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*Scooter Haase
Executive Director*

**Contact us with
questions or comments
about the newsletter
at:**

Mental Health America of
Lancaster County
630 Janet Avenue,
Suite B-110 Lancaster, PA
17601
717-397-7461
www.mhalancaster.org



Greetings, MHA family:

I want to start out by thanking each of you for helping us to finish off a very successful fiscal year. With your support of our Pasta Buffet and Auction, our year-end appeal, and other fund-raising efforts, we should finish the year in a strong financial position. Your financial support is increasingly important as state budgets for mental health services remain at best flat, but like the rest of the world, our expenses continue to climb.

We have managed to secure some new funding this year, including funding for our important work in Lancaster County Prison. This work reaches over 1400 inmates each year and provides them with valuable skills that help them navigate prison life. Inmates also learn skills and techniques that help them thrive once they leave the prison and engage again with society. We have many stories of how skills learned in our support groups have prevented someone from re-entering prison.

Your support also helped us reach just under 1500 high school students and community members with education on mental illness and suicide prevention. This work is critical to reducing stigma in our community and to letting people know that help is available. This also helps drive us toward our vision of a society where mental wellness is the foundation of a healthy community.

You'll notice in upcoming materials that the board has changed our Mission Statement (see back cover). We changed the word "Awareness" to "Support". It was felt that "Support" is a more active word and that it more accurately reflects what we do.

In closing, I need to let you know that I am stepping down from my position as Executive Director, effective August 31. MHALC has been a great experience for me and I have learned much since starting here. The staff is highly qualified and independent, so the board won't need to rush their search for a new director. I have enjoyed getting to know many of you, and your passion for the work of MHALC has been inspiring to me. Thank you for all that you've done for MHALC, and for me personally. I know that you will continue your support with the new director.

Scooter Haase

MHALC BOARD OF DIRECTORS

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Client and Family Advocate

Sue Tushingam
Peer Educator

Joe Mills
Compeer Program Manager

Charlotte Leckow
Marketing Coordinator

Carol Bowman
Administrative Assistant

Peggy Shaffer
Staff Accountant

April Leaman
Support Group Administrator

UPCOMING MHALC EVENTS

Suicide Prevention Conference | September 10th | 9:00 a.m. to 4:30 p.m.

Understand and recognize risks, signs and interventions; increase knowledge of LGBTQ, sexual orientation, identity development, awareness of professional values and risk/intervention skills; panel discussions and treatment options; receive 5.5 CEU credits.

QPR Suicide Prevention Training | October 5th | 1 p.m. to 4 p.m.

This training will teach you how to recognize the warning signs of a suicide crisis and how to Question, Persuade, and Refer (QPR) someone to help. This course costs \$15; Inquire about available scholarships. To register, please call the office at 717-397-7461.

Extra Give 2018 | November 16th, 12:00 a.m. to 11:59 p.m.

Search for & donate to Mental Health America of Lancaster County at www.extragive.org.

For more events visit: www.mhalancaster.org/news-events/calendar-of-events.

UPCOMING COMPEER EVENTS

Game Nights | September 13th, October 11th, November 8th (Bingo) | 6:30 - 8:30 p.m.

Annual Holiday Party | Tuesday, December 4th, 7:00 PM - 8:30 PM. Friends, mark your calendar. The party will be at the Lancaster Church of the Brethren.

FREE DROP-IN SUPPORT GROUPS

*Unless otherwise noted, groups meet at 630 Janet Avenue
(Parking Lot 4, Entrance F), Lancaster, PA 17601*

Most support groups are peer-facilitated, which means that the individual leading the group has walked in your shoes. These groups are a great place to begin your journey through recovery. We hope you'll find that by hearing others' stories, you'll feel less alone in your experiences.

Anxiety, Panic & Obsessive Compulsive Disorder Support Group

1st & 3rd Mondays | 7-8:30 p.m. | Room B-103

Bipolar Educational Group

1st & 3rd Mondays | 7-8:30 p.m. | Blair Room

Bipolar Discussion Group

2nd, 4th & 5th Mondays | 7-8:30 p.m. | Blair Room

Bipolar Support Group

2nd Thursdays (lunch is provided)

Hempfield United Methodist Church | 3050 Marietta Avenue, Lancaster PA

Depression Support Group (Finding Our Way)

Every Monday | 6-7 p.m. | Room D-155

Depression Awareness and Men's Needs (D.A.M.N.)

* On hold until further notice.

Depression Awareness and Women's Needs (D.A.W.N.)

1st, 3rd & 5th Tuesdays | 7-8:30 p.m. | Room B-107

Moms Supporting Moms Group

* This is an online group only. Contact: 717-397-8722 or lancastermsmgrou@gmail.com

MESSAGE FROM THE BOARD

WHERE MHALC IS HEADING INTO THE FUTURE

WENDY BOOKER, BOARD PRESIDENT



Hello MHALC Community!

Mental Health has never been more front and center in the country, and I am so proud to serve with an organization that seeks to provide advocacy, education and support to members of the Lancaster County community.

Due to the financial and volunteer support from all of you, Mental Health America of Lancaster County is reaching more Lancastrians than ever. Our dedicated staff continues to passionately pursue helping others each day. And I'm happy you can share their experiences through some of the articles they share with you in this newsletter.

As you can see in Scooter's letter, we have an upcoming change taking place in the organization: Scooter Haase will be departing the organization at the end of August. I wanted to take a moment to thank Scooter for his accomplishments during his 3 years he served as Executive Director at MHALC. Scooter implemented key structural changes as well as expansion of key services. Key initiatives of note include:



Scooter Haase
Pasta Dinner & Auction 2018

- The hiring of a Peer Educator, allowing the organization to reach additional consumer groups with both group and 1:1 sessions.
- Serving as Secretary of the Health and Welfare committee and as a key organization liaison in the sale of the building, where MHALC is a minority owner. This included negotiating on behalf of MHALC to provide the most financially beneficial outcome.
- Pursuing and obtaining funding for the 2017 prison program. This has provided the opportunity to further increase the organization's reach in the community.

The Board is actively recruiting a suitable replacement, and we look forward to letting you know our selection in future newsletters. The new Executive Director will also take over the responsibility to lead the organization's fundraising & business development initiatives.

Please join me in thanking Scooter for his service and contributions to MHALC.

Best Regards,

Wendy S. Booker
Board President, MHALC



SUICIDE PREVENTION CONFERENCE 2018



HOSTED BY MHALC'S LANCASTER
COUNTY SUICIDE PREVENTION COALITION

SEPTEMBER 10TH FROM 9:00 AM—4:30 PM
THE PUBLIC SAFETY TRAINING CENTER
101 CHAMP BOULEVARD, MANHEIM, PA

Keynote Speaker, Dr. David Rudd, ABPP (1 credit hour)

A Nationally Recognized Expert on Ethical Suicide Risk Management and Intervention Strategies

- Gain the ability to articulate a model for understanding suicidal risk, self-harm behaviors and recognizing the critical role of skill deficits in the formulation of hope.
- Recognize a range of empirically supported interventions in clinical management.

Two Breakout Sessions (1.5 credit hours)

1. Dr. Brent Satterly, LCSW

Expert on Suicidality of LGBTQ Youth (Lesbian, Gay, Bisexual, Transgender & Queer)

- Increase your knowledge of sexual orientation and gender identity development.
- Increase your awareness of personal and professional values regarding LGBTQ youth.
- Increase your clinical skills related to risk management and intervention.

2. Dr. Jessica Umbrell, Leader of Panel Discussion

Licensed Psychologist, Lead Psychologist Advisor at PerformCare

- Open discussion with attempt survivors, loss survivors and professionals.
- Includes the Lancaster County Directors of Crisis Intervention and Please Live organizations.

Afternoon Session (3 credit hours)

Led by Dr. David Rudd: A Model Suicide Risk Assessment

- Learn to implement an approach to clinical management and treatment.
- Learn to conceptualize acute and chronic risk, formulate explanatory clinical models for identifying skill deficits related to risk, learn guidelines for good clinical documentation, complete suicide specific inquiries and create "reasons for living" cards with safety plans for patients.

Register to attend at: www.stopsuicidelancaster.org/awareness-and-events

Cost: \$75.00 with 5.5 CEUs and \$50.00 without CEUs

THIS CONFERENCE FULFILLS MANDATED SUICIDE TRAINING HOURS.

Who should attend? Professionals needing CEUs, suicide survivors and anyone interested in sharing their experience, advocating for prevention or simply learning about risks, signs and treatment.

Call MHA of Lancaster County for more details at 717-397-7461.

CLIENT AND FAMILY ADVOCACY UPDATE

GIVING INMATES THE OPPORTUNITY TO BELIEVE IN THEMSELVES

GRETCHEN GAUDIOSO, CLIENT AND FAMILY ADVOCATE



A little over 5 years ago Jacob (name changed) joined my prison mental health group on the drug and alcohol block. I remember him very well as he has a very big presence; he's tall, bald, tattooed, and has an intimidating presence. We never spoke about this but I suspect that he started coming just to spend 90 minutes in the air conditioning. He was very closed off, but as weeks went on he started opening up more and more. He was learning for the first time about himself, why he used drugs and alcohol, ways he got into trouble, and how his mental health was behind all of this.

He was diagnosed with different things over the years, but he never believed it because he didn't understand or know about what it meant. So when you don't understand something you turn away from it and deny it. Now, sitting in group and learning about it all—it started to make sense. He went from being a guy with an attitude to someone that I looked to as a leader in group. We spoke after group, one on one, about services and how he can get help once released. It was time for court and the judge felt like he was already given too many chances. Therefore, he was sent upstate for 5 years.

While upstate he stayed in touch with me to let me know that he was grateful and he was continuing to work on himself. A few weeks ago (5 years later) I got a call from Jacob. He was released from state prison on a Saturday. He called me the following Monday and was in my office on Tuesday. He kept my card for 5 years up state and wanted to come and get some help and say thanks. We caught up and called the state prison to get his meds sent and filled out an application online for medical assistance. While being in state prison he was a peer helper and said that he used a lot of the information he got in our mental health group with the individuals he worked with there. He was excited to be out of prison as a new person.

He is someone taking his mental health and sobriety seriously. One thing that he said (that really stuck with me) was something that I said (that really stuck with him). He said, "You barely knew me and you looked me in the eyes and said, 'You are better than this. You are better than being an inmate.'" He explained how he thought about that over and over again while up state. The reason we have these prison groups is because we know that some people don't have the understanding, upbringing or resources to get help. I teach that everyone is capable of change—and they are much more than being an inmate.



Join MHALC in congratulating Gretchen on her 20th year at MHALC. She has provided an immeasurable amount of advocacy, education and support to thousands of Lancaster residents, families and inmates over the years.

Congratulations Gretchen, and thank you for being a partner to so many people throughout their mental health journeys and in their recoveries.



SUMMER CELEBRATION

RECOVERY PICNIC MEMORIES
FROM JUNE 2018

*HOSTED BY MHALC'S
COMMUNITY SUPPORT PROGRAM*



On June 15th, the 17th Annual Recovery Picnic took place at Long's Park. It was a day of food, games, music and dancing. Everyone celebrated on a beautiful day in the park. Mental health consumers, family members and the professionals who help adults with serious mental illnesses enjoyed carnival games, a cake walk and a DJ who played a great variety of music; kudos to those people who participated in the lively dancing contests!

Keep your eyes open for information on next year's picnic to indulge in cotton candy, snow cones, popcorn, and root beer floats again. A wonderful lunch was provided by Enck's Custom Catering and many community agencies thoughtfully donated a variety of baskets with goodies inside, which were raffled off to the picnickers at the end of the day. This was a day of smiles and laughter, as old friends reconnected and new friendships were made. We thank everyone for making the event a very positive experience.



PEER EDUCATOR UPDATE

PEER EDUCATOR TO OUR COMMUNITY

BY SUE TUSHINGHAM

*PEER EDUCATOR FOR MHA OF LANCASTER COUNTY &
CHAIRPERSON OF THE COMMUNITY SUPPORT PROGRAM OF LANCASTER COUNTY*



Part of my role is leading approximately ten peer groups a month in the community. The most common issues presented by participants are depression, anxiety, low self-esteem, lack of coping skills and family dysfunction. By attending the groups, participants leave feeling more supported and validated; all the while learning some valuable self-help skills. They make connections to the other participants, which creates connection and decreases feelings of isolation. By sharing in the group, participants also gain confidence and build self-esteem.

Once a month I lead at the Tempo Clubhouse and the Lancaster Neighborhood Senior Center, and twice per month I go to Arch Street Center. At these groups I present a self-help teaching and then open the group for discussion.

I also lead a peer group at Lancaster General's Behavioral Health Unit, with plans to begin these weekly groups at their new Lancaster Behavioral Health Hospital in September 2018. Then, periodically, I lead groups at senior apartments, senior centers, and personal care homes. I've led some groups recently at the Millersville Senior Center, the Senior Apartments at Heatherwood in Denver and Marietta Senior Apartments.

During all of these groups, I share my personal recovery story and helpful tips I've learned and am still learning. I then open the group and encourage the participants to share a bit about their story and how they're doing. When I share my personal recovery story, I act as a peer in a shared journey. My goal is to inspire faith and hope in others. I am an example that you can face adversity and hard times, which we all face at times, make it through stronger as a result. We can all go on to help and inspire others.

When I share my story, people learn they aren't alone and that we share many common feelings, thoughts, and experiences. I am their peer mentor.

What is CSP?



Community Support Program of Lancaster, Pennsylvania

630 Janet Avenue, Lancaster, PA 17601 717.397.7461

CSP is a coalition of mental health consumers, family members and professionals working to help adults with serious mental illnesses live successfully in the community. We also educate the public to the fact that people can and do recover from mental illness.

To get involved, contact Sue Tushingham at stushingham@mh Lancaster.org or 717-397-7461.

COMPEER FRIENDSHIP AND VETERAN SUPPORT PROGRAMS



VETERANS HELPING OTHER LANCASTER VETERANS
CONNECT THROUGH FRIENDSHIP



Many US military veterans are combatting mental and behavioral health problems, homelessness, physical disabilities, lack of community integration and acceptance; while other veterans have died by suicide. Compeer matches caring, mentoring adults in one-on-one friendships with someone who has walked a mile in their boots. These veterans could benefit from a vet-to-vet, supportive tie to the community.

We are looking for volunteers and a part-time veteran to coordinate this part of our Compeer program.

Please call Joe Mills at 717 397-7461 if you are interested in becoming a CompeerCORPS volunteer or to inquire about the position.



JOE MILLS
*COMPEER
PROGRAM MANAGER*



Compeer needs YOU!

Help us reduce the waiting list of over 60 individuals waiting for our services. Volunteer your friendship now.

Compeer Lancaster, a program of Mental Health America of Lancaster, seeks adult volunteers to spend four hours a month developing a friendship with an adult recovering from mental illness, or make a weekly 15-minute telephone call to an adult waiting for a volunteer friend. One year commitment is requested. Criminal background check required. Call Joe Mills at (717) 397-7461 or jmills@compeerlancaster.org.

Annual Compeer Bowling Party in February 2018

On February 3rd about forty friends gathered at Leisure Lanes for the bowling party. Everyone enjoyed the strikes, spares, gutter balls, snacks, friendship and laughter for a fun afternoon. We look forward to seeing our friends again at the next Compeer social event.



RECENT EVENTS

COMPEER 17TH ANNUAL FRIENDSHIP LUNCHEON

TOOK PLACE IN APRIL 2018

Approximately 90 Compeer volunteers and their friends enjoyed the 17th Annual Friendship Luncheon at the East Petersburg Mennonite Church. The guests enjoyed a history of Compeer through many photographs that were on display that day.

We honored 2 five-year, 5 ten-year, and 1 fifteen-year friendships. Entertainment was provided by a fabulous quartet, called Sum of Each, who sang the swing standards, rock 'n roll classics and pop favorites. We hope all our volunteers and friends enjoyed their afternoon of friendship and fellowship.



PASTA DINNER AND AUCTION 2018 RESULTS

TOOK PLACE IN MARCH 2018

Over 250 people gathered, through the long-standing community support of MHALC, to attend our most important fund raiser of the year. We raised over \$37,000 to fund help for the families, adults, children and those incarcerated through some very challenging and often isolating mental health diagnoses. Our staff also helps those undiagnosed find the professional services and peer support needed to plan a path to mental wellness, learn self management skills and advocate for themselves. Thank you everyone for helping fund the partnership between MHALC and those often overlooked in our community.



WAYS YOU CAN IMPACT THE MENTAL HEALTH COMMUNITY



VETERANS HELPING OTHER LANCASTER VETERANS
CONNECT THROUGH FRIENDSHIP



Many US military veterans are combatting mental and behavioral health problems, homelessness, physical disabilities, lack of community integration and acceptance; while other veterans have died by suicide. Compeer matches caring, mentoring adults in one-on-one friendships with someone who has walked a mile in their boots — who needs a supportive tie to the community.

We are looking for volunteers and a part-time veteran to coordinate this part of our Compeer program.

Please call Joe Mills at 717 397-7461 if you are interested in becoming a CompeerCORPS volunteer or to inquire about the position.



GIFTS OF JOY PROJECT 2018

*MEETINGS FOR THIS PROGRAM BEGIN IN SEPTEMBER.
LOOK FOR SIGN-UPS AND INFORMATION IN THE COMING WEEKS.*



Every year, MHALC celebrates the holiday season by having staff and volunteers work together to provide gifts to adults and children diagnosed with a mental illness in Lancaster County. Every year, Gifts of Joy reminds us that small acts of kindness and giving can make a huge impact on someone's life.

If you would rather send us your tax-deductible donation, then please send it to: Mental Health America of Lancaster County, 630 Janet Avenue Suite B-110, Lancaster, PA 17601. Your gift will be paid forward in the form of a special, personal holiday gift to a member of our community who has mental illness. For more information or questions, please contact MHALC with any questions by emailing mha@mhalancaaster.org or by calling 717-397-7461.



THE RICHARD OEHME MEMORIAL GOLF TOURNAMENT

*SATURDAY, SEPTEMBER 22, 2018 TEE OFF AT 1:00 PM FOLLOWED BY DINNER AROUND
5:00 PM AT THE OVERLOOK GOLF COURSE, LANCASTER, PA*

Register to play and honor the memory of my father, Richard Oehme. The last Saturday before he passed, I played his last round of golf with him. So I think this is the best way to honor him. The funds raised will be used to support Mental Health America of Lancaster County and the suicide prevention work they do, by inspiring hope, through advocacy, education and support.

To register to play or make a donation to the memorial and MHALC's suicide prevention work, please contact the Jerilyn Oehme at 717-572-1653 or jerilynoehme@gmail.com.



WHAT MHALC HAS BEEN UP TO

MENTAL HEALTH MONTH: MAY 2018

CHARLOTTE LECKOW, MARKETING COORDINATOR



May is recognized as National Mental Health Month. MHALC participated in events to increase awareness of the important advocacy, education and support services we provide. We are pleased to have reached a diverse set of Lancaster County residents and look forward to growing the understanding of MHALC throughout the year.

1. **Transitional Age Health and Wellness Fair:** Organized by Community Services Group (CSG) and Lancaster Career and Technology Center for youth ages 17-26 to access community resources.
2. **Health Fair:** Organized by Thaddeus Stevens College of Technology Nursing Staff for students of the college to obtain information on health, safety and responsible habits.
3. **Suicide Awareness & Prevention Community Event:** Hosted by Warwick School District and focused on Resilience, including an overview of suicide, making a connection to our community and talking about prevention and ways to help.
4. **Be The Change:** Organized by Let’s Talk, Lancaster as a community gathering to help change the conversation about the stigma of mental health. Consumers, community members and professionals gathered to share experiences, learn about resources, listen to recovering musicians and share in the honor of Mental Health Month.

FUNDRAISING AND FISCAL NEWS



THE EXTRAORDINARY GIVE 2018

NOVEMBER 16, 2018 FROM 12:00 AM THRU 11:59 PM

Mark your calendar for our biggest online donation event of the year!

This is your opportunity to get behind MHALC’s important peer guidance, family advocacy, education mediation and support services that we provide for all Lancaster County residents. The need for mental health services is huge. Help us expand the message that we can help, by donating to MHALC.



FISCAL YEAR END UPDATE

PEGGY SHAFFER, ACCOUNTANT

Mental Health America is in the process of getting the “books” ready for the annual audit that is performed. Some of the exciting happenings occurred due to our wonderful supporters. The ExtraOrdinary Give generated a net amount of \$13,500 and that was without any match from a sponsor as we had the prior year. We raised over \$37,000 at the annual Pasta Fundraiser, an increase over prior years with a marked increase of Sponsors. As you read this report, you may wonder if you matter to us?

The answer is a resounding “YES.” Our contributions came from you!

Thank You



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mha@mhalancaster.org
www.mhalancaster.org
[facebook.com/mhalancaster](https://www.facebook.com/mhalancaster)

Vision:

A society where mental wellness is the foundation of a healthy community.

Mission:

To promote optimal mental health through advocacy, education and support.

WHAT WE DO:

Advocacy:

Educational Mediation
Adult Empowerment
Prison Services

Education:

School Programs
Community Programs

Support:

Compeer Friendships
Peer Assistance
Support Groups