



# The Beacon

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Mental Health America of Lancaster County, A United Way Partner

February 2011

Volume 54, Issue 1

**MHALC Announces  
New Support Group  
Starting Feb. 2011**

Mood Disorder  
Support Group

4th Tuesday of each month,  
1:00-2:30 PM;

B-111;

Community Service Center ;  
630 Janet Ave; Lancaster

For a complete  
listing of support groups  
visit MHA  
[www.mhalancaster.org](http://www.mhalancaster.org) or  
call 717-397-7461

## 6th Diversity Seminar-April 28, 2011

### Better Understanding Our Diverse Population



Join us as we explore how our mental well-being is effected by:

The impact of poverty, educational disparities, our own biases, impact of returning from combat or having been incarcerated. As we understand more about specific groups including African American, Amish, Latino and refugees, we are better equipped as care providers, neighbors, teachers and just individuals to welcome all persons into relationship Keynote Speakers: Dr. Robert Scott & Carlos Ojeda, Jr .

Fees: \$65 early registration: postmarked by March 28, \$75.00 thereafter \$75.00 with a \$10 discount for current MHALC members – please confirm before taking the discount. Fee includes all sessions, handouts, refreshments and lunch. CEU's to be paid directly to NASW \$20 for NASW members and \$40 for non-members. Other CEU's to be determined.

## Happy Healthy Children by Mary Lee Steffy, RN

If you ask any parent what their dream is for their children they usually answer, "I want them to be happy and healthy". The good news is that parents can greatly influence their child's development and how they view the world around them by creating a nurturing home where they can thrive. Children learn about the world and their place in the world through their parents. As infants we show them that they are valued and trust is developed in others when their basic needs are met. Every time a parent feeds, diapers and comforts their baby they are teaching them that the world is a safe place and that they are loved.



Toddler hood can be frustrating for parents because their child is beginning to experience many emotions that they do not know how to express and the result can be a temper tantrum. The first thing we need to do as parents is remain calm, remember you are your child's teacher. Relaxed breathing can help any parent remain calm: take a deep breath in through your nose to the count of 4, hold to the count of 3 and forcefully exhale through your mouth. Once you are calm, speak clearly and move to the child's eye level. Help them by identifying the feeling they are having, "mommy can see you are very angry that you cannot have the keys, when you are ready we can play with the blocks." Redirecting behavior works beautifully at this age.

### Save The Date

2011 Celebration  
of Recovery

Friday, June 17, 2011 at  
Long's Park, Harrisburg

Pike, Pavilion #1

10:00AM-4:00PM.

Event will  
be held

rain or  
shine.



For more  
information  
about volunteering for  
this event please call  
MHALC at 397-7461  
and ask to speak with  
Gretchen

## Once Again by Juliana Arnold, Peer Educator

Once again, another senseless shooting happened, his time, in Arizona. As the country prays for the families of the fallen we also rally around Congresswoman Gifford as she is recovering from a gun shot wound to the head. The parties unite and sit together for the State of the Union in solidarity. Ribbons pinned to each one as Congresswoman Gifford fights for her life.

Again mental illness is being discussed on all the news shows. How can shootings like this be avoided? What an important subject to be addressed, how we can help people who are struggling for whatever reason? So many people step forward now to talk about the behaviors of the man (I prefer to use the victims name and not the perpetrator, as not to give him anymore recognition). So many times we hear that we should have seen. When my family was murdered there was a sign at the memorial site from the local churches "we should have seen this coming, we are sorry".

No one in the community really knew my sister or her family. Yet for some of the other shootings there were signs. Could this have been avoided? Probably not. There is very little to be done for people who are sick unless they are going to hurt themselves or others, however most times there is no indication that they are going to hurt someone. I know first hand that someone I love was refused treatment because the incident of laying his hands on someone was 48 hrs before I contacted the agency. I would have to wait until someone was hurt before I could get the individual into treatment.

Now the point of my article, when there are indicators that someone is losing touch with reality what can we do? Call crisis, and answer these questions, is the person talking about hurting themselves? No they didn't really say that is the person going to hurt someone else? No they haven't really said that, he is just acting weird and watching bizarre movies. He loves guns and has a bunch, he is acting

different. We will mostly likely be told to call back if he starts to talk about hurting himself or others. Is this a failure with crisis? No, they have their criteria they must follow. We should have something in place to intervene before someone gets hurt. There are professionals that could come up with some interventions. Why are we not doing that? Why don't we start a committee to look at these issues? Wait I know why we can't, social services are taking even more cuts. All the people we work with that are reaching out for help, willing to do what's needed for their mental health are going to be turned away because the services are just not there. We will save so much money by cutting these services; those at the top have determined we can do without. Have they taken into consideration the mental health units may start filling up? Have they thought about the suicide and maybe the homicide rates will go up?

Please call your local senators and congressmen and ask them to keep services in place for the most vulnerable

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### **Healthy Parenting Contd.... From page 1**

As children develop they respond best to positive parenting.

1. Celebrate when your child does do what they are expected to do. If they are told to put their coat away let them know that you appreciate that they have been doing this.
2. Time outs work well to allow the child to regain self-control. The child needs to be old enough to understand that they have done something wrong and then the appropriate time is 1 minute for every year of age.
3. Plan daily uninterrupted time with your children. Let them know that you value their thoughts and ideas by sitting and making eye contact. Turning off the TV, cellphone, and computer let's your children know that you are really listening.
4. Go for a walk, play games, make a healthy meal together, or watching a funny movie as a family can teach your children that families can have fun and you don't have to spend money.

For more information about healthy parenting and how to determine if you need additional help, please refer to [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) and type "parenting" in the search engine.

Mary Lee Steffy, RN, Manager of Community Health and Wellness at Lancaster General Health - Worked with new parents for the past 25 years.

## MHALC Board Member Spotlight-Chris Wise, President



A new feature has come to The Beacon, the Board Member Spotlight! This section will feature interviews of those familiar faces of MHA so you can get to

know them better. To begin the Spotlight it only seemed right to start at the top with the President of MHA's board, Chris Wise.

**Position on MHA board:** I served as Treasurer for 2 years before serving as President for 4 years.

**How long have you been a part of MHA?** Since 2005

**Biggest accomplishment at MHA:** I had the privilege to attend national Mental Health America's centennial conference in Washington, DC which highlighted the past 100 years of mental health advocacy, research and service. One of the highlights while I have served on the board of Mental Health America of Lancaster County has been the transition of MHA as sponsoring agency of Compeer Lancaster.

**What led you to MHA?** After meeting with Mary Steffy (Executive Director of MHA) to learn more about the organization, I discovered that there was a need for someone with financial skills to serve on the organization's Board of Directors.

**What family do you have?** Mary Ann & Leon (parents), Lori (sister), and Kevin (brother)

**Your hometown?** Reinholds but I currently live in Ephrata

**Education:** Carnegie Mellon University (Bachelor of Science in Electrical & Computer Engineering), University of North Carolina at Chapel Hill (Masters in Healthcare Administration)

**Professional Background:** Financial Director, Community Basics, Inc.

**Awards you have won:** Central Penn Business Journal Forty Under 40, Blue Ridge Cable 11 Outstanding Volunteer, Lancaster Young Professionals Outstanding Volunteer, Lancaster MS Leadership Award

**Where do you volunteer?** Carnegie Mellon Alumni Council, Compeer Lancaster, Habitat for Humanity, Lancaster Country Day School, Lancaster Young Professionals, United Way, Water Street Ministries

**Why do you volunteer?** I believe volunteering provides an opportunity to share the gifts that I've been blessed with to make a positive impact on the community and the lives of others who might be less fortunate. It's also a great way to meet other people with diverse backgrounds, to develop leadership skills while serving, and to connect with causes which are important to me.

**Best volunteer story:** While volunteering at the Duke Children's Classic during graduate school, I had the opportunity to meet Jeff Foxworthy and Terry Bradshaw while transporting people to/from the event.

**I am inspired by:** Jesus, Abraham Lincoln, Dean Smith, Joe Paterno

**The best advice I have received:** "Treat others as you would like to be treated."

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

**Morning person or night owl?** Night owl

**Chocolate or vanilla?** Strawberry

**You do the walk the night for suicide prevention, why do you do it and how many pairs of socks and shoes do you go through?** After participating in a community walk at Colcalico High School, I have walked in the Out of the Darkness overnight walks in Boston, Chicago, and NYC to help further the work of the AFSP to increase the awareness and understanding of suicide and depression since many people have personally been affected by either suicide or mental illness. The walk usually requires one really good pair of shoes and 2 pairs of good socks.

**You'll find this on my Ipod:** I enjoy a mix of these genres: Blues, Christian, Classical, Jazz, Reggae, Pop, & Rock

**I always find beauty in:** Watching sunsets at the beach and visiting the world's natural wonders

**I never leave home without my:** Blackberry

**Favorite vacation spot:** Chapel Hill, NC

**Favorite sports team:** UNC Tar Heels, PSU Nittany Lions, Philadelphia Eagles/Flyers/Phillies/Sixers, Lancaster Barnstormers

**What do you do to de-stress?** I enjoy exercising, reading, traveling and watching comedy.



### MHALC Annual Legislative Breakfast

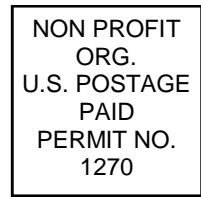
Please join us for our Annual Legislative Breakfast, Friday, March 25, 2011 at Penn Cinema, 541 Airport Road, Lititz, PA 17543, 7:30 AM Light Breakfast, Topics: Parity and Health Care Reform How might these federal issues impact Lancaster County? 8:00 AM Speakers Adrienne Ellis, Director of Maryland Parity Project at the MHA of Maryland, the lead for Health and Human Services Region 3 to Mental Health America's Regional Policy Council: Sarah M. Steverman, Director of State Policy, Mental Health America, National Center. Cost Per Person is \$15.00. Please make check or money order(\$15 per person) payable to MHALC. Return payment and registration form on or before March 18, 2011. Forms are available at [www.mhalancaster.org](http://www.mhalancaster.org) or by calling 397-7461. We hope you can join us!



*A United Way Partner*

630 Janet Avenue

Lancaster, PA 17601-4585



Address Service Requested

## **MHALC 3rd Chili Cook-off– Please Join Us!**

April 2, 2011 11:00AM-3:00PM , Hempfield United Methodist Church., 3050 Marietta Ave, Lancaster

The admission prices are \$7.00 for adults, children 5-11 years \$4.00, 4 years and under are free. You will be able to sample the chili and vote for the “People’s Choice” favorite.



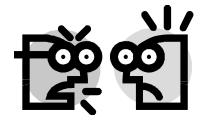
The judges will pick the winners in several categories such as Grand Champion, 5 Alarm Chili, Most Unique & Secret VIP. This Chili Cook-off will be a

fun filled event for the whole family with , GREAT CHILI, and other food.

For more information and/or to purchase tickets for the event please call MHALC office at 397-7461 or visit our website at [www.mhalancaster.org](http://www.mhalancaster.org).

## **Anger Workshop**

Do people push your buttons and make life tough for you? Does your anger create problems? Do others tell you that you have an anger problem, even when you think you do not? Would you like to use your anger effectively? Want to know the underlying



causes and to resolve those issues? If you answered yes to any of those questions, this workshop is for you Wednesday, March 30, 2011 from 6:00 – 9:00 PM in Room B-103 at 630 Janet Avenue, Cost \$25 per person. Call 397-7461 to register, or with questions.