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Mind Full

MENTAL HEALTH ASSOCIATION OF ERIE COUNTY, INC.

999 Delaware Ave. ■ Buffalo, NY 14209 ■ www.eriemha.org ■ October 2008 ■ Vol. 1 Issue 7



Please visit us...



999 DELAWARE AVENUE

Monday – Friday
8:00 a.m. – 4:00 p.m.

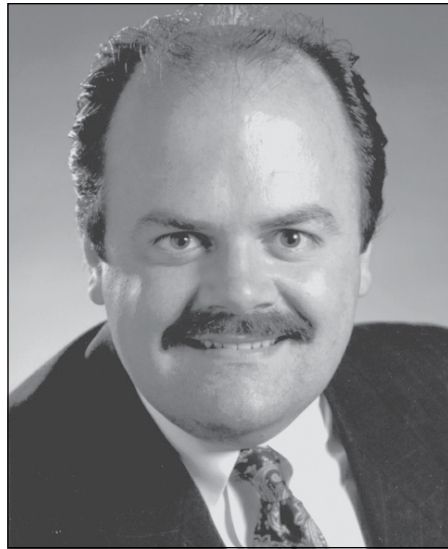
Our Mission...

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.

OCTOBER 2008
What's Inside
ART for H.E.A.R.T. Auction
October 18
Join the Mental Health Association!
Remember – Depression Screening is October 9!
(Story on Page 2)



No Two Days No Two Lives



*By Thomas P. McNulty
President & Chief Executive Officer*

Billy is ten years old. He loves to play soccer and read Spiderman comic books. He tried out for his school's soccer team, but the coach cut him because he was too slow. Kids make fun of Billy because he's overweight. He gets picked last when they divide kids into teams for gym sports. He blurts out answers in the classroom, so some teachers put Billy in the hallway to settle down. One day he banged his desk into the drywall and left a big hole. Billy was expelled. Billy's mom called the Mental Health Association.

He was diagnosed with ADHD and oppositional defiant disorder. Billy's mom is a single parent. She receives respite support through the Mental Health Association for her son because taking him out to the grocery store, bank or to the mall results in lots of apologies and a quick return home. Billy sleeps and wakes up about every two hours during the night.

Becky is 16 years old and goes to a local private high school. She's on the crew team. During the pre-season trainings, the crew coach told the girls to keep their weight down. Becky began getting nasty messages on her computer from anonymous teammates. For several weeks, Becky was absent from school. Her mom called in to the school claiming Becky was sick. She started losing weight rapidly. Her mom took her to the pediatrician who said Becky was too weak to play sports. Her mom called the Mental Health Association.

Brian is 27 years old. He's a college graduate with a degree in engineering. At age 20, Brian was diagnosed with schizophrenia. Keeping employment has been unsuccessful. He has his own apartment but his parents can't help with the rent because Brian's dad was laid off on a construction site in the city.

Looking for social security disability support, Brian called the Mental Health Association's Legal Services and Advocacy department.

John and Barbara were recently told their 17 year-old daughter has bipolar disorder. They've heard of it but did not understand what it meant. Their daughter was looking at colleges in Virginia, Ohio and Michigan. Their pediatrician suggested a local psychiatrist, but the first available appointment was in nine weeks. Barbara called the Mental Health Association for help.

Chester is 57 years old. He lost his most recent job at a factory in Buffalo. He takes two medicines for his anxiety disorder. Since he lost his job he has not been taking his medicine. Chester came to the front door of the Mental Health Association looking for help.

On any given day at the Mental Health Association, we receive calls from individuals, family members, judges, physicians, school social workers, clergy and others seeking help. Through our Information and Referral department, we link people to the right level of care,

in the right location, at the right time. We work very hard to match a person's need to the right type of therapist or service. Averaging 500-600 calls per month, we must be familiar with the region's resources and appointment availability. No two calls are alike.

Many calls we receive are for services for children who are school age. With more than 30 years in our region's schools, we offer education, mental health promotion, training and much more from pre-K through 12th grade. Children are impacted by what they see, feel and avoid in their homes and neighborhoods. Those emotions come to school with them each day. Our B.E.S.T. (Basic Emotional Skills Training), Too Good For Violence, T.E.L.L.-It (Teaching Emotional Lessons for Life) and H.E.A.R.T. (Helping Every Adolescent Rally Together) are proven programs with a scientific measurement component included. They are designed to promote mental health, caring for others while answering the boldly candid questions of middle school and high school students.

continued on page two

Dr. William Pelham, Director of the Center for Children & Families at UB to Speak on ADHD in Children & Adolescents – October 15

Dr. William Pelham, UB Distinguished Professor of Psychology & Professor Pediatrics and Psychiatry will speak on Attention Deficit/Hyperactivity Disorder in children and adolescents on Wednesday, October 15 at the Orchard Park Town Hall at 4295 South Buffalo Street, Orchard Park.

Dr. Pelham has studied many facets of ADHD that include the nature of cognitive deficit, peer relationships, diagnosis, pharmacological, psychosocial, and combined treatments, motivation and persistence, and family factors.

He has conducted much of this research through his Summer Treatment Program for children with ADHD, which has been recognized by the American Psychological Association, and CHADD (Children and Adults with ADHD).

The Child & Family Support Program is sponsoring this program..



DR. WILLIAM PELHAM

There is no charge for this talk, however you MUST make a reservation to attend by calling 886-1242 Ext. 318. Childcare will be provided, so please make sure to mention this when you call the MHA to register.

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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National Depression Screening Day October 9 • 10 am-3:30 pm Boulevard Mall Food Court

Hear Dr. Jeffrey Grace Talk About This Program on Sunday, October 5 at 7:00 a.m. on 96.1 WJYE.FM

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

Clinical depression is a common medical illness affecting more than 19 million American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

WHAT IS A DEPRESSION SCREENING LIKE?

Attendees at screening programs, which are free and confidential:

- Hear an educational session on depression
- Complete a written screening test
- Discuss the results with a mental health professional
- If necessary, learn where to go for additional help

WHO SHOULD ATTEND A DEPRESSION SCREENING?

People suffering from depression often experience some of these key symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

Screenings are not a professional diagnosis. Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental

health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.

National Depression Screening Day is a program of the nonprofit Screening for Mental Health, Inc. The program provides a non-threatening way for the general public to be screened for depression and related illnesses such as bipolar disorder, anxiety and posttraumatic stress disorder. The Mental Health Association thanks the Boulevard Mall for hosting this public service, the Buffalo Psychiatric Center, UB Department of Psychiatry, VA WNY Health System and the WNY Psychiatric Society. We also thank the people who will be volunteering their professional services for this screening.

For more information, please call Mary McParlane at 886-1242 Ext. 321.

Am I Blue Or Is It Depression?

Years ago, the word "depression" wasn't used as freely as it is today. We hear about depression while watching television, reading the newspaper or while listening to our friends. But, how can you really tell if what you are experiencing is feeling blue or if you need professional assistance.

Most of us have problems that bother us from time to time and leave us with feelings of being "blue" or "down." Such feelings usually focus on a particular problem with school, work, a boy or girlfriend or with a family member and do not interfere with one's ability to perform everyday functions. With experience, we realize that such problems, while still important, are not a matter of life and death. We are still able to laugh with friends, enjoy different activities and are generally able to continue on with our lives.

If you are able to lift your mood by yourself, chances are pretty good you do not need to seek professional assistance. The next time you are feeling like yourself, try to spend time designing a menu of "self-helps" that you can call upon when you are feeling blue. Most people report they are unable to come up with positive ideas once they are in the throws of being in a bad mood.

Writing down your problem can be helpful and can give you a more objective view of the problem. Relaxation is another helpful tool. Find a quiet place and sit for approximately 15 minutes. If it is difficult to relax, try tightening up different muscles for 5 seconds and then letting go or relaxing those muscles.

Exercise is another tool for combating the blues. When you first feel yourself sinking into a bad mood, try walking for 10-15 minutes. Researchers believe exercise helps to release natural healing chemicals called "endorphins" which are known to reduce depression.

Depression, that requires professional help, affects many aspects of one's feeling of self-worth, one's appetite, sleep habits and ability to think and concentrate and usually continues for most of the day for approximately two weeks. The following are symptoms that indicate depression:

- Depressed mood for most of the day
- Reduced interest or pleasure in all, or most activities
- Change in appetite; either overeating or under eating
- Change in sleep habits – either sleeping more than usual or less
- Feelings of restlessness
- Fatigue or loss of energy
- Feelings of worthlessness or excessive (and unexplained) guilt
- Difficulty thinking or concentrating and making decisions
- Recurrent thoughts of doom and gloom

Depression oftentimes referred to as a Mood Disorder, does not clear up by having a hot fudge sundae, by watching a funny movie or by talking to a trusted friend. It is a reoccurring feeling of hopelessness and a general lack of interest in ideas and activities which were previously interesting and pleasurable to you.

It is important to seek medical

assistance if you are suffering from depression.

This article was submitted by Barbara Levy Daniels, M.Ed., and L.C.S.W. Counseling Services in Williamsville, NY.

No Two Days No Two Lives

from page one

Child and Family Support Programs staff is often at the frontline of a crisis as it is occurring. Additionally, the programs offer therapeutic interventions, education, parent and family support, respite care, educational groups, peer advocacy, community presentations and so much more. No two days are alike.

Community support, corporate donations, membership involvement and individual contributions toward our efforts are critical. The landscape of mental health needs will continue to change. The expressions on the faces of the lives we touch remind us that our work is necessary and meaningful. We embrace the fact that no two days will be the same and the needs of everyone we serve are unique.

Who cares about mental health and those living with a mental illness? We hope you do. Please become a member of the MHA today. Send in the application on page 4 of Mind Full. We thank you!

Note: No real names were used in this article.

MONEY SENSE

Is It Ever Too Late to Plan for Your Special Needs Child?

By Chris Sullivan of Merrill Lynch

For parents of a grown child with disabilities, the most pressing question is “what will happen to my child when I’m no longer here?” This concern grows more urgent as parents retire or experience a decline in health.

Today, more than 700,000 adults with disabilities live with caregivers over age 60.¹ While this reflects the positive trend of longer life expectancies for the seriously disabled and the general population, it also presents a new challenge for older parents: the need to make plans to preserve their children’s lifelong financial security.

Fortunately, it’s not too late to get started. Partnering with a team of professionals who are knowledgeable about disability issues—including a trusted financial advisor who can look at the impact on your overall financial goals—will help you take the steps necessary to secure a bright future for your child.

STEP 1: Create a “Life Plan.”

The first step is creating a “Letter of Intent” or “Life Plan” that will serve as a roadmap for everyone involved in your child’s future care. With the help of a social service representative who specializes in your child’s area of disability, you can write (or record or videotape) your preferences, including where your child will live, what types of enrichment programs they’ll attend (e.g., vocational or adult activity programs), what type of daily care they’ll require and who will assume a guardianship role. To help caregivers view your child as a unique individual, it also is important to provide as much detail as possible about the child’s life, including medical and therapeutic history, challenges and triumphs, hobbies and interests.

STEP 2: Calculate the Cost.

The next step is estimating the cost of your child’s future lifestyle. A financial advisor trained in disability issues can help you do this using a specially designed financial calculator. You can find one by visiting www.totalmerrill.com/specialneeds. Based on information you provide about your child’s anticipated income and expenses—including costs for housing and enrichment programs—and assumptions about inflation and investment returns, the calculator will estimate how much you’ll need to set aside to close any shortfall in monthly needs.

STEP 3: Preserve Public Benefits.

As you take the next few steps, it will be critical to consider how your actions may impact your child’s eligibility for means-tested public benefits such as Supplemental Security Income (SSI).

SSI serves as the gateway to Medicaid and numerous other programs that form the bedrock of support for the seriously disabled. Your child’s uninterrupted eligibility depends on having limited income and no more than \$2,000 in assets.

Step 4: Fund Your “Special Needs Goal.”

Most parents wish to supplement SSI income to provide their children with a higher quality of life. If you’ve already set aside funds in your child’s name, named your child as beneficiary of policies or accounts, made a bequest through your will or encouraged relatives to do the same, you’ll need to make some changes—with the help of a financial advisor and attorney—to avoid jeopardizing your child’s eligibility for SSI. If you plan to fund your child’s needs with retirement plan assets or proceeds from the sale of your home or business, a knowledgeable financial advisor can suggest ways to balance your child’s financial needs with your own. If saving for this goal is out of the question, a financial advisor can help you consider cost-effective alternatives like purchasing a “second-to-die” life insurance policy payable after both parents pass.

STEP 5: Consider a Special Needs Trust (SNT).

However you fund your goal, where you place the assets will be of paramount importance. Generally, the only way to supplement the lifestyle of an individual receiving means-tested public benefits is to place assets in an SNT. A disability and elder law attorney can help you establish a trust in a manner that supports your overall estate-planning goals.

STEP 6: Plan Ahead for Long-Term Care Needs.

Finally, you’ll need to ensure that your own healthcare expenses won’t deplete assets set aside for your special needs child. A long-term-care insurance policy is one possible solution. A disability and elder law attorney can help you consider other alternatives, such as placing assets earmarked for your child in a “Disability Annuity Trust” held inside an SNT.

Following an organized plan of action and working in concert with the right professional resources can ensure your child’s future. Partnering with the right financial advisor is essential to this strategy, and can help you assess and attain your most important intergenerational financial goals.

Chris Sullivan is the Vice President of Special Needs Financial Services at Merrill Lynch.

¹The University of Colorado’s Coleman Institute for Cognitive Disabilities, 2004.

Many Of Us Living Well With Invisible Disability

It was this past January and the media was fixated on the story of Britney Spears and her alleged bout with what was described as bipolar disorder. I’d had it. Whether Spears was diagnosed or not as bipolar, this certainly was not the way that she should be treated. Why, I asked myself, do we only hear about the worst when it comes to mental illness in the news?

I have been living with bipolar disorder for 27 years. I’ve been to a variety of institutions, including the Buffalo Psychiatric Center and Erie County Medical Center. Early in my recovery, I’ve taken any number of medications, including Lithium and Mellaril, which I currently take to help control my bipolar disorder. It has by no means been an easy feat getting my disease under control.

One of the most valuable lessons I have learned on this journey is to take care of myself. I gave up drinking and drugging more than 20 years ago and took up running as a means of fitness and mood stabilization. I try to get enough sleep on a regular basis.

I also have a strong spiritual program of prayer and worship through my church. My family and close friends have been an incredibly important part of my recovery as well.

Having been free from hospitalization since 1995, I have maintained steady employment as well as a stable family life with my wife, two daughters and father, with whom we live.

Yes, life is good. Most people in my daily life are unaware of my condition, and why should they be? I am a responsible and productive member of society and I do not bring attention to the fact that my brain chemistry is different than theirs.

Just recently, I was speaking with someone I have known professionally for several years. When I disclosed that I had bipolar disorder she said, “Forgive

me for saying this, but I never would have known that you were bipolar.”

So there you go. What does someone with bipolar disorder look like? Am I supposed to have a wild and freaky look, as if I’m having a manic episode? Or should I appear as though I have the weight of the world on my shoulders with no end in sight?

Yes, I have been to hell and back and have the scars to prove it. But by no means will I let the limitations of my past dictate the potential of my present, or my future.

I have learned so much about my illness and myself over the years. One of the most important is that despite how bad things can get, they can always improve. I have also learned the value of persistence. That is the one ingredient that drives motivation and provides the energy to not give up in the face of adversity.

The stigma that surrounds mental illness is stifling. This is due to the fear and misunderstanding that surrounds the disease. There is also a considerable amount of shame. Why? Considering that there are more than 4 million people in the United States living with bipolar disorder, chances are we all know someone who lives with it. What are we trying to hide?

So, the next time you are watching the news and hear another tragic story of someone whose unbalanced psyche pushed him over the edge, just remember, there are many others out there who are bravely facing their illness with courage and conviction. Chances are you encounter us every day – at work, school and in your neighborhood. That’s why it’s called an invisible disability.

It is our pleasure to re-print an article by Karl Shallowhorn that ran last month in The Buffalo News MYVIEW column. We thank Karl for his candor and willingness to share his experience with us.

Help Raise Funds for the Mental Health Association:

It’s so easy! Borders and Waldenbooks have chosen the MHA to participate in their Benefit Day program. Borders/Waldenbooks will provide a 10% off coupon off net sales for specific items in their store. If you purchase a book on Thursday, October 9, the MHA will receive the proceeds.

BORDERS

valuable coupon to benefit Mental Health Assoc. of Erie County

10% off
your total purchase

Valid 10/09 – 10/10/08

10% of the net sales raised from this coupon will be donated to the Mental Health Association of Erie County.

10% of the final purchase amount, excluding Gift cards, will be donated to Mental Health Association of Erie County, Inc.

Discount at Borders combines with in-store promotions and offers. Discount at Waldenbooks, Borders Express, and Brentano’s applies only to regularly priced items. Excludes previous and online purchases, gift cards, newspapers, magazines, Seattle’s Best Coffee items, coupon books, digital downloads, comics, special orders, Rosetta Stone software, and shipping. May not be combined with other coupons or corporate, classroom, or other group discounts. One coupon per customer, per day. Void where prohibited by law. Any other use constitutes fraud. Cash value .01¢. Not redeemable for cash. Valid only at the Orchard Park, and the Buffalo, NY 10-9 through 10-10-08.

Borders: Ring item, select S3, select S6, scan or enter coupon #36602189000000000, select S2, enter 10%, Total.

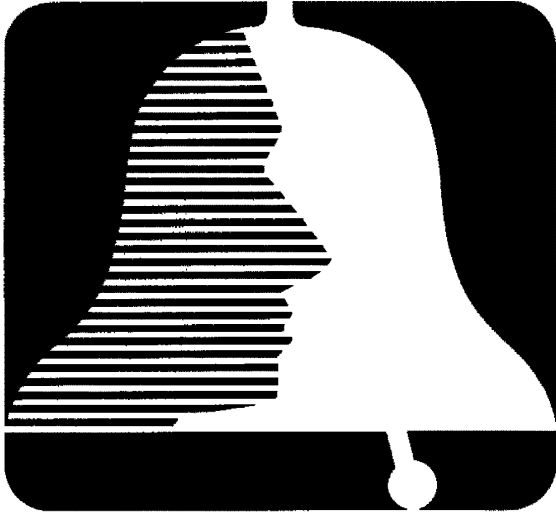
Waldenbooks / Borders Express: Use Group Discount and Discount Code 17 to discount all valid, regularly priced items. In cases where all items are discounted, do the following on at least one item:

- Enter PLU Override
- Scan Item
- Enter ITEM DISCOUNT with discount code 17.
- Enter the stickered discount of the item!

366021890000000000

BORDERS

Join the Mental Health Association Today!



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*

You Are
Cordially
Invited
to Become a
Member of the
Mental Health
Association

By Rose L. Argenio
Director of Social Marketing

The Mental Health Association (MHA) is presently conducting a "membership drive" to encourage new members. As a member of MHA, it is our hope that members will become more educated on our programs and services and share this information with the people you see everyday. There are so many occasions to tell people about our work and its impact on our community. The more we build our membership, the more people will "become acquainted" with us.

Please fill out the Membership Application in this issue of *Mind Full* and either send/or fax it to us. If it would be easier for you call us and complete your membership over the phone, we welcome you do so. Please call Rose Argenio at 886-1242 Ext. 313.

Welcome New
MHA Members:

Thomas & Laurie Baker

Jean I. Dittman

Thomas A. Pause

Spotlight on Hope, Inc.

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!



Tribute to Senator Mary Lou Rath

The Mental Health Association, especially its prevention and education program – B.E.S.T. Program (formerly the Inner I Program) – has greatly benefited from State Senator Mary Lou Rath's commitment to her constituency. The children from Dodge Elementary, Heim Elementary, Roosevelt Elementary and Heritage Heights Elementary Schools have benefited by having their schools participate in B.E.S.T!



STATE SENATOR MARY LOU RATH

Throughout her tenure, Senator Rath has shown an active commitment to representing the interests of individuals being served by the NYS Offices of Mental Retardation and Developmental Disabilities, Mental Health, and Children and Family Services and Department of Education. She and her office staff have visited agencies, met with staff, families, and learned about significant issues that affect funding, services, systems barriers, and what families need to provide for their children, teens, and adults. She has

convened several committees and task groups to look at how vulnerable youth with developmental disabilities are being served and how the community can become more responsive.

She chaired the NYS Senate Children and Families Committee for several years and could always be counted on to share individual concerns and be responsive to those needs. Recently, she took on an issue concerning a young person who was multiply diagnosed and who crossed various state systems. She again convened a meeting to address the concerns with the family, Erie County representatives, and private agencies to address the problem. She helped the parent share concerns about the lack of system responsiveness and the waiting list for these youth especially those with autism. The parent felt heard and responded to and as a result, the state systems made changes in policies and practices.

Senator Rath has been a voice for the children and families in WNY but especially the most vulnerable citizens and their families. WE ALL THANK YOU!

WORKSHOP & RESOURCE DAY

CAREGIVERS: This Day Is For You!

WHEN:

November 1, 2008

8:30 am – 3:00 pm

WHERE:

Millennium Airport Hotel
2040 Walden Avenue
Cheektowaga

WORKSHOP TOPICS INCLUDE:

- Stressed? Frustrated? Overwhelmed? Let's Talk!
- "Elder" Proofing Your Home
- Classic Caregiver Concerns & What To Do
- Dealing With Challenging Behaviors
- An Attorney Talks with Caregivers
- Sexuality & Intimacy in Dementia Care
- Coping with Personal Care Issues
- Home Activities for Loved Ones with Dementia
- Laughter: The New Stress Buster!
- Depression: What Caregivers Need to Know
- Resource Tables with Local Vendors

LUNCHTIME SPEAKER:

Dr. Kenneth Garbarino
KALEIDA HEALTH GERIATRIC AMBULATORY PROGRAM

REGISTRATION IS REQUIRED.

PLEASE CALL:
716-858-2177

OR EMAIL:
caregiver@erie.gov

LUNCH AND ADULT RESPITE CARE WILL BE PROVIDED AT NO CHARGE.

MENTAL HEALTH ASSOCIATION AND EPIC

Present an Educational Forum on

Cyber Bullying and Misuse of the Internet ... What Parents, Teachers & Therapists Should Know

Presented by

FBI Supervisory Special Agent Michael Liwicki

Thursday, October 9th at 7:00 p.m.

Orchard Park Town Hall

4295 South Buffalo Street • Orchard Park, New York

THIS EVENT IS FREE TO ALL ATTENDEES.

Inner I Program

**Mental Health Association
of Erie County, Inc**

has officially changed our name to:

BEST Program

Basic Emotional Skills Training

~Teaching Kids to Care~



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

DepressionExt. 159

Double Trouble
in Recovery.....Ext. 154

Empty Leash
Pet Loss Support.....Ext. 345

Gay & Bi-Sexual
Peer Support Group.....Ext. 170

Housing Support GroupExt. 177

Social Hour.....Ext. 170

First Step Vocational/
EducationExt. 153

Networking Group Vocational/
EducationExt. 147

Women's Trauma GroupExt. 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 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, October 9th
at 7:00 p.m.

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

The NAMI Support Group meets
Wednesday, October 22nd
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 prayer-
ful 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 Eucharis-
tic Prayer Service for recipients of
mental health services and caregiv-
ers 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

The Parent Education & Awareness Program Can Help You...

The New York State Parent Education and Awareness Program is an initiative of Chief Judge Judith S. Kaye, who announced in her 2001 State of the Judiciary address her wish to institutionalize parent education and awareness programs in New York State, and to improve the quality of court outcomes involving children in such situations.

The New York State Parent Education and Awareness Program is designed to educate divorcing or separating parents about the impact of their breakup on their children. The primary goal is to teach parents ways they can reduce the stress of family changes and protect their children from the negative effects of ongoing parental conflict in order to foster and promote their children's healthy adjustment and development.

Four topics are addressed in the Parenting & Child Well-Being portion of the curriculum: 1) Creating and Maintaining Supportive Parent-Child

Relationships; 2) Providing a Stable, Supportive Home Environment; 3) Maintaining Healthy Parental Functioning & Psychological Well-Being; and 4) Protecting Children from Ongoing Conflict Between Parents. There is also an overview of the Legal Process.

If you are interested in attending one of these programs, please contact the following for further information:

- **Erie County Family Court P.E.A.C.E. – Buffalo**
Class location: Downtown Buffalo
Contact: Lisa Virgilio - 845-7445
lvirgili@courts.state.ny.us (email)
- **Catholic Charities of Buffalo, NY Our Kids: A Parent Education and Awareness Program**
Class location: Amherst, Buffalo and Hamburg
Contact: Amy Morris - 896-6390
amy.morris@ccwny.org



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 recast 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.

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

✂

Name _____

Address _____

City, State & Zip _____

Phone: _____

Email: _____

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.

More Child & Family Support News...

Child and Family Support Program Thanks the Amherst Youth Board

The CFSP will be meeting at the Amherst Youth Board twice a month for our family support group. The program looks forward to serving families in the Amherst/Williamsville area. A youth peer support group will take place at the same time as the parent support group. Childcare will also be provided. Please call CFSP at 886-1242 Ext. 340 for meeting dates in October.

Deadline for Grant Proposals is October 16th

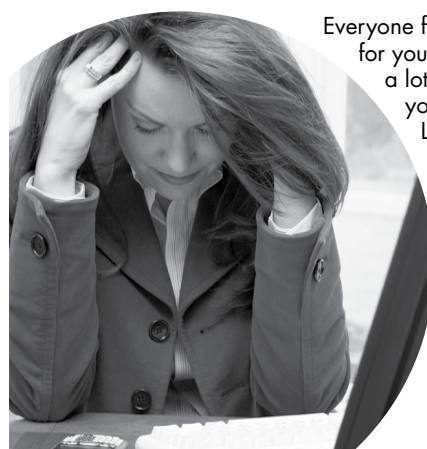
The Road 2 Recovery Walk/Run held on July 25 of this year is seeking grant proposals. The intent of the Road 2 Recovery Executive Committee is to award three \$1200 cash grants in the year of 2008 to local mental health agencies providing direct services to consumers. For more information, please contact Kim Baughan at 832-4022 or Patricia Ciocca Braciszewski at 827-4060. The Mental Health Association, along with MHA Board Chair, Karen Richardson, participated in this event.

Family Voices Network of Erie County Receives National Recognition

The Child and Family Support Program congratulates Family Voices Network of Erie County for receiving national recognition for their work in social marketing and evaluation at the 8th Annual Excellence in Community Communications & Outreach (ECCO) and in the 2008 Excellence in Evaluation Recognition Programs.

Family Voices Network is an initiative of Erie County Department of Mental Health and Social Services and Juvenile Justice/Probation and is partly funded by a grant from the U.S. Substance Abuse & Mental Health Services Administration, and U.S. Department of Health & Human Services. Additionally, the University at Buffalo Dept. of Family Medicine provides social marketing and evaluation support services for this initiative.

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 or visit www.mentalhealthamerica.net

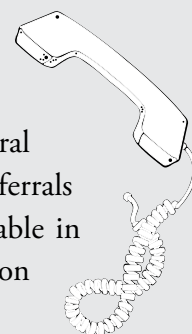


Please call us...

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.



2nd Annual ART FOR HEART

A UNIQUE AUCTION OF STUDENT ARTWORK

This year's ART for HEART auction promises to be another exciting event. With more than 100 pieces of original student artwork collected, there's sure to be something for everyone, every home and every office!!

Join us to celebrate a great cause! The HEART program is delivered to schools throughout WNY, teaching young people the importance of mental health awareness, seeking help when needed and knowing the warning signs of important issues like eating disorders, bullying, self-mutilation and even suicide. Every year we meet new students and enlighten them with these important skills and every year, we get more great feedback from teachers, principals, parents and students about how our program really reached them!

The ART for HEART auction will raise funds to support the HEART program. We hope you can come and help us raise our goal and reach more students this year than ever before!!



After winning your one-of-a-kind piece of artwork; you should head to the Elmwood Framing & Interiors table!! They'll be offering custom framing for your newly acquired work- and a portion of your purchase comes back to us! A double dose of good will - who could possibly resist?!



WHERE DO I GO?

The Karpeles Manuscript Library Museum
453 Porter Avenue, Buffalo

WHEN IS IT?

Saturday, October 18th

WHAT TIME CAN I SHOW UP?

Doors open at 5:30pm

WHAT WILL HAPPEN WHEN I GET THERE?

- Silent Auctions will open & live music will start at 5:30pm
- At 6 pm, complimentary hors d'oeuvres, beer & wine will be served.
- Live Auction starts at 7:30pm
- You're last chance for bidding is at 8 pm, that's when the auctions close! Desserts will be served.
- 8:30pm, Auction winners announced and Live music until 9pm

LIVE MUSIC IS PROVIDED BY YOUNG AREA MUSICIANS!

CATERING PROVIDED EXCLUSIVELY BY CHEF'S RESTAURANT!

THANK YOU SO MUCH TO OUR GENEROUS SPONSORS!



Mental Health Association October 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
3rd Thursday, 6:30 p.m.

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 Michele Tedesco at 886-1242 ext. 318 for more information.

ECMC Support Group
462 Grider St, Room 444 • Buffalo
Saturday, October 11 and 25
12:30 – 2:00 PM
Respite not available

BryLin Hospitals Support Group
1263 Delaware Avenue • Buffalo
Wednesday, October 1 and 15
(room next to elevator in main lobby)
7:00-8:00 PM
Respite not available

CFSP Partners with WNY Children's Psychiatric Center to host a support group at:
WNYCPC Community Services Buffalo Outpatient Center
575 Alberta Drive, Suite 2
(door is on Bailey Ave. side of bldg.)
Amherst, NY 14226
Thursday, October 9 and 23
Childcare is provided.

Respite is available at the support groups held in the community – these groups are:

The Family Resource Center
347 E. Ferry Street, Buffalo
Friday, October 10 and 25
6:30 – 8:00 p.m.

Boys & Girls Club of Buffalo Southside Clubhouse
17 Tamarack, Buffalo
Friday, October 3
No group – Clubhouse Closed
Friday, October 17
6:30 – 8:00 p.m.

There is a peer youth support group that meets at the same time as the parent support group for youth 12 – 18 years of age at both of the above locations. The Family Resource Center and the Boys and Girls Club of Buffalo (Southside Clubhouse.)

Writing & Well-Being Fall Schedule

The Writing & Well-Being Program will commence this month and we're thrilled that Jamie May will be back as facilitator. Stay tuned for information on the guests for our Fall Lecture Series scheduled for October 18, November 15 and December 13.

October – 4 and 18
November – 1, 15 and 29
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 further information.

ALL CLASSES ARE FREE OF CHARGE.