



# THE BEACON

Mental Health America of Lancaster County, A United Way Agency

## Report from Mental Health America Annual meeting in Washington DC in June

New Directions at SAMHSA (Substance Abuse and Mental Health Services Administration) One of the most exciting presentations I attended at Mental Health America annual meeting was by Pam Hyde Administrator of SAMHSA. These are the 4 statements, which they are now using to determine their programs: 1) Behavioral Health is Essential to Health 2) Prevention Works 3) Treatment is Effective and 4) People Recover

As we all know these are days of unprecedented levels of change. There are increasing budget constraints and cuts. Science has evolved. Integrated systems of care require new thinking about recovery, wellness and the role of peers. There are new opportunities – parity, health reform, the Tribal Law and Order Act, formation of the National Action Alliance for Suicide Prevention and the evolving role of behavioral health in overall health.

The four areas on which they are focusing efforts are prevention, effects of trauma, military families and recovery support. Their recovery technical assistance center is about to be launched. She listed the following important domains of recovery: having a home, purpose, health and a supportive community. Recovery Principles: It emerges from hope; must be person centered, be based on respect, has many pathways, is holistic, culturally based, must address trauma issues; involves individual, family and community strengths and responsibilities; and must be supported by relationships and peers.

### Health Reform 101

The Presentation Health Reform 101 by John O'Brien, Senior Advisor on Health Financing, SAMHSA, was also rich with useful information. He opened with this Mark Twain quote as he cautioned us to learn the facts before assuming we understand it. "Be careful about reading health books – you may die of a misprint. Here are some points from that session. There will be heavy emphasis on primary care. They have found that most of those re-hospitalized in 30

days were not seen by any professionals during that time. More people will have insurance coverage.

Medicaid will play a bigger role than ever before in mental health and substance use disorders. There will be a focus on primary care and coordination with specialty care. The major emphasis will be on home and community based services and less reliance on institutional care. The outcomes will be 3 fold: 1) improving the experience of care,

2) improved health of the population and 3) reduced costs.

They are rethinking what SAMHSA buys: looking for good and modern services with additional areas of focus being prevention, recovery, children and youth services. They are looking at common service definitions and at the evidence of what works. To stay informed and to learn more surf <http://www.healthcare.gov> and write to [www.regulations.gov](http://www.regulations.gov)

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MHALC is eligible to receive contributions through United Way Donor Choice program.

### Inside this issue:

National Depression Screening Day	2
Jammin Away the Blues	3
Board Member Spotlight	3
Annual Meeting	4
Pasta Buffet & Auction	4
Alternative Gift Fair	5
A Taste of the White House	5

## Clinical depression is a serious medical illness.

National Depression Screening Day, **October 6, 2011**, is held during Mental Illness Awareness Week. It is designed to call attention to the illness of depression on a national level, educate the public about its symptoms and effective treatments, offer individuals the opportunity to be



screened for depression, and connect those in need of treatment to the mental health care system.

Starting with only 90 sites in its first year, the Screening Day program has grown to reach more than 85,000 people at 3,000 sites nationwide. To respond to the year-round need, the program also maintains a toll-free, year-round phone line for free, anonymous screening

locations in local areas.

To find a free, anonymous screening site in your area [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org) or contact Gretchen at MHA office for a confidential screening 397-7461.

\*Information provided by Mental Health America website <http://www.nmha.org/go/depression-screening-day>\*

## When was the last time you played? By Juliana Arnold, Peer

With the hustle and bustle of today's society we can forget to play. The kids are grown so there is no more kickball, softball games and birthday parties. Getting down on the floor and playing with leggos are times past. We must find time for ourselves, even if it's only a half an hour a day. Take a bubble bath is a good suggestion, but for women, especially mothers a bubble bath can be more of a guilt trip. We lie in the tub and think about what we should be doing, like laundry, dishes etc. Reading a book can be relaxing to many, but relaxation and playing can be two different



things. Some people dealing with mental illness can have a hard time remembering the last time they played. I will get comments about the arts and crafts group in the MH units; I explain to them the importance of playing, arts and crafts is a good start. I have the chance to watch people painting and creating projects and in spite of their thoughts they really get into what they are making.

Monday I was able to go to Mount Gretna Lake with my son, his girl and a friend of mine. My friend insisted on inner tubes, I wasn't too thrilled but to appease her I went along. What a blast, we

laughed, splashed and I was dumped many times by my son. The only thing I had planned for the summer was driving to South Carolina to see my son in the Marine Corp. I used to enjoy camping and picnicking with the family and now as my sons are older we haven't been doing much. I think it's time for me to practice what I preach and get out of the house. Maybe pick up new hobby, something I have wanted to do for years. I think I will be going to Mount Gretna again, this summer and yes I will rent an inner tube.

Places to refer to for some activities  
Alpha Club  
Arch Street Center  
Compeer  
for more information call MHA 397-7461

## Jammin' Away the Blues-Fun Evening Had By All

MHALC held our 2nd Annual **Jammin' Away the Blues** at Elks Lodge July 30th from 7-10 PM. Entertainment was provided by local Band **Blue Rhino Band**. The band members created a relaxed, fun atmosphere for listening and dancing.



Blue Rhino Band



Tammy & Friends!

We awarded a gift certificate for dining to Jim & Sandy Hall in a Members only drawing. Dave Pozda was the winner of \$250.00 the 50/50 drawing.

Thank you to Jammin' Away the Blues Sponsors: Philhaven and Isaac's



Mr. & Mrs. Gaudio & Friends

## MHALC Spotlight: Tim Caldwell, Board of Directors

**Family:** I have a younger brother and older sister. I have two nieces and one nephew. My parents and siblings all live in Lancaster. I am recently engaged and will get married in Sept. 2012.



**Education:** Master's Degree in Educational Psychology from Temple University and I am a Board Certified Behavior Analyst

**Professional Background:** I have been working with individuals with Autism Spectrum Disorder and Developmental Disabilities for the last 10 years. I am currently working at Philhaven as an Autism Clinical Specialist. I provide clinical consulting, training, and support to all of Philhaven's clinical programs as well as to the community through the Autism Resiliency Program. I am also tasked with developing new services for individuals with Autism or developmental Disabilities.

**Favorite Sport Team:** Philadelphia Eagles

**What do you like best about your job?** The thing I enjoy most is the opportunity to work with amazing individuals and families. The love and commitment that families of individuals with ASD display is astounding to me on a daily basis. I am also continually blessed with the chance to get to know and interact with incredible people living with ASD and/or DD. They are fascinating and inspiring individuals and it is extremely fulfilling to be a part of their lives.

**When I was a child, I wanted to be:** A professional athlete

**Position on MHA Board:** Board member and Chairperson of the Membership Committee

**What led you to MHA?** Personal experiences with individuals living with mental illness.

**Morning person or night owl:** Night owl

**Why are you on MHA's Board:** I continue to serve on MHA Board because of the exceptional service it provides to the community. Witnessing an Alpha Club meeting, discussing with a member of one of the support groups about the impact MHA has on their life provides ample motivation to support this organization. MHA also has a talented and dedicated staff which make it a pleasure to serve.

**Biggest accomplishment at MHA:** I am hopeful that my biggest accomplishments are still ahead of me. I would say that recruiting my family and friends to become members which was difficult at first, but has turned into another way for me to share my passion for helping and advocating for individuals with mental illness to those I am close with in my personal life.

**I am inspired by:** The individuals and families I work with, My mother who has shown me how to be strong and has always been there for me. My fiancée Sarah, who has given me a new understanding of love and dedication

Continued on Page 4



MHALC Spotlight Continued from Page 3

**I never leave home without my:** Sunglasses, I am incredibly light sensitive

**Favorite vacation spot:** The Florida Keys– I went there for the first time in January, and can not wait to go back

**Favorite book:** The Catcher in the Rye by J. D. Salinger

**My culinary specialty:** anything on the grill

**I have a dream and it is:** To make the world around me better for those that I am close to and those I may never meet.

**You'll find this on my I-pod:** the Beatles, Bob Dylan, Nirvana, The Rolling Stones

**Any secret talents?** I like to do anything creative: Writing poems or short narratives, taking photographs, or editing videos.

**Favorite thing to do on a nice Summer day:** Take some time to relax and enjoy what is happening around me.

**What do you do to de-stress?** Play video games

**How do you eat your Resse's peanut Butter cup?** Two Big Bites

**Hometown–** Manheim, PA



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## MHALC Annual Meeting-September 19, 2011

### ... Life Stories and Mental Health Perspectives

Please join us on the evening of Monday, September, 19th at Jewish Community Center, Legacy Ballroom, 2120 Oregon Pike, Lancaster, 6:00 PM \*Cost per person \$20.00 members & \$23.00 non-members **Includes a meal of pesto chicken, salad, veggies, potatoes and dessert,**

brief business meeting, award winners. Please come hear the following individuals speak about their lives, why they care about mental health, and why MHA is important to our community: *Valerie Case, Rick Kastner, Scott Martin, Rita Smith Wade-El, & Allison Weber*

To make your reservation please call 717-397-7461 or mail your payment check / money order made payable to MHALC, 630 Janet Avenue, Lancaster, PA 17601 or visit our website under events tab to purchase your ticket.

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## Annual Pasta Buffet & Auction

### Friday, November 18, 2011– Save The Date!!!!!!

We are excited to announce staff, Board, and volunteers are eagerly looking forward to our largest fundraiser of the calendar year. We invite you to attend an all you can eat pasta buffet which includes: plain, meat and sausage lasagnas, penne and an-



gel hair pastas salad, bread, drink and dessert. Many of our patrons look forward to the buffet every year!!! In addition to the amazing dinner served we will have a variety of Silent and Live

Auction items for bid. Tickets can be purchased by calling our office 397-7461, or on our website under events tab.

We are accepting donations of items and themed baskets in our office **on or before October 14, 2011.**



# 2011 Lancaster, 4th Annual Alternative Gift Fair

**Lancaster's 4<sup>th</sup> annual Alternative Gift Fair** is an opportunity to give back to the larger community and honor your loved ones at the same time. Instead of purchasing traditional gifts, participants honor their friends and family by making meaningful donations to local and global non-profits while improving the lives of others *who are not on anyone's gift list!* Not only will you be able to make a big difference, but you can enjoy a wonderful blend of food and beverages from **Rachel's Creperie, Café Chocolate, Upohar Cuisine** (Iraqi and Nepali), **Rafiki Africa** and **Tortina Bakery**.

Please join MHA at the fair on **Sunday, November 20, 2011, 10AM-4PM** at Lancaster Farm & Home Center, 1383 Arcadia Road, Lancaster, PA 17601



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## The Lititz Women of Today present A TASTE OF THE WHITE HOUSE With former White House Chef John Moeller

**When** – Saturday, November 5th, 2011

**Where** – Eicher Arts Center 409 Co-calico Street Ephrata, PA 17522

**Time** – 6:30 – 7:30 pm appetizers, wine/beer, silent auction and music  
7:30 – 9:00 pm dinner and speaker

**Attire** – Semi formal **Donation - Cost**-\$50.00 per person Payable to Lititz Women of Today – Appetizers, 3 course dinner, wine/beer and live music

Proceeds benefit Mental Health America of Lancaster County and other community needs



**mail payment to:**  
Lititz Women of Today  
PO Box 87  
Lititz, PA 17543

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