



www.mhanky.org

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MHANKY

Continuing Education

Mental Health Association, St. Elizabeth Medical Center and St. Luke Hospital work collaboratively to provide Current Issues In Mental Health education programs. Attendance is free and some classes offer at a very reasonable cost Social Work and Nursing credits. To register, call 859-431-1077 or register on line at www.mhanky.org. Education programs can be designed to meet your needs. A favorite is Mind over Mood.

Depression Support Group

Meets every Thursday 6:30 pm at Lakeside Presbyterian Churchcall 859-431-1077 for more information. Before attending this group for the first time please call Jeni Rolfes or Rhonda Griffin at 859-431-1077.

Recovery Network

A consumer led program of the MHANKY is open daily from 10:30 to 4:30 at 605 Madison Ave., Covington and offers the following programs:

?Back to work assistance

?Computer training

?Iris Art Club

?Friendship Club

Schizophrenics

Anonymous Support Group

Meets every Wednesday 1:30 pm at the Recovery Network, 605 Madison Ave., Covington.

B.R.I.D.G.E.S.

Support Group

Building Recovery of Individual Dreams and Goals through Education and Support meets 2nd & 4th Thurs, 12:15 at the Sunshine House, 722 Scott St., 1st Floor.

Call Recovery Network (859) 431-2134

50th Annual Meeting

The Mental Health Association of Northern Kentucky will celebrate its 50th annual meeting at the Point Pavilion, 624 Scott St., Covington, on Wednesday September 29th.

All volunteers, advocates, and leaders, please plan to join us for this special occasion. Details available soon.

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

Mental Health Update

May, 2004

May is Mental Health Month

HAPPY 50TH BIRTHDAY TO US

2004, July 9 to be exact, is not just another birthday. It was on that day 50 years ago that the Mental Health Association of Northern Kentucky was officially incorporated. On that day seven individuals (Rev. John Murphy, Mae Emmett, Marie Williams, Mary Moser, Rev. Bruce Weatherly, June Lukowsky, and Patricia Kysar) signed the original Articles of Incorporation. Judge Carroll Cropper, Elizabeth Cochran and John Keegan were also named as Directors.

The Association has certainly grown and changed since then, but has not deviated from our core purpose. In the original Article of Incorporation 13 tasks were identified as the purpose of the organization. Five of these are:

- "1. To promote general community activities bearing upon the opportunity of the individual to achieve satisfactory social and personal adjustment, and specific community facilities for the treatment of the mentally ill.
2. To study and to evaluate mental health resources in this area and its needs.
3. To provide services for the prevention, discovery, diagnosis, and treatment, of mental health and emotional disorders.
4. To promote mental health among all people in the area.
5. To study bills and existing laws pertinent to mental health and their administration."

Other items refer to providing education, conferences, and training, as well as working with other groups to improve services. One key point was to establish an out patient clinic in the area, which at that time did not exist.

While our specific range of services has clearly changed and grown we have remained true to our core founding principles. We focus on providing science based education, and information; linking people to the needed services; providing those support services needed in the community; and advocating for adequate mental health services.

Clearly our founders had great vision and we can only hope to carry on with the same purpose and commitment to achieve victory over mental illness.

May is Mental Health Month: Mental Health Matters in Your Life!

May marks the 53rd anniversary of the creation of Mental Health Month by the National Mental Health Association. This years observance focuses on the importance of mental health and the realities of mental illness, particularly in the workplace where untreated and mistreated mental illness costs the United States \$105 billion dollars each year in lost productivity alone.

Caring for mental health should be a part of each person's daily routine for overall health," says Michael Faenza, NMHA president and CEO. "Mental Health Month puts a special focus on the workplace as an ideal setting to encourage people to incorporate mental health awareness into their daily lives. A positive work environment can help relieve everyday stresses that effect employees personally and professionally. When mental health is considered, employees see benefits in morale, lower absentee rates, on-the-job concentration and the bottom line."

For additional information, or a consult on how your work place can better address the needs of your employees call the Association at (859) 292-2486.



Mental Health Association of Northern Kentucky
513 Madison Avenue, 3rd Floor
Covington, KY 41011

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Health Care Reform Conference

Funding for Mental Health and Substance Abuse Planning for Kentucky's Future

On May 12 the National Mental Health Association in conjunction with the Mental Health Association of Northern Kentucky will be sponsoring a one-day workshop as part of the Health Care Reform initiative. This one day work shop will bring key stakeholders from the region and around the state together to develop action plans to better enable us to communicate our message to improve funding for mental health and substance abuse services.

Participants will hear from Kentucky Undersecretary of Health Mark Birdwhistell, Erica Malik from NMHA, and Steve Shannon from the Kentucky Mental Health Coalition. Presentations will be on the status of mental health funding and initiatives; National issues, incorporating the President's Commission on Mental Health into our goals and plans, and the status of the HB 843 goals.

A major portion of the day will be devoted to workgroups developing specific action plans on how to better communicate our message to the media, public, legislators and policy makers.

This is one of the major activities the Mental Health Association is offering in 2004 as part of our 50th Anniversary. The NMHA offers these conferences at no cost to participants around the country through the support of various pharmaceutical companies (Pfizer, Eli Lilly, Bristol Myers-Squibb, ...).

This one day event will be held at the Gardens of Park Hills, 1622 Dixie Highway, Park Hills, KY. For further information call 859-292-2487.

Homeless Awareness Day

Recovery Network in conjunction with the Housing and Homeless Coalition of Northern Kentucky will be participating in the Homeless Awareness Day on Saturday, June 12th, 2004 at Goebel Park 5th and Philadelphia, Covington, KY from 11:00 A.M. to 3:00 P.M. Everyone is invited to help make this years Homeless Awareness Day a great success. If you have any questions, please call Tayna Fogle at 859-431-2134.

What's Happening Around the Office?

- **Need . . . free brochures for your waiting room, someone to talk at your meeting, mental health screenings, information about your diagnosis or treatment, referrals, something to watch on T.V., community resources given to your employer or healthcare provider? We can help!**
 - **Feeling Better** monthly cable show, ch. 21
 - **Welcome Debby** See our newest staff Likely she will be the one greeting you by phone or in person when you visit.
 - **Congratulations Jill Kartisek** for her Business Courier 2004 Health Care Heroes Award Community Outreach nomination.
 - **Wow, 1,398 screenings with 623 people offered hope and referrals since January 2004.**
 - Visit our new improved websites at www.mhanky.org and www.guidetofeelingbetter.org
 - **Our new office location continues to provide a client friendly and a work productive atmosphere.**
 - We are working on a new data base system to save time and to streamline the reporting process to our multiple funding sources.
 - **Congratulations to the Kentucky Suicide Prevention Planning Group, on which we sit, for all the hard work to get Suicide Joint Resolution 148 passed by the Senate that will expand prevention awareness activities. For more information visit www.span-ky.com**
- Thanks to our members, sponsors and partnership with the National Institute of Mental Health and National Mental Health Association, National Speaking of Women's Health Foundation, United Way, coalition members. You make it possible to do what we do so well.*