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Mental Health Association of Northern Kentucky

Mental Health Update

Volume 2, Issue 1

January 2003

- **Upcoming Events**
- See enclosed Current Issues pages for continuing education offerings. The following are just a few of those being offered.
- Feb. 12, *Managing Stress, Anxiety & Tension*
- Feb. 19, *Changing the National Trend of Obesity*
- Feb. 26, *Adolescents, Pornography, the Internet, and Sexual Reactivity*

- Thurs., April 10-- National Alcohol Screening Day

- Our MHANK Depression Support Group meets every Thursday 6:30 pm at Lakeside Presbyterian Church--call 859-431-1077 for more information

- Recovery Network is a consumer led program of the MHANK and is open daily from 10:30 to 4:30. 513 Madison Ave., Covington and offers the following programs:
- Schizophrenics Anonymous Support

Welcome New Board Members

We wish to welcome our newly elected Board members: Kimberly Finley, Veronica Mitchell, and Dr. Louise Niemer. Mrs. Finley lives in Ft. Wright and is a sales representative for Shize Pharmaceutical. Mrs. Mitchell lives in Park Hills and is currently a teacher at Notre Dame Academy. Dr. Niemer is a Professor at NKU in the Nursing Dept. and also lives in Park Hills.

Newly elected officers for the 2003-2004 year are: Lynn Haney, President; Sue Cozken, Vice President; Sue Shumate, Secretary; and Bob Brautigam, Treasurer. We give all our thanks and appreciation to David Kramer, past Board President, and Perry Fields, retiring Treasurer, for their work and dedication to the Association. Fortunately both David and Perry are continuing on as Board members.

Upcoming Issues for the 2003 Legislative Session

Besides the overall major concern of the State's financial picture, there will be a few issues of concern and interest this Legislative Session. None of these issues have been assigned a Bill number as of yet, but please check with our Web Site under the Policy section for updates.

Regional Planning Councils (843 committees): The current legislation authorizing the State Commission on Mental Health and Substance Abuse and the regional planning councils is due to expire in 2003. Legislation is required to extend the State and Regional Planning Councils. We anticipate passage of the Legislation as there is bi-partisan participation and support for the Councils.

Advance Directives for Mental Health Services: This issue has been led by numerous consumer groups and the Division of Public Advocacy. Supporters believe specific legislation is needed allowing mental health consumers to prepare and have advance directives on their care should they become incapable of making such decisions. A work group under the State Commission on Mental Health has developed guidelines and core principles to be included in the legislation. Jim Coleman, Director of the Recovery Network of Northern Kentucky has participated on this committee.

Ticket to Work/Medic aid buy-in: A very important piece of the National Ticket to Work Federal Law was the ability of States to modify their Medicaid coverage to allow disabled individuals, returning to work, to pay Medicaid premiums and therefore have affordable coverage for their medical condition. This has always been cited as one of the main barriers to individuals not returning to work full time. Over half of all States have already done so or are in process. IN 2003 Legislation is expected to be introduced for Kentucky to study the issue and plan to implement in 2004.

Reaching Out

2003 is bringing exciting education, awareness and screening opportunities that will touch the lives of thousands of people. We will help guide individuals to greater peace of mind and relief from the pain that comes from having a mental illness (pain described as having such strong feelings of worthlessness, hopelessness, anger and frustration that a shroud of darkness immobilizes you).

Growing Support Appreciated

The National Speaking of Women's Health Foundation, Kentucky Division of Mental Health and United Way have announced their continued support of our outreach efforts. Speaking of Women's Health not only offers funding, but the ability for us to reach hundreds of women in need through their well attended five day conference at the NKY Convention Center.

Growing support has come from organizations and individuals for the Mental Health Awareness Committee outreach campaign. Our goal for the 2003 Depression Campaign is to build up on the success of last year's campaign, while broad-

Group meets every Wednesday 1:30 pm at the Recovery Network, 513 Madison Ave. , Covington.

- Back to work assistance
- Computer training
- Iris Art Club
- Friendship Club
- B.R.I.D.G.E.S. (Building Recovery of Individual Dreams and Goals through Education and Support) Support Group meets 2nd & 4th Wed, 11:30--1:00 at Recovery Network
- Call Recovery Network (859) 431-2134
- Recovery is Possible!

- Tune in to the new monthly access cable show, *Feeling Better*. It is being produced at Campbell County Community Media, CCTV (Channel 21) and distributed to other Community access stations throughout Greater Cincinnati.

Growing support has come from organizations and individuals for the Mental Health Awareness Committee outreach campaign. Our goal for the 2003 Depression Campaign is to build upon the success of last year's campaign, while broadening our focus. This year, we will expand our goal to include motivating depressed people to seek treatment, while continuing to drive them to www.gocampbellcounty.org for more information. The slogan will be "You Deserve to Feel Better," a slogan that drives home the entitlement of individuals to be healthy and the correlation between treatment and significant improvement. This slogan also ties into the distinct correlation of physical and mental health, because depression so often co-exists with other medical and substance abuse problems.

We will expand our efforts in the form of how we reach people. We will continue the media campaign, but also add print materials, a cable television show, marketing to employers, and many public relations activities.

Tune in to the new monthly community access cable show, *Feeling Better*. It is being produced at Campbell County Community Media, CCTV (Channel 21) and distributed to other Community access stations throughout Greater Cincinnati.

National Alcohol Screening Day
Thursday, April 10



Christmas Dinner Update

Our Christmas Day Dinner Celebration was a great success because of the terrific community, business and volunteer support that we received. Again we were helped by the Sunday Morning Club and Chuck McHale, who now owns the Point Pavilion. He recently renovated the banquet hall and allowed us to use this truly beautiful facility for our event as well as prepared a lot of our food.

Our benefactors gave us money, turkeys, hams, coffee, soft drinks, milk, bread, rolls, desserts, cookies, apples, linens, plasticware, plates, cups, napkins, toys, assorted gifts, jeans, jackets, headphone communication system, music system, dividers/draping, candy, underwear, socks, gloves, hats, use of storage area and moving truck.

Our volunteers collected gifts for the day, made and decorated place mats, prepared the turkey and other food items, wrapped gifts, sorted items, set up, cleaned up, served food, distributed gifts, took pictures, talked with the guests, sang, played Santa and generally had a good time.

We served 1072 guests this year, and involved 325 volunteers on Christmas day and the few days prior to it. From the list above you can see that our guests received a variety of items. Most of our items were donated, but we used our cash donations to purchase underwear and socks for all, Polaroid film for pictures of all the children with Santa and miscellaneous expenses.

We gave this celebration to make a nicer, happier Christmas for the lonely, needy, and less fortunate of our community, but all of those involved experienced the true spirit of Christmas because the giving of time, talent and treasures enhances the reality that we can all make a difference if we really want to share with others. The smiles on the children's faces, the laughter in the hall, and the music and clamor in the air all reinforces the feeling that our Christmas dinner is accomplishing its goal of contributing to the mental wellness of our community.

Training Conducted for Kenton County Jail

David Olds, Executive Director of the Association, and Dr. Ed Conner, Psy.D, General Psychological Services and Forensic Assessment, Consultation & Treatment, recently completed a two part training for many of the Kenton County Detention staff. The topic was on mental illness and basic methods of intervention, with an emphasis on Depression and Suicide prevention. The nearly 6 hours of training covered an overview of mental illnesses and ways the staff can safely and appropriately intervene in situations that may arise. Over 60 officers completed the training offered in October and November. Post tests given demonstrate a significant gain in the officers' knowledge base.

Exodus Volunteer Training Session

The Exodus Jail Visitation Program, sponsored by the Mental Health Association and the Northern Kentucky Interfaith Commission, needs volunteers who are willing to visit incarcerated adults. Through Exodus, volunteers listen to incarcerated people who are sometimes filled with anxiety, frustration and depression because of their past and present life situation. Volunteers are trained to identify and report symptoms of suicide, suicidal ideation or potentially harmful behaviors of the inmates, and to bring acceptance, respect and help to a specialized segment of our community. Exodus volunteers visit in the Kenton, Campbell and Boone County Detention centers as well as the Maplewood Children's Home

the mental wellness of our community.

We'd like to publicly thank each and every one of our volunteers and benefactors, but that would not be possible, so accept our thanks here.

Thanks to all who made this celebration happen!

(abandoned, neglected/abused, dependent children or status offenders or non-violent public offenders).

Training will be held in late February and/or early March. Applicants must be 21 years or older. Call now for your application and ask for Diane at 859-292-2485.

ATTENTION

We are seeking speakers for our Depression Support Group (Meets Thursdays between 6:30 and 8:00 pm in Lakeside Park). Our group has shown various interest in the following topics: Assertiveness; Bipolar Disorder; Boundaries; Psychiatrists and Medication Monitoring/Side Effects/etc.; Relaxation/Alternative Therapies; Self-Esteem; Stress. If you have any questions or suggestions on these topics, please call Jeni or Rhonda at 859-431-1077 (Monday through Friday 10:00 - 4:00). Thanks for your help!