



www.mhanky.org

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

Volume 04 Issue 2

MHANKY

September 2004

October 3-10 is Mental Illness Awareness Week

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 Continuing Education 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.

Mental Health Services

► **Mental Health Consulting**—Information/referral/screenings

► **Payee Program**—Help individuals handle their finances. (Currently a waiting list)

► **Depression Support Group** Meets every Thursday 6:30 pm at Lakeside Presbyterian Church—call 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

Celebrating 50 Years of Service Mental Health Association Core to Vision of Adequate Mental Health Services in Region

A shining star, the Mental Health Association of Northern Kentucky (MHANKY), was born in 1954 when Dr. Baron, a respected physician in Northern Kentucky, family members, and other leaders had the vision of forming an organization that would lead the region in gaining adequate care for people with mental illnesses. From the beginning people associated with the MHANKY have dedicated time, money and energy to create systems of care to help individuals with mental illness gain the dignity, respect and quality treatment they deserve. We continue to shine by keeping up with the latest research-based information that is shared with legislators, physicians, mental health and substance abuse professionals, employers and all others that can positively impact the well-being of those in need of services. For 50 years perseverance in advocacy, awareness and education activities; and mental health consultation and referral services have contributed to the successful recovery of hundreds of thousands of individuals.

A glimpse at our core accomplishments:

December 1952⇒ Dr. Charles Baron (deceased 1981) organized first public meeting to propose creating a Mental Health Association for the region. **December 17, 1953** ⇒ Public meeting of the Fact Finding Committee on the feasibility of starting a Mental Health Association. Mr. Jess Cusick, Chairman. **March 3, 1954** ⇒ Large public meeting to organize the Association held at Trinity Episcopal Church. C. Gordon Walker, Chairman. July 13, the agency duly incorporated as the Northern Kentucky Mental Health Association. Rev. Bruce Weatherly elected first Board President; with Medical Advisor, Dr. Charles Baron. First office located at Trinity Church on 4th Street Covington. **Starting in 1955**⇒ The Association in collaboration with the State of Kentucky agreed to house the first community based outpatient mental health clinic offered in the region. Clinic open to clients and their families one day a week. Catherine Bottorff —now Catherine Nienaber, first staff appointed to the clinic by the State. Also taking the position of Executive Director of the Association. **During the late 50's**⇒ The Association became a United Way agency. The clinic and other services grew. **1966**⇒ Association board members and staff supported the Association's clinic becoming the new regional community mental health center, Comprehensive Care — now NorthKey. Executive Director, Joe Willett. Many Association board members and staff moved with the new Center to support it's development. **During the 1970**⇒ The Association built on the strong, insightful and visionary actions of the founding members. To meet community needs, the Association provided information, referral, support services, education, awareness and advocacy. **During the 1980's**⇒ Exodus Jail Ministry began. **During the 1990's**⇒ The stigma that surrounds mental illness started to break. The Association made a conscious decision to expand outreach efforts by formalizing partnerships with the NMHA and NIMH screening and education programs. A Representative Payee Program was developed to meet community demand. **Today**⇒ The Association carries on with the same purpose and commitment as it's founders — to achieve victory over mental illness!

It's Time to Celebrate 50 Years of Accomplishments and Be Part of Our Transition into the Next 50 Years!

If there is ever a time and reason to come to an Annual Dinner it is now. Our board members have worked hard to pull together a historic and futuristic celebration. Our hostess, Kit Andrews of WKRC-TV 12, will lead the Dinner and Award Ceremony. Special speakers will include past Board members, staff and others who have contributed to the development and success of the Association. Come on Wednesday, September 29 to the Garden's of Park Hills, from 6 – 9 P.M. Tickets are \$30.



Mental Health Association of Northern Kentucky
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QPR: “The CPR For Suicide Prevention”

Suicide is the most common psychiatric emergency and the 11th leading cause of death in America. QPR is a gatekeeper-training model to prevent suicide. The goal of this model, developed by Dr. Paul Quinnett, is to have a person able to recognize the signs of depression and suicidal thoughts. The fundamentals of QPR, much like CPR or the Heimlich maneuver are easily learned and may save a life. Q= QUESTION... a person about suicide, P= PERSUADE...someone to get help and, R=REFER...someone to the appropriate resource. Dr. Quinnett modeled QPR on the premise of CPR with the desire that each American household would have a person trained to utilize the tool as they interact with others. For more information about trainings and QPR in general go to www.qprinstitute.com. If you think someone needs immediate help call 1800-SUICIDE.

Tune In

Public and Professionals!

To Feeling Better Monthly Cable Show and Fall Special Features “The Road to Recovery” by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Road to Recovery topics include: “Rethinking the Demographics of Addiction: Helping Older Adults Find Recovery,” “Addiction by Prescription,” “Alcohol and Drug Use Screening, Intervention, and Referral: Changing the Nation’s Approach to Comprehensive Health Care.”

Look at your public access cable schedule or call your public access cable station for the SAMHSA special feature times. Monthly Feeling Better show times are as follows: **Campbell Cnty., Ch. 21,** Wednesdays 7 p.m. and Sundays 4 p.m. or call 859-781-3495. **Boone & Kenton Cnty., Ch. 21,** Mondays Noon and Sundays 7 p.m. or call 859-2612-1300. **In Cincinnati:** Intercommunity Cable, call 513-772-4272 for times; Media Bridges, call 513-651-4171 for times; or Anderson Union Com. TV, call 513-474-3488 for times.

HEALTHY LIVING FOR RECOVERY

- Balanced Diet
- Exercise
- Positive Thoughts
- Medication
- Healthy Relationships
- Stress Management
- Relaxation

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!**
- Welcome Amanda Helphenstine, Shannon Britton, Jamie Long our newest interns – Likely they will be the ones greeting you by phone or in person when you visit.
- **Special thanks to our long time Interns and Volunteers: Breanna Lyon, Mel Jones and Bob Freer and Nathan Olds.**
- Visit our new improved websites at www.mhanky.org and www.guidetofeelingbetter.org
- **Our new data base system designed to save time and to streamline the reporting process to our multiple funding sources is up and running.**
- The board and staff of MHANKY and RNNK have begun to review and update our 5 year long range plan.
- **Looking for individuals, family members or friends with personal substance abuse experience to join the People Advocating Recovery (PAR) . For more information contact Rhonda Griffin at (859) 292-2482.**
- We are developing in conjunction with the Public Education and Awareness Workgroup of the House Bill 843 KY a source/information guide for media around the Kentucky concerning mental health and substance abuse issues.
- **The MH & SA Awareness Committee that we chair has begun outreach to physicians with lobby displays and community referral prescription pads.**

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.