



MENTAL HEALTH ASSOCIATION OF NORTHERN KENTUCKY

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR
THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION
NOVEMBER, 2003
VOLUME 2 ISSUE 4

Are You A Volunteer? Will You Join Us For Christmas Dinner?

As the season changes, the autumn leaves begin to fall gently to the ground, we begin to look forward to the Holiday season and make plans to be with our family and friends.

For many this can be a time for depression and anxiety to begin taking its toll.

Sixteen years ago the Mental Health Association of Northern Kentucky recognized the need of individuals and their families to have a safe and warm place in which to gather and enjoy a day of festivities.

It began as means of providing people with mental illness or lonely individuals with something to do on Christmas Day that would help alleviate depression.

We had one problem. How can we serve this need in our community without the help of others?

With this in mind we set out to ensure that all people wanting to enjoy a traditional Christmas celebration, complete with a big meal and presents for one and all, would have the

opportunity to do so.

The Mental Health Association would like to invite you, your family and friends to join our team on Christmas Day. We need approximately 250-300 volunteers to help at this event.

This event will take place Christmas Day at the Point Pavilion located at 620 Scott Street, Covington, KY. Dinner will be served from 11:00 am until around 2:00 pm. Volunteers begin at 6:30 am and end at 4:30 pm.

We can also use donations of toys, and/or cash so that we may purchase the many items that are needed in order to make this day a success.

Please consider joining us for this glorious and fun filled event either by volunteering a few hours of your day, all day or a gift in the form of a donation.

If you would like additional information please contact Arnetta Hobbs at 859-292-2484.

New Resource Directories Available

Pick up your copy today.
They go fast!

Feeling Better Cable Show

Tune in every month for expert interviews and practical tips for getting and staying mentally well.

Campbell Cnty., Ch. 21

Wednesdays 7 p.m.

Saturdays 4 p.m.

Boone & Kenton Cnty.

Wednesdays 6 p.m.

Saturdays 1 p.m.

In Cincinnati

Intercommunity Cable,
call 513-772-4272 for times
Media Bridges
call 513-651-4171 for times
Anderson Union Com. TV
call 513-474-3488 for times.

Raffle Winners!

On October 1, 2003 The Mental Health Association held the drawing for this year's fund raising raffle. Who won? We all did. Each and every ticket served as a reminder that mental illness still exists and that we are not alone in our re-

Congratulations Award Recipients

On Thursday, September 25th, The Mental Health Association Staff, Board of Directors and community members gathered at the Sapphire Room to enjoy a evening of reflection on all the hard work and efforts that have happened this year, and to present the following awards.

The Baron Award honors a professional or community person who has provided exemplary service to improve the delivery of Mental Health services in Northern KY. Congratulations **Barbara Wofford.**

The Clifford Beers Award honors a consumer of mental health services who

has given of themselves to improve the quality of life and services for fellow consumers. Congratulations **Eric Ante.**

The Presidential Award honors a member of the Board of Directors "exemplifying" outstanding qualities of Board leadership. Congratulations **David Kramer.**

The Exodus Excellence Award honors volunteers that give the greatest amount of service and time to people that are incarcerated. Congratulations Scott Cruse, Chick Meyn, Dick Michael, Leon Mueller, Sara and Tom Reynolds, and Bob Scheid.

sun exists and that we are not alone in our recovery. So while we are announcing the actual prize winners we are also sending the message to one and all that participated in this event that you are a winner.

Thank You!!!!

Congratulations to: Kelly Clasgens, Bonnie Meyn, Albert Root, Charlie Lowe, Kathleen Olds, Matt Mitchell, Terry Doctorman, and Barb Rugen. We hope that you enjoy your prizes and will join us again in future fund raising endeavors.

Our Website has a new look!

Please check out our new and improved website coming December 1st!
www.mhanky.org

[Mental Health Consulting](#) | [Payee Services](#) | [Support Groups](#) | [Mental Health Screenings](#) | [Volunteer Opportunities](#) | [Info / Referrals](#) | [Local Policy](#) | [State Policy](#) | [Federal Policy](#) | [Legislative Contacts](#) | [Substance Abuse Information](#) | [Substance Abuse Screenings](#) | [Substance Abuse Resources](#) | [KYASAP](#) | [Get Involved](#) | [Defining Mental Health](#) | [Education Schedule](#) | [Training Opportunities](#) | [Resource Directory](#) | [Other Resources/Links](#) | [Newsletter](#) | [Other News](#) | [FAQ](#)

[Home](#) | [Contact Us](#)

© 2003 Mental Health Association of Northern Kentucky