



The Beacon

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May 2011

Mental Health America of Lancaster County, A United Way Agency

MHALC Launches Mental Health Awareness Campaign

Mental Health America of Lancaster County launches its inaugural Get-a-Member Campaign. The campaign, designed to spread awareness of mental health issues and the work being done to combat them, runs from March 1 until May 31. The Get-a-Member Campaign will conclude at the end of May, which is Mental Health Month. Our goal is to have 250 new members (*Basic \$35, patron \$50, Sponsor \$100, Sustaining \$250, Bellringer \$500.*)

We are asking our members to renew their membership and introduce a friend to our agency. We have conversation starters available by calling our office at 717-397-7461 and it is easy to join via our **NEW improved website at www.mhalancaster.org**. Mental Health America of Lancaster County (MHALC) members receive discounts on special events, invitations to members' only events, a subscription to the quarterly newsletter *The Beacon*, a sense of community and empowerment, opportunities to network with professionals in the mental health field, and access to trainings, workshops and educational opportunities.

Mental health conditions are very common. According to *The Numbers Count* published by the National Institute of Mental Health, in any given year, more than one-quarter of adults in the U.S. experience a diagnosable mental health condition. That means that of the more than 500,000 Lancaster County residents estimated in 2009, more than 125,000 suffered from some form of mental health issue.

Thank You for your support and we look forward to meeting our goal!!!!

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2011 Celebration of Recovery Picnic Carnival Theme

Friday, June 17,
2011 at Long's Park,
Harrisburg Pike,
Pavilion #1
10:00AM-4:00PM.

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

To register please call
Tempo Clubhouse at
392-2300

by June 10th or email
recoverypicnic@gmail.com

*Collecting new or gently
used stuffed animals for
prizes. Drop prizes off at MHA
office 630 Janet Ave.



MHALC 3rd Chili Cook-off- Announces Award Winners

Our Third Annual Chili Cook-off was a very successful event. Over 500 people attended the event and tasted incredible chili prepared by 16 local restaurants. When we opened the doors at 11:00 AM, we had people waiting to taste the chili and vote for their favorite chili. The chefs are a big part of the event because it takes their time and talent to make their amazing chili. This year the chefs went all out and made some very unique and delicious chili. It was a very festive occa-

As you can tell, the judges had a hard task picking the winners. However, they did a superb job of judging.

The following were the winners:

Grand Champion – Intercourse Canning Co.

Most Unique – Bully's Restaurant

Peoples' Choice – Loxley's

Five Alarm – Sloppy Jane's

Most Flavorful – Roseville Tavern

Best Decorated Table – Hess BBQ

It was truly a family event with lots of mascots having fun with the children and adults. The mascots included Andy Armadillo, Cylo, Enzo, New Holland Auto Group Cow, and Tony The Tiger. Many people enjoyed the hot dogs and baked goods while listening to Amy Rose perform. Guests also enjoyed face painting by Mrs. Arlene Gaudioso and magic tricks by "Cowboy Dentist" Dr. Stephen Miller. **Visit www.mhalancaster.org for pictures!!!**

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MHALC Spotlight: Gretchen Gaudio Client/Family Advocate

Family: Arlene and Lou (parents)
Gwen (sister) Kody (fiancé) Newt and Logan (dogs)

Education: Graduated locally from Hempfield High School and received my BA in Psychology from West Virginia University.

Professional Background: I have worked at MHA for 13 years, before that I worked at a summer program for pregnant and parenting teens.

What led you to MHA? I was working at Houlihan's as a waitress and Mary Steffy, Executive Director, came in with one of my long time family friends and former boss Trudy Brandt. We got to talking and I had an interview set up for the next week. After being interviewed Mary thought that I was a good candidate for the Advocate position.

Biggest accomplishment at MHA: I would say the development of the program that I take into the local high schools. The program titled "The Realities of Mental Illness" is where we talk to teenagers about depression, suicide, and other mental illnesses to let them know that it is an illness and it is treatable. It is so important to educate teenagers about this and the feedback that we get from the kids is amazing.

One of my favorite quotes: DANCE as though no one is watching you, LOVE as though you have never been hurt before, SING as though no one can hear you, LIVE as though heaven is on earth.

When I was a child, I wanted to be: a wide receiver for Terry Bradshaw

Morning person or night owl? NIGHT OWL

I am inspired by: the individuals that I work with that fight every day for their recovery.

Something I find challenging: Getting the little white ball into the hole that has a flag sticking out of it!!

I never leave home without: my iPhone, I am seriously lost without it.

What has been the most embarrassing incident in your life? While in college I was at an ice hockey game and was picked to go on the ice to try to win a prize. I had to shoot a puck from center ice to the net that had a board in front of it with a small opening. I stood on the small piece of carpet provided to me and I took a wide stance and pulled back the stick. Unfortunately when I took the wider stance I stepped off of the carpet and during my shot I slipped and fell smack on the ice in front of the whole crowd. If that wasn't bad enough I felt a slight breeze as I was walking (slowly) off the ice and realized that I had split my jeans.

My culinary specialty: My mother is a terrific cook and an even better baker (we call her Martha Stewart). Fortunately for me and Kody she has taught me how to make many delicious recipes. I think my best is my Italian Wedding Soup. My father has even admitted that it's better than moms! Unfortunately I am NOT a very good baker. Last year for Mother's Day I tried to make a pretty red angel food cake. Well it turned out to be a puke green color with huge cater holes and it tasted like paper. I think mom knows that I'm not a good baker cause when I brought the awful angel food cake over she whipped out one that she bought at the store as a "just in case".

Favorite movie(s): Grease, Major League, Elf, Step Brothers, Groundhog Day, Old School, and more.

Greatest fear: I think I watched Jaws too much when I was a kid because I have a strange fear of sharks. I am afraid of sharks in the ocean, in the bay, in swimming pools, etc...

Favorite sports team: Phillies, Flyers, Eagles, WVU football and basketball, and Hospice softball team.

Who would you go on a dream date with? Well of course Kody, but if we

weren't together it would be Justin Timberlake, Jimmy Fallon, or Cliffy Lee.

Awards you have won: I won the Volunteer of the Year award from the Junior League of Lancaster when I was a senior in high school. At the time I was a little embarrassed because I thought it was kind of dorky, but looking back I am proud. It was also the first time I received a collect call from prison as my picture was in the paper and a prisoner called me. My father did not accept the call.

Two happiest days of my life so far: The day that Kody proposed (so sweet) to me and when the Phillies won the World Series in 2008, the parade was incredible!!

What is one of your favorite childhood memories? Every year my family and another family would go on vacation to the beach at Kiawah Island, SC. We would be on the beach from early AM until evening every day, and then go back to the house make dinner and play games. We always had so much fun being together, playing on the beach, swimming in the pools, participating in talent shows, and running zigzag away from the alligators.

If someone gave you unlimited access to money to shop for, what would you buy? A big house with a big yard and pool, everything in Ikea, a convertible, and a HUGE check to MHA!

Do you get any recurrent dreams? Right now it is nightmares about my upcoming wedding. In my last one we were at the wedding location nothing was done, my dress went to mid-calf, and we forgot to buy rings so we had to use the rings from the caps from 2 Liter bottles of coke.

What are looking forward to most about your wedding? We are doing a "first look" where we will be alone (with the photographer) and see each other before the ceremony; I think it's going to be very intimate and romantic and a good time for us to take a breath

Confronting Your Demons by Juliana Arnold, Peer Educator

As I speak with the patients at the hospitals, I try to impress them about the importance of dealing with life's baggage. As a survivor of multiple traumas I know all too well the places my memories will take me. Depression and anger were a way of life for many years. Therapy is not a four week process, it can take years. It is a very important part of my recovery, without it I could easily let my past suck me back down. Last night I attended a candlelight vigil in memory of my sister and



two nieces that I lost to a triple murder suicide. As I had just finished working through the abuse of my childhood, I was then confronted with this tragic loss. It's been almost 11 years and I attended many vigils. A woman spoke last night in front of the survivors; she said every year she looks for the woman who lost her sister and her two babies. We don't know each other's names however we can tell the story of each other's loss. I also look forward to seeing her each year. We watch each other grow from

year to year. Medications help with mental illness but as our keynote speaker said last night, it shouldn't be what's going with you we're asked, but rather what has happened to you? I have not met anyone in a mental health unit with a good self esteem. So many have losses, history of abuse, divorce; whatever the difficult situation, we must confront it in order to heal, to become well.

Dips in the Road by Greg Amos, MHA Board Member

Nobody's road is straight, smoothly paved and level all the time. Of course, some people's roads are more hazardous than others'.

I'm bipolar and that means my road is hilly – roller coaster hilly. But lately, I've been driving through flatlands. Imagine the Painted Desert in Arizona with its innumerable shades of brown and pretty desert flowers.



manic, thinking I could do everything and anything, neither depressed, thinking I was incapable and useless.

Then I hit a dip in the road.

Disability was months away from restarting and I received a notice that my unemployment benefits were being held. Immediately, I assumed that my former employer had contested my eligibility. I could appeal the decision, but it would take weeks for a resolution (that might not be in my favor). Making the \$20 I had in my pocket last that long would be tough.

I had a difficult weekend. I canceled planned social activities and slipped into depression. Because I was depressed, neither could I work on my reassessment nor any of the projects I envisioned to get me off public support.

Tuesday of the following week, Unemployment called. They needed the name and address for a second employer for which I had done a few temp assignments. Once they had that information, my benefits would be released. *That's it? Really?!*

The road leveled.

Three months ago I was fired from a job I struggled to maintain. My performance was inconsistent at best and had been steadily deteriorating over the previous year. All involved knew what was coming. I didn't want to quit because that was my livelihood, my career. *I was supposed to be good at this and enjoying it!* Instead I was emotionally stressed, getting physically sick, depressed and worried. Even if I managed to improve my performance, I'd then be doing well in a job I no longer liked nor wanted.

Sometimes getting fired is a blessing. My road leveled. The driving became easy.

I began receiving unemployment, filed to restart disability and began to reassess what I wanted to do and my professional capabilities. I was in a good state of mind to perform this reassessment: not

That week I learned a useful technique to help manage my bipolar disorder: *just keep driving*. The road is never always straight, smooth and level. There will be hills to drive up and down, there will be construction and obstacles to navigate. Sometimes I'll be driving at night (note to self: turn on headlights).

How my car drives depends as much on my driving ability and the operating condition of the car, as it does on the road over which I'm driving.

When my front wheels hit the dip, I didn't slam on the brakes and stop driving – *Definite no no* – although I did slow down to a crawl. I drove through. The back wheels dipped and the road was level again.

The only way I'm going to reach my final destination is to keep driving, no matter the road condition, shape the car's in, or my driving skills. A map can help me find better roads, a mechanic can help me keep my car in tip-top working condition and I can always improve my driving ability.

Just keep driving.

The only thing that had caused it to dip was my perception of a problem. Then because I'm bipolar, my perceptions tend to amplify my responses – positively and negatively, i.e. hypomania and depression.





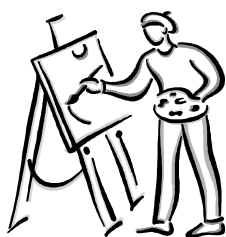
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Lancaster, PA 17601-4585

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Compeer Art Auction Friday , May 20, 2011



**Come out Friday evening to
Mulberry Art Studio,
21 N. Mulberry St., Lancaster
Preview art at 6pm**

Auction begins at 7pm

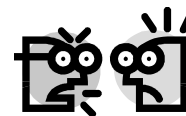
Entertainment and light refreshments provided.

Artist Michael Tymon will be painting during the auction and his original piece of art will be auctioned that night. To view pieces visit Compeer's website

www.compeerlancaster.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 resolve those issues? If you answered yes to any of those questions, this workshop is for you Wednesday, May 18, 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.



Mental Health America of Lancaster County

Needs your vote on

Saturday, May 14, 2011

From 10 a.m. – 4 p.m.

Lancaster Farm & Home Center



2011 Businesses That Care Expo

E G Stoltzfus, Jr. INC

is sponsoring our participation in the

- ◆ The Expo will be a format for **MHA** to tell the community our story and publicize our mission.
- ◆ Four \$2,000 prizes will be awarded to the not-for-profits with the highest number of votes. **Your vote will help us win!**
- ◆ Two \$1,000 prizes will be awarded as wild-card drawings.
- ◆ The Expo will acquaint you with other Lancaster County not-for-profits as well as the businesses that support them.
- ◆ The admission ticket to the Expo is a can of food or \$1 to benefit Lancaster area food banks or a pair of slightly used or new shoes to benefit Soles for Souls.

Please plan to tour the Expo and vote for Mental Health America!



do more for **1in4**

Which of these Americans is living with a mental health condition?



Did you know that 1 in 4 adults struggle with a treatable mental health condition each year? That's almost 60 million people!

Who is your 1in4? Do you know a family member, friend, veteran, or colleague quietly struggling with depression, ADHD, posttraumatic stress disorder (PTSD), substance abuse, or some other mental health issue? We can help you help them!

Mental Health America is the nation's largest and oldest community-based network dedicated to helping each of us achieve true wellness—wellness of mind, body, and spirit—because there is no health without mental health!

Show your support on the national and local level—join Mental Health America today for just \$5 a month at www.MentalHealthAmerica.net

Mental Health America of Lancaster County Annual Awards 2011
MHA is collecting nominations for the following awards:

Consumer of the Year someone who is in recovery from their mental illness and gives back to the community during their recovery.

Family Person of the Year for support of their family member, and/or for their faithful involvement with MHALC or other community committees.

Educator of the Year someone who supports stigma reduction, mental health education, etc.

MH Staff Person of the Year individuals who work in mental health system who go above and beyond the call of duty, and/or have many years of dedicated service in this field.

Volunteer of the Year someone who gives countless hours helping in the mental health field.

Lifetime Achievement for a lifetime of dedication to the cause of mental health.

* Awards will be given at MHALC's Annual Meeting

**MHALC reserves the rights to make all award decisions.

Please send the nomination back to MHA by August 5, 2011

630 Janet Ave Lancaster, PA 17601; Fax (717) 517-8446 or email it to mha@mhalancaster.org

Name and address of person being nominated

Name, address, and phone number of person submitting nomination

Please write a paragraph (on back or separate piece of paper) no more than one page explaining why this person is deserving of the award.