



# OUTREACH

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*When we look back on 2011, we do so with great appreciation for the generosity shown to us by our community. We could not deliver the programs and services we do without your support.*

*On behalf of the Board of Directors and the Staff at the MHA, please accept our heartfelt gratitude.*

*"Millie"*

## 2011 Members and Contributors

### Leaders

Mel and Dorothy Wentland

### Benefactors

Charley DelPlato

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### Supporters

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### Mini-Golf Tournament Hole

#### Sponsors

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Mugs and More  
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Toshiba Business Solutions  
United Memorial Medical Center

### In-Kind Contributions

Albright Knox Art Gallery  
Alpaca Delights/ Ellen Wood  
Buffalo Bills  
Buffalo Sabres  
Charley DelPlato & The Twisters  
Darien Lake Theme Park  
Five Star Bank  
Ned and Shelly Morgan  
Oatka Milk Products

### *In-Kind Contributions (continued)*

Rochester Americans and  
Knighthawks  
Rochester Museum and  
Science Center  
Terry Hills  
Torrey Farms  
Wal-Mart  
YWCA

### Tributes and Memorials

Frances Atkins for MP  
Christine Bow for MP  
Charley DelPlato for MP  
Dorothy Wentland for JM  
and SP  
Beverly Wujastyk and Linda  
Farney for MP

### Grants and Foundations

GCASA Foundation  
GoArt  
KeyBank Foundation  
Mental Health Assoc. of  
NYS Community  
Promotion Project for  
Warm Line  
Mental Health Assoc. of  
NYS Community Suicide  
Prevention Project  
Office of Mental Health for  
Advocacy & Empowerment  
training  
Wal-Mart Foundation

**We apologize for any errors or omissions that may have occurred.**

## Brown Bag Lunch & Learn Tuesdays

Bring your lunch to the MHA and join us for free educational presentations on various Mental Health topics. Brown Bag Lunch and Learn Tuesdays will be held the 1st Tuesday of each month from 12:15-1:15pm.

Mark your calendars for the following Tuesdays:

March
Tuesday 6
<b>Families Coping with Mental Illness</b> This video presentation covers "early nightmares", Suggestions for Survival, and coping with problems that don't go away.

April
Tuesday 3
<b>Pathway to Healing David Berceci</b> This DVD presentation discusses the Biology & Neurology of Trauma and Internal Conflict Resolution.

## NAMI Family to Family Education Program

In partnership with NAMI, the MHA completed the 1st Family to Family 12 Week Program in Genesee County. Over 22 individuals graduated in December. The course was taught by trained family members Pat Sine, Director of NAMI Rochester, and Sue Gagne, MHA Asst. Director. Course topics included overviews of mental illnesses, medications, rehabilitation, as well as communication skills, self-care, and problem solving workshops, just to name a few.

The MHA also provides a family support group in collaboration with NAMI. Please contact the MHA at (585) 344-2611 for more information.

## Annual Friends & Family Open House



On Tuesday, Dec. 13th the MHA welcomed several community members, friends and families to the agency. Social Club Members were on hand to give a warm welcome.

Thank you to all who joined us.

If you missed this event and are interested in seeing all we do here, please call the MHA at (585) 344-2611 to schedule a tour! We would love to meet with you and show you around.



## Mental Health Association's commitment to Suicide Prevention and Education

Through a grant received from The Mental Health Association of New York State (MHANYS) and a working partnership with the American Foundation for Suicide Prevention Western New York Chapter (AFSP-WNY) the MHA in Genesee County is focusing on the following three areas to build strong community awareness through education and a coordinated postvention response to a completed suicide.

- 1) **Suicide Prevention Task Force/Coalition** on December 7, 2011 key visionaries, including school district representatives, local organizations, and clergy met at the Genesee ARC Community Center. This meeting was the starting point to develop a strong regional infrastructure and coalition to address the issues of suicide awareness, education, prevention and postvention services for our community. Through the development of a unified plan, including ongoing training, resources and community awareness we will be equipped as a community to address this sensitive issue. If you are interested in being a part of this coalition, please plan to join us at our **next meeting on February 14<sup>th</sup> from 8:00-9:00am at the MHA, 25 Liberty St. Batavia**, or contact the MHA at (585) 344-2611 for more information.
- 2) **Law Enforcement Training** During the week of January 9th, five trainings were presented by Eric Weaver; retired Sargent of the Rochester Police Department. Sgt. Weaver presented *Emotional Safety and Survival: Perspectives on Mental Health, Mental Illness, and Suicide Prevention in Law Enforcement*. Ninety officers from Genesee, Monroe, Niagara, Livingston, and Orleans County from the Sheriff's Department and Local Police Departments were trained throughout the week.
- 3) **Suicide Postvention Services** – will include development of information packets including a palm card of local resources, educational reference materials and ongoing support through our already established Survivors of Suicide Support Group (SOS) which meets monthly at the MHA.

## SUPPORT GROUPS AT THE MHA

### Life Bridges

Life Bridges is a support group that is open to the community and provides education, information, mutual support and encouragement to individuals with ALL types of trauma histories. Life Bridges is open to anyone 18 years of age or older, who would like to enhance or improve their positive living skills and who finds the group process beneficial in doing so. The group meets on Thursdays from 1:30-3:00pm and 6:15-7:45pm at the MHA.

### MICA Support Group

(Mental Illness/Chemical Addiction)

This group is designed to support and educate individuals with a dual diagnosis of mental illness & chemical addiction. This group meets every Friday from 2:30-3:30pm at the MHA.

### Survivors of Suicide

S.O.S. is a monthly support group designed to help those who have lost a loved one to suicide resolve their grief and pain in their own personal way. Please call the agency for more information.

### Depression/Bipolar Support Group

A group for individuals who experience Depression and/or Bipolar Disorder. Please contact the MHA for more information.

### Family Support Group

A group for families or friends whose loved one has a mental illness. Please contact the MHA for more information.

## **MHA Trainings Offered**

**Wellness Recovery Action Plan (WRAP)** - The WRAP training is a self-management recovery system developed by Mary Ellen Copeland and a group of people who had mental health challenges and wanted to incorporate wellness tools and strategies into their lives. Topics include: daily maintenance plans, how to recognize and deal with triggers, identify early warning signs, deal with systems, work on crisis and post-crisis plans.

**Wellness Self-Management (WSM)** - The WSM training is designed to offer opportunities to improve quality of life. The program is broken down into various workshop topics. WSM helps individuals learn about recovery and what it means, how to make the best use of mental and physical health services and how to stay well by decreasing symptoms of mental health problems. WSM is about building on personal strengths, making informed decisions, overcoming negative thinking and taking action steps.

**Growing Beyond Survival** - This training is designed to teach trauma survivors the building blocks to rebuild their inner selves through self-awareness and healthy coping strategies. Rather than simply offering "band aid" type crisis interventions, this self-paced program empowers survivors with an understanding of where the symptoms come from and why, by learning a variety of interventions, skills and techniques. Survivors are able to select and make use of different tools for self-regulation purposes.

**Hearing Voices That Are Distressing** - The MHA offers a complete training that simulates the experience of having Schizophrenia. During the training, participants have the opportunity to experience hearing voices while attempting to perform various tasks. A discussion period follows. This training brings awareness to the daily challenges of those living with Schizophrenia and allows participants to develop a greater empathy & respect for the strength individuals have developed in coping.

Please call the MHA at (585) 344-2611 for more information.

### **2012 Annual Appeal Campaign**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

I would like to support the Mental Health Association in the amount of:

- \$500.00      Leader
- \$250.00      Benefactor
- \$100.00      Pacesetter
- \$ 50.00      Patron
- \$ 25.00      Friend
- Other          \$ \_\_\_\_\_

Your gift to this appeal will provide you with membership including voting privileges in the 2012 calendar year and you will also be recognized in our 2012 Annual Report.



YOUR CONTRIBUTIONS ARE TAX DEDUCTIBLE TO THE EXTENT ALLOWABLE BY THE LAW.

Please return this portion with your contribution to: **Mental Health Association in Genesee County, 25 Liberty Street, Batavia, NY 14020**

## 2012 Save the Dates:

- ✓ April 26 ~ Criminal Justice Day  
Military Personnel & Veterans in the Criminal Justice System
- ✓ May 15 ~ MHA's Annual Meeting  
Terry Hills Restaurant, 12-1:30pm
- ✓ May 11, 12, 13 ~ "Night Mother"-performed  
by Maryanne and Jamie Arena at GCC's Stuart Steiner Theatre.
- ✓ August 3 ~ 2nd Annual *Mini-Golf*  
Tournament at Terry Hills



Keep up to date with all the happenings at the MHA. Check us out on the web at [www.gcmha.org](http://www.gcmha.org)

*The MICA/Trauma Task Force Meetings are held the 4th Friday of every month at 9:00am at the MHA. Call (585) 344-2611 for more info.*



Recently the Forum Players, a talented group from GCC, stopped by the MHA to treat Social Club Members to the one act play, *The Fifteen Minute Hamlet*, directed by Norm Gayford, GCC English professor. The MHA is thankful to the group for encouraging our members to express themselves creatively!

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Mental Health Association in Genesee County  
25 Liberty Street  
Batavia, NY 14020  
On the Web: [www.gcmha.org](http://www.gcmha.org)  
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