In Memory Of" to the MHA become a lasting tribute to the entire mental health community, as funds are used exclusively to support our programs.

Each donation is personally acknowledged and will be printed in our Annual Report. Please send your donation to:

The Mental Health Association of Erie County, Inc.  
999 Delaware Avenue, Buffalo, NY 14209

*Thank You!*

## Upcoming Events of Interest

**September 12th**

Obtaining Your Medical Records  
by Legal Services & Advocacy

**October 11th**

HEART Art Auction

**November 14th**

Outpatient Rights by Legal Services & Advocacy

## Designate Through your United Way Donation

The Mental Health Association is a proud participant in the United Way of Buffalo & Erie County Community Care and Donor Choice program for 2008. The United Way Community Care Campaign provides donors with a unique opportunity to support a diverse network of human services. A gift to United Way Community Care ensures that critical needs are met in the community. In addition to your gift to United Way Community Care, you may consider adding a gift designated to the Mental Health Association.



**United Way**



## The Story of Our Bell...

*Cast from shackles, which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.*

-- Inscription on Mental Health Bell

During the early days of mental health treatment, asylums often restrained people who had mental illnesses with iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950's, Mental Health America issues a call to asylums across the country for their discarded chains and shackles. On April 13, 1956, at the McShane Bell Foundry in Baltimore, Md., Mental Health America melted down these inhumane bindings and re-cast them into a sign of hope: the Mental Health Bell.

Now the symbol of Mental Health America, the 300-pound Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today, the Mental Health Bell rings out hope for improving mental health and achieving victory over mental illnesses.

Over the years, national mental health leaders and other prominent individuals have rung the Bell to mark the continued progress in the fight for victory over mental illness.

