



Kim McDevitt
*Executive Director Since
September of 2018*

Dear Friends of Mental Health of America of Lancaster County,

I am thrilled to introduce myself as the new Executive Director of MHALC. I am honored to be part of such a dedicated staff, board, volunteers and supporters.

Six months ago I committed to the mission at MHALC, but in fourth grade I became dedicated to supporting those with mental illness. My first memory was of a teenage boy that came into my parent's place of business after release from St Joseph's Hospital mental health unit after treatment for severe depression. Shortly thereafter I recall seeing a young mother who was experiencing hallucinations.

Although I could not understand the profound difficulty of their struggles, I remember feeling compassion and the desire to help rather than feelings of fear and judgement. It was then that I wanted to be a "psychologist" so that I could "cure" everyone that was suffering. Although I never became one, I am blessed to return to my roots working in behavioral and mental health to assist in the growth of MHALC. I am most fortunate that my predecessors have begun the good work.

In the past several months, I have been profoundly touched by the tremendous support you have extended to MHALC. We have had an increase in individual giving with the most money ever raised in Extra Give and our Pasta event. That tells me that you have the confidence in us and are investing in us to continue doing the work. The team and I pledge to you that we will! As our mission states, I am highly committed to providing advocacy, education and support.

My studies, career and personal experiences have allowed me to gain an understanding of the barriers that individuals face. I am passionate and dedicated to removing those barriers that prevent people from achieving success. One such barrier is the stigma of mental health and illness. Through increased education, we will bring understanding on the connection that mental health has on physical health, and how the two are not mutually exclusive. In addition, with the challenges facing many today in seeking help for themselves or loved ones, I am committed to working with our team to bridge the gaps in service by advocating for needs, building awareness, and increasing access to services.

We have eight programs and additional ways we outreach to ensure that we are building a healthier community. We are focused on growing through broadening our reach. I invite you to read all about the great work and new initiatives of MHALC within this newsletter.

We have come quite far since I was a fourth grader in understanding and supporting mental illness, but as we recognize that 1:4 have experienced mental illness, we acknowledge that we have a long way to go. We need your help now more than ever. Your time and financial support are increasingly important as we work to broaden and build our outreach. I thank you in advance for your support.

In the meantime, I welcome the opportunity to get to know you, our valuable partner. Please feel free to reach out to me at kmcdevitt@mhalancaster.org or 717.397.7461.

With sincere gratitude,

Kim McDevitt

UPCOMING MHALC EVENTS

Legislative Breakfast | May 10th | 7:30 a.m. to 8:45 a.m.

Guest speaker, PA House Representative, Mike Schlossberg, 132nd District, is a big advocate for mental health being an issue that is more than just policy. Join this conversation. Details on page 3.

QPR Suicide Prevention Training | April 5th, June 7th & August 2nd | 1 p.m. to 4 p.m.

This training will teach you how to recognize the warning signs of a suicide crisis, as well as 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.

Suicide Prevention Coalition Meetings | May 23rd & July 25th | 12:00 p.m. to 1:00 p.m.

Learn about Trauma, Gun Locks, Suicide Prevention, County Services & Much More.

CSP Summer Recovery Picnic | June 14th | 10:00 a.m. to 3:00 p.m.

Join us on this day of celebration to meet many people who are providing and being helped with mental health services.

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

UPCOMING COMPEER EVENTS

Game Nights | May 9th, June 13th, July 11th, September 12th | 6:30 - 8:30 p.m.

Annual Friendship Luncheon | Saturday, April 27th, 11:00 a.m. - 1:00 p.m.

Summer Picnic at Long's Park | Thursday, August 1st, 5:30 p.m. - 7:30 p.m.

FREE DROP-IN SUPPORT GROUPS

*Unless otherwise noted, all groups meet at 630 Janet Avenue.
(Parking Lot 4, Marshall Avenue, 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 and sharing only if you want to. You'll feel less alone in your experiences.

Anxiety, Panic & Obsessive Compulsive Disorder Support Group

1st & 3rd Thursdays | 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 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 lancastermsgroup@gmail.com

ALWAYS CHECK THE MEETING BOARD FOR POSSIBLE ROOM CHANGES.

MHALC BOARD OF DIRECTORS

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Vice President

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Staff Accountant

Amanda Katchur

Support Group Administrator

UPCOMING MHA COMMUNITY EVENT

HOSTED BY
MENTAL HEALTH AMERICA
OF LANCASTER COUNTY AND ITS'
COMMUNITY SUPPORT PROGRAM (CSP)

PURCHASE YOUR TICKETS TODAY!

WWW.BROWNPAPERTICKETS.COM/EVENT/4075254



Mental Health America of Lancaster County is excited to bring back the Legislative Breakfast in 2019. We would appreciate your attendance to help discuss the significance of mental health initiatives and funding.

The event will be held at the Eden Resort & Suites at 222 Eden Road, Lancaster PA, 17601. Tickets are \$20 and may be purchased individually or for a group.

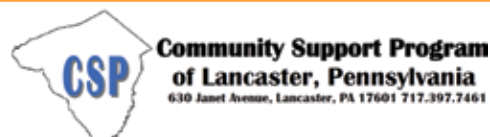
The May 10th breakfast speaker will be PA House Representative, Mike Schlossberg. Though he is from the neighboring 132nd district, Rep. Schlossberg is a big advocate for mental health being an issue that is more than just policy. It's often personal within our circle of families and friends. He has written about his personal struggle and the harmful stigma that surrounds people with mental health challenges. The more people speak on the subject, the more others will be encouraged to seek treatment.

Representative Schlossberg co-founded a Mental Health Caucus, has spoken regularly on the House Floor, and seeks to advocate for mental health funding and anti-stigma efforts in our state. Please join residents, legislators, professionals from major Lancaster County mental health organizations, County Commissioners, service providers and consumers on May 10th to build community for mental health support.

Inquire into Rep. Schlossberg's mental health newsletter and blog at michaelschlossberg@gmail.com.

What is CSP?

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. **Questions on getting involved?** Contact Sue Tushingam at stushingam@mh Lancaster.org.



PASTA & AUCTION MARCH 8, 2019 RESULTS

SPONSORS, DONATORS AND ATTENDEES HELP
MHA REACH A NEW LEVEL OF FUNDRAISING RESULTS

CHARLOTTE LECKOW, MARKETING COORDINATOR

\$51,420!



Thank you to volunteers, staff, board, supporters, planning committee, donators and sponsors who helped raise \$51,420 toward our advocacy, education and support services we provide to Lancaster County residents. Thank you to:

- | | |
|----------------|------------------|
| Aimee Breneman | Karen Straub |
| Sarah Fry | Julie Weaver |
| Monica Thomas | Kristin Labezius |
| Sherry Gleason | Julie Weaver |
| Tyler Gleason | Ken Slotnik |
| Doug Hopwood | Heather Kniss |
| Amy Sechrist | Jo Reed |
| Ashley Leckow | Colleen Black |
| Steve McCarthy | Karen Straub |
-
- Mike Stevens
 - Matt Torres
 - Matt Tamburrino
 - Katie King
 - Jessica Goss
 - Monica Thomas & Friend Chris
 - Colleen Magdrial and the STSA Youth
 - Folks from CSG's LTSR Program
- And to everyone who help MHA this year!



PASTA 2019 PICTURES

FROM OUR MARCH 8TH BUFFET AND FUNDRAISING EVENT

THANK YOU TO OUR 2019 PASTA CHAIRPERSON & MHA BOARD MEMBER (LEFT) KRISTIN LABEZIUS; PASTA BUFFET CHEF & PLANNER, GRETCHEN GAUDIOSO; AND AUCTION PLANNER, CHARLOTTE LECKOW. TOGETHER WE RAISED \$51,420!



CLIENT AND FAMILY ADVOCACY UPDATE

LET'S ALL DO SOMETHING TO HELP PREVENT SUICIDE

GRETCHEN GAUDIOSO

CLIENT AND FAMILY ADVOCATE

MHA LIAISON TO LANCASTER COUNTY PRISON

More than 129 people in the United States die by suicide every year according to the American Foundation for Suicide Prevention. If you do the math that is one person every 11 minutes. This is not okay. It's not okay!!! I could get caught up on things like, "We have come so far in mental health and stigma, so why are the numbers rising?" or "Why are more people dying by suicide than before?" I don't want to scratch my head trying to figure it out. **Instead, I do something.**

At Mental Health America, educating anyone and everyone about mental health is part of our mission. **We offer QPR** (Question ,Persuade, Refer suicide prevention training) every other month to everyone. We will also come into your business, school, church, or any community group—MHA will bring QPR, or any behavioral health training, to YOU.

Recently I presented our bi-monthly QPR training, to a room full of almost 20 people. Of those 20 people, 6 of them were all from a local community group. One of the groups lost two members in less than a year to suicide. Obviously, it impacted everyone in the group in a different way. They wanted to learn more about mental health and suicide prevention. This is why they came to the class. We discussed the impact of attending this class. They said things like "if there is something we can notice and do for someone else, then we want to be able to help!" They also felt like their attendance honored their lost friends. Afterwards, they shared how grateful they were that this type of training existed.

QPR teaches you that suicide is not a silent, alone problem - that it is everyone's business and whatever you can do to help prevent a loss by suicide is a wonderful help and step.

Locally, suicide statistics are rising as well. Last year 66 people died by suicide in Lancaster County. In 2019, there are already 13 suicides. This means there is more work for us to do. I have spoken in local schools that have lost a fellow student to suicide and the way kids come up to share things with me afterwards is amazing. They have been affected by the losses at their school and are getting help with how that has effected them mentally. While they are talking about it, there is still so much more to be done.

MHA wants to be there and offer this help to the community for all people - from kids to seniors. MHA and its' Suicide Prevention Coalition will be there. One of the quotes I always borrow from a Kevin Hines' video that I show is:

"It's okay not to be okay. It's not okay not to get help!"

You can help be a part of the solution! There are different ways to get involved, including attending the **Suicide Prevention Coalition's** bi-monthly meetings (stopsuicidelancaster.org) (pg. 10), honoring a loved-one lost to suicide at the **Walk for Des** (www.walkfordes.org), or by playing golf while fundraising for suicide prevention at **The Richard Oehme Golf Tournament** (pg. 10; proceeds go to MHA). Call 717-397-7461 for more information.



Question

Persuade

Refer

Three steps anyone can learn to help prevent suicide.

Just like CPR, QPR is an emergency response training to help someone in crisis, that can save lives.



Interested in getting your entire organization trained in the life saving techniques of QPR?

Contact MHA at 717-397-7461 to inquire about an on- or off-site training.

QPR is the most widely taught Gatekeeper Training in the world.

PEER ADVOCACY UPDATE

SIGNIFICANT ISSUES FACE EVERY SENIOR CITIZEN

SUE TUSHINGHAM

PEER EDUCATOR TO ALL ADULTS IN LANCASTER COUNTY

CHAIRPERSON OF THE COMMUNITY SUPPORT PROGRAM OF LANCASTER COUNTY

One of my important roles is to lead groups and provide presentations at local senior and senior apartment centers. Some of the biggest issues facing seniors are their loss of independence, loneliness, loss of family & friends, health difficulties and financial concerns. As an MHA Advocate, one of my roles is to help these seniors and their families **navigate through available services and programs; to provide encouragement and hope.**

Some seniors need to leave their home in order to live with a family member, or to live in an assisted living facility, if they are experiencing health concerns. With this transition, there is a loss of independence and of their home—their safe place with many memories. Feelings of grief and loss are normal at this time.

Most seniors are not working full-time, so they are receiving limited funds from social security and using retirement funds. They may also be paying for medical bills, medications and health insurance premiums. Economically, sometimes making ends meet can be challenging and stressful.

As we age, more people we know pass away. Many seniors (more of them women) have lost a spouse, a child, and many friends. They may have experienced a divorce in later life. These experiences can lead to feelings of loss, isolation, loneliness and grief.

Some seniors lose their license and can no longer drive. They become dependent on others for rides and things they need. This loss can affect their sense of independence and self-esteem.

There are seniors who are dealing with a spouse whose health is failing, or trying to help an adult child who is struggling—even providing child care to grandchildren. Physically and emotionally, these situations can lead to fatigue and feelings of anxiety or depression.

For those seniors who are struggling with any of these issues, there are resources in our community that provide assistance. The **Lancaster County Office of Aging** is a free service provided, in which programs meet many types of needs ranging from basic help to the provision of skilled care. All of their services are intended to keep older persons at home, where they most often want to remain.

In Lancaster County there are **eight senior centers** that are partially funded by the Office of Aging. The locations include Millersville, Quarryville, Lititz, Elizabethtown, Columbia, and three in Lancaster City. The senior centers provide socialization and companionship, fun and interesting activities, and a free lunch.

Another service offered in our community is **Meals on Wheels**. Their mission is to provide nutritious, freshly prepared meals free or at a reasonable cost to those who cannot reasonably provide meals for themselves.

Other resources help individuals of all ages, including seniors. The **Housing Development Corporation** provides quality housing for households with modest incomes. **Tabor Community Services** helps residents of Lancaster County by teaching them needed skills to solve their housing and financial problems.

For individuals who meet the financial requirements, the **Lancaster County Assistance Office** purchases health care and offers food assistance programs. The **Community Action Partnership of Lancaster County** is Lancaster County's largest anti-poverty organization, empowering individuals and families to eliminate generational poverty. Other community resources in Lancaster County include **Lancaster County Council of Churches**, **Jewish Family Service of Lancaster** and **Columbia Life Network**. Search these names online.

For additional information or **for support working through programs and services**, please call me at 717-397-7461.

There are many community resources in Lancaster County where seniors can reach out for help and support.



COMPEER FRIENDSHIP PROGRAM



JOE MILLS
*COMPEER
PROGRAM MANAGER*



Are you compassionate and have been called a good friend? Compeer Lancaster, a program of MHA of Lancaster County, 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.

Meet Our Two Newest Friendships



Cecilia & Deb: These ladies met in Quarryville at Café at Fergies and they love to be in the community. Plan to see them out and about together!



Brenda & Desi: “We are feeling really energized with the prospects of all that we can experience together as friends.” They connected at the Windstream Café in Lititz.

COMPEER FEBRUARY 5TH BOWLING EVENT

21 BOWLERS AND 7 CHEERLEADERS ENJOYED LEISURE LANES FOR 3 GAMES.

THE SCORES RANGED FROM 54 TO A 211 BY GARY Y.

EVERYONE ENJOYED THE DRINKS AND SNACKS DURING THIS FUN AFTERNOON.



NEW FACES AT MHA



MEET
AMANDA KATCHUR
SUPPORT GROUP
COORDINATOR

“Since starting in this role, I have been so impressed by the connections that our group members make and the support and strength that they offer to each other. Being able to connect in person with others who understand you and your experiences is such a valuable opportunity. I would encourage anyone who has considered attending a group to come at least once and see what it is like. You would be welcomed!”

- Amanda



MEET
CHRISTOPHER “KIT” BOOKER

Wendy Booker is our Board President. MHA welcomes the arrival of her family’s newest member.

“Being the new kid on the block can sometimes be intimidating and uncomfortable. However, my experience as the newest board member at MHA has been just the opposite. Everybody has been inviting and welcoming, making me feel like I have been part of the MHA family for years. It’s easy to see why MHA has been so successful in promoting mental health awareness, advocacy

and education.” -Tom

MEET
TOM FASNACHT
MHA BOARD MEMBER



RYAN FARREL SHARES HIS PERSONAL STORY WITH ANXIETY & OCD *LEADER OF THE ANXIETY, PANICK ATTACK AND OCD SUPPORT GROUP FACILITATOR*

Hi, I’m Ryan and I have had undiagnosed severe anxiety and OCD since as young as I can remember. It only got worse as a teenager, and I could not even talk with peers in school. I hid myself the best I could from everyone. In my twenties it rose to the level of continuous terror after a traumatic experience. However, I am thankful for that experience because it brought my worst fears to my face and after a long time of trying to run away from the fear (even literally), I took some advice and faced the anxiety, which I had no choice but to do since it wouldn’t go away. Over time acceptance of the anxiety taught me it’s nothing to be afraid of. A huge shift took place - I used to suffer from anxiety. Now I get anxiety – it is quite a difference. I want to facilitate and belong to an anxiety support group because for a long time I thought I was the only one dealing with it. If I had had a place to go to where I could relate with others, it would have been very beneficial.

This is a group where we can share (or be silent) and relate to one another. A place to share our struggles and our triumphs. And if you or a loved one has as anxiety, panic attacks or Obsessive-Compulsive Disorder, I would Love to see you there!

As for my interests I enjoy a nice cup of coffee or tea at a café either with friends or by myself (something I could not do in the past). I love and receive great inspiration from spirituality which for me includes nature, relationships and community, as well as books, inspirational videos/movies, meditation/prayer, or just generally practicing mindfulness. Oh yeah, I love all sorts of positive or feel good music.

I enjoy seeing the diversity in people because it shows me the underlying unity we all share, expressing in different ways. It helps me be myself when others are freely being themselves. Even though it’s a cause of anxiety I now love meeting new people from all walks of life and have been blessed by so many people in small ways who never knew the impact they have made.

I now have a positive outlook on life in general, though I do think the world could use a dose of peace in it. I know and accept that life has it’s ups and downs though sometimes I still find myself fighting with that. The one thing I can say for the first time in my life is “I love myself.” Never could I even think that thought in the past. Groups have been such a source of growth and strength for me.

Even if you don’t relate to my story or interests, if you have (or know someone who) has symptoms of the disease, whether diagnosed or not, it would be great to have you come to the group. I’m sure you will find people you can relate to.

WAYS YOU CAN IMPACT THE MENTAL HEALTH COMMUNITY



LANCASTER COUNTY SUICIDE PREVENTION COALITION

2019 COALITION MEETINGS

MARCH 27, MAY 23, JULY 25, SEPT. 26, NOV. 20

EVERYONE WELCOME. DROP IN.

BE ACTIVE IN PREVENTION.

BRING A LUNCH, FRIEND OR COLLEAGUE.

Come learn about prevention efforts going on in Lancaster County. Guest speakers in 2019 include a Board Member of the AEVIDUM school-clubs program; a Grief Counselor for Suicide Loss; MTSD staff on Informed Trauma Care; BHDS County leadership on the crisis, adult and children's case management county services available, Law Enforcement Officers on local efforts & gun control. And — so much more. 12-1 p.m.

GUN LOCKS: SUICIDE PREVENTION COALITION PROJECT

LOOKING FOR A WAY TO GET INVOLVED?

This year LSPC will begin outreaching to “gun shops” across the state of Pennsylvania utilizing the “Means Matter - Gun Shop Project” —created by the Harvard School of Public Health. The “Gun Shop Project” is guided by the New Hampshire Firearm Safety Coalition, a group of mental health and public health practitioners, firearm retailers, and firearm rights advocates. New Hampshire began working in 2009 on this novel project to reach out to gun shops on the role that they can play in suicide prevention.

The project developed materials with and for firearm retailers and range owners on ways they can help prevent suicide. (<https://www.hsph.harvard.edu/means-matter/>). Lancaster Suicide Prevention Coalition will begin utilizing this program to educate gun shop owners, and provide informational literature to use when gun purchases are made. LSPC is asking for assistance to develop a task force that will gun begin outreach to gun shops in Lancaster County. The aim is to reduce suicides involving recently-purchased firearms as well as providing information for those who have existing household firearms. Attend any meeting to get involved. No RSVP needed.

A CALL FOR EVENT AND OFFICE SUPPORT VOLUNTEERS

WE WOULD GREATLY APPRECIATE EVEN JUST A FEW HOURS A MONTH OF YOUR TIME.

Please call 717-397-7461 or email mha@mhalancaster.org to let us know your availability.



The 2nd Annual Richard Oehme Memorial Golf tournament

**Saturday, September 21, 2019 tee off at 1:00 pm followed
by dinner around 5:00 pm at the Overlook Golf Course**

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 2019

CHARLOTTE LECKOW, MARKETING COORDINATOR

May is recognized as National Mental Health Month. MHALC will once again participate in events to help educate the public about the mental health services available, the need to advocate for your own mental wellness, and the availability of our advocates to help navigate you through the mental health care system in Lancaster County. Our message is to always support your mental health in the same way you support your physical health. Some of our activities this year are:

1. **AEVIDUM Conference:** Took place on March 1st at Rock Lititz, Pod 2. MHA joined AEVIDUM board members in hosting a half day event for dozens of local AEVIDUM student clubs and their advisors. MHA's Kim McDevitt presented on MHA's services and applauded the students for working hard to reduce the stigma surrounding mental health. They are our future leaders. Gretchen Gaudio led a QPR session, while Charlotte Leckow welcomed and checked the student groups into the conference.
2. **Transitional Age Health and Wellness Fair on May 3rd:** Organized by Community Services Group (CSG) and Lancaster Career and Technology Center for youth ages 17-26 to access community resources. (Volunteer to help host our table at mha@mhalancaster.org.)
3. **Warwick School District Resiliency Event:** Took place on March 7th. MHA's Intern, Heather Kniss, hosted an MHA information table and informed community members on programs and services MHA offers.
4. **Thaddeus Stevens College of Technology Health Fair on April 3rd:** Organized by the Nursing Staff for students of the college to obtain information on health, safety and responsible habits.
5. **Health Care Careers Academy/Lancaster-Lebanon IU 13on March 23rd :** Gretchen spoke to high school students interested in a career in health care, sharing MHA's role and about working in the mental health field.



GIFTS OF JOY RESULTS

DECEMBER 2018



MHA had another successful season of providing **presents to almost 500 individuals** who have been diagnosed with a significant mental health illness, have a case manager, and would not otherwise receive a gift during the holidays. We could not do this without the support of the community and those who donated the personalized "wish list" gifts. Those people are the MHALC Board Members, over 100 staff members at Philhaven, St. Mary's Church, St. John Neumann's Church, Highland Presbyterian Church, The Knights of Columbus, Elizabeth Hughes Society, Elizabethtown Church of The Brethren and individual community members. Thankyou everyone, for making the holidays special.

FISCAL YEAR-END UPDATE

PEGGY SHAFFER, ACCOUNTANT

MHA has experienced a great show of support recently. The **Extra Ordinary Give 2018 generated a net amount of \$22,000**, an increase from the 2017 event (\$13,500). We raised **\$51,420 at our annual pasta fundraiser**, also a stronger show of support from 2017 (\$37,000) - with a marked increase in Sponsors. Thank you so much to everyone who has sponsored and donated to MHA and the **local** advocacy, educational and support work we do for Lancaster County residents.

-Peggy





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630 Janet Ave, Suite B-110
Lancaster, PA 17601

Phone: (717) 397-7461
Fax: (717) 517-8446

mha@mh Lancaster.org
www.mh Lancaster.org
facebook.com/mh Lancaster



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
Work-Place Programs

Support:

Compeer Friendships
Peer Assistance
Support Groups
