

# THE FRONT DOOR

Mental Health America of Northeast Indiana Newsletter

Winter 2016-2017

## A “Thank You” a Day Keeps the Doctor Away



Gratitude comes in many forms. Telling a close friend how thankful you are to have them in your life. Thanking your coworker when they help you out with a difficult problem. Simply taking a moment to mentally appreciate when someone does something nice for you, like paying for your lunch, holding the elevator for you when you're late for a meeting, or lending an open ear to your venting.

Living within our fast-paced society, it can be difficult to pause and be thankful, especially with so many Americans feeling dissatisfied with a variety of issues going on in our country and the world as a whole. But actively practicing gratitude can be beneficial to your health, research has found.

An article by Newsweek breaks down a few different ways that gratitude is healthy. People who take the time to be grateful are healthier and more hopeful than those who don't. Those who express their gratitude have also been shown to have higher self-esteem, as well as increased resilience in the face of negative situations.

Having trouble sleeping? It may be helpful to write down things you're grateful for before bed—a 2009 study showed that grateful individuals sleep longer and better than those who aren't.

The research shows that regular gratitude is in fact beneficial in a variety of ways. Stuck trying to figure out ways to be more grateful? How about trying these:

1. Write a thank-you note. Taking time for a thoughtful gesture will make both you and the recipient feel good.
2. Keep a gratitude journal. Try to write down a few things every day that you are grateful for. It'll force you to stop and think about what is going well, rather than focusing on what isn't going so well.
3. Meditate. Meditation can help empty your mind so you can focus on what's actually important.

It may seem hard at first to take the time out of your busy schedule to be more grateful, but the benefits of doing so might surprise you! Especially in this season of giving, make sure you're practicing gratitude—who knows how good it will make you feel!

“If you are broken, you do not have to stay broken.”

-Selena Gomez

### Check out our new Guardianship Corner!

Read about some of the adventures of our guardianship clients

**More on page 3**

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# FRONT DOOR

We Offer Hope

## From the Executive Director



In the spirit of gratitude, thank you so much for your support in 2016. It means the world to us at MHANI, and to the community members we serve every day.

There is still work to be done, however. According to National Mental Health America's annual *The State of Mental Health in America 2017*, Indiana is ranked 45th in the country. That means, Indiana has a higher rate of mental illness and lower access to care than 44 other states in our country.

This ranking is alarming, and it shows that we have a long way to go to improve our mental healthcare. It also shows that MHANI needs your support more than ever – if we're going to make any positive change, our community needs to become more invested in mental health.

**We ask that you please support MHANI with a year-end financial gift.** MHANI is growing, and we are serving more people than we have ever served before. But we cannot become complacent—there are still many more individuals and families who need assistance.

MHANI aims to create a safe space for individuals and their families facing a mental health challenge, where they can feel valued, secure, and worthy of good health. Truthfully, we could not help these individuals without your continued support. Your contributions to our cause makes this organization what it is. We know that you truly care about your fellow community members who are facing a mental health challenge, substance use disorder, or disability, and that means a lot.

We know that with proper treatment and compassion, individuals facing mental health challenges can get better and can live normal and healthy lives. This reality is what drives MHANI to help the people we do. We want to see them get better and live the healthy lives they're meant to live.

**Please consider a financial gift to MHANI.** Show your support of the improvement of mental health in our community. Your year-end donation will make a big difference in the lives of community members who will struggle with their mental health next year.

Thank you for your past and current support.

Best wishes and happy holidays,

Lisa Smith, Executive Director

### Help Others!

Have you faced a mental health challenge in the past and want to help others struggling with their mental health?

You can become a peer support volunteer! Contact us at **260-422-6441** or [MentalHealthFrontDoor.org](http://MentalHealthFrontDoor.org)!

### Trainings & Classes

#### Lunch & Learn

Borderline Personality

1/24/17

12 pm—1 pm

#### Support Groups

**(All support groups except Adult ADHD and ADHD Parenting groups are on hold during the month of December. They will start again in January.)**

#### Parent and Caregiver

1st and 3rd Wednesdays

6:30-7:30p

2200 Lake Ave. Suite 105

#### Teen 2 Teen (13-18)

(Contact us for next start date)

1st and 3rd Wednesdays

6-7:30p

2200 Lake Ave. Suite 105

#### Suicide Loss (Spouses/ Partners)

4th Monday of the month

6:30-7:30p

5920 Homestead Road

#### Adults with ADHD

3rd Friday of each month

11:30a-1:00p

2200 Lake Ave. Suite 105

#### Adults with Anxiety

2nd and 4th Wednesdays

7-8:30p

2200 Lake Ave Suite 105

Our guardianship clients have some interesting adventures throughout the course of their day. Here are a few highlights from this last quarter:



Tammy volunteers at Parkview Hospital Cafeteria on Randallia. She performs in theater through the local Jester's group. She attends computer classes every week at the Public Library. She loves taking care of her pet guinea pig Baby.



Coryn had the amazing experience of travelling to Indianapolis to see Cirque de Soleil's Toruk, which is based on the movie *Avatar*. After the show, the group went to dinner at the Cheesecake Factory. *Photo by Ali Revolt*

Are you a caring individual interested in working with older or disabled adults? **We need you!**

Please consider volunteering in our VASIA (Volunteer Advocates for Seniors and Incapacitated Adults) program. You will have the opportunity to work closely with MHA staff and our clients to provide advocacy and protective care.

Please contact Shalynn or Robin at 260-422-6441 to learn more about this volunteer opportunity.

## Welcome to the Team!

**Robin Morrow, VASIA Guardianship Coordinator:** It has been a pleasure to join the team at Mental Health of America. I believe I have found my niche as the VASIA Guardianship Coordinator. I join the team as a BSW from Ball State University and with 20 years of experience in the field of Long Term Care as a Social Services Director. The experience I have in Long Term Care will enhance the services provided to our clients in VASIA guardianship.

**Carmen Bergman, Clinical Peer Support Specialist and Community Advocate and Educator:** My name is Carmen, and I am the new Clinical Peer Support Specialist and Community Advocate and Educator. I am currently finishing up my last semester of graduate school and I will obtain a Masters of Social Work (MSW) from the IU School of Social Work. I came to MHA from Park Center where my last position held was the Manager of Leslie and Noel Houses, two group homes for adolescent boys, and a Masters level nonviolent crisis intervention instructor through the Crisis Prevention Institute (CPI). I am looking forward to continuing to advocate for individuals with Mental Health needs and educating the community in order to reduce the stigma.

**Lacey Holt: Peer Support Specialist, WRAP Coordinator:** My name is Lacey Holt, and I am so excited to be the new Peer Support Specialist / WRAP Coordinator at MHA. I have a Bachelor's degree in Psychology from Ball State University. As a consumer myself, I am looking forward to help bring more Peer Support Services to our area. I believe that these programs will make a huge impact. I can't wait to get busy!

## Did You Know?

Some of our Cedars Hope residents took part in a Painting with a Twist fundraiser in November. They joined staff and community members in painting an angel and supporting MHANI. Painting with a Twist raised \$470 for MHANI through this event.

## What is Cedars Hope?

Cedars Hope offers safe, affordable, and supportive housing for homeless women living with mental illness in addition to support services to men living off the premises. Cedars Hope's supportive housing is organized into a group living environment that encourages peer support and community engagement.

Our goal is to help the individuals we serve break the cycle of psychiatric crisis and homelessness, increase self-sufficiency, and learn to self-manage the symptoms of their mental illness and physical health challenges.

**Now housing 16 residents.**



# CEDARS HOPE

## Resident Spotlight: Laurie



This quarter's resident spotlight is shining on Laurie. Laurie has been a Cedars Hope resident for over 6 years.

Like the other residents, Laurie does a lot of volunteering in the community. Her favorite place to volunteer is at the Third World Shoppe. She also comes to volunteer at MHANI regularly—it's likely she helped assemble the newsletter you're holding in your hands right now!

When she's not volunteering, she likes to read and watch old movies and television shows. Her favorite movie is *Miracle on 34th Street*—a classic this time of year. She also likes to work in puzzle books.

A major accomplishment in her life is being able to put business courses she has taken to good use.

Finally, her favorite quote is from Psalm 121: "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth."

## WRAP Classes at Cedars Hope

With the hiring of Lacey, our new peer support specialist and WRAP coordinator, MHANI has begun offering WRAP (Wellness Recovery Action Plan) classes to the residents of Cedars Hope and area shelters.

WRAP is an evidence-based group program for adults who have experienced mental health symptoms and wish to move forward in their mental health recovery. Our certified WRAP Facilitators are also Peer Support Specialists who have faced their own mental health challenges and can empathize with the struggles of the participants, offer hope, and lead them through the process of developing their own recovery and wellness plan.

WRAP leads individuals to take self-directed steps to improve their emotional wellbeing, create their own "wellness toolboxes", and develop a plan for when they experience symptoms and stressors. This is meant to compliment, not replace, mental health treatments, such as therapy and medications. Mental health treatments are often identified by participants as tools in their wellness toolbox and participants work to develop other strategies, activities, and supports that they wish to use daily, under stress, and if a crisis occurs.

We are thrilled to be able to offer WRAP classes and hope that it will prove to be a useful tool for participants to improve their mental and emotional wellbeing and offer hope for continued mental health recovery.

## About Us

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## Donor Spotlight

Thank you to the following donors for supporting our organization:

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## James Dance Nominated for Foellinger Stewardship Award



Rev. James Dance

MHANI board member Rev. James Dance was nominated for the Foellinger Stewardship Award, presented by the Foellinger Foundation, in October.

According to the Foellinger Foundation, "The Stewardship Award recipient is a board member who has demonstrated at least three of the *Ten Basic Responsibilities of Nonprofit Boards*, as identified by BoardSource:

1. Determine mission and purpose.
2. Select the chief executive.
3. Support and evaluate the chief executive.
4. Ensure effective planning.
5. Monitor and strengthen programs and services.
6. Ensure adequate financial resources.
7. Protect assets and provide proper financial oversight.
8. Build a competent board.
9. Ensure legal and ethical integrity.
10. Enhance the organization's public standing."

Rev. Dance did not win the award, but we are proud to have him on our Board of Directors! He has, and continues to, serve the organization well.

## Happy Holidays from Mental Health America of Northeast Indiana!



## Contact Us

Mental health advocates offer mental health support and information about local resources in northeast Indiana.

**Mental Health America of Northeast Indiana**  
 2200 Lake Ave Suite 105  
 Fort Wayne, IN 46805

(260) 422-6441  
 info@mhaac.com

Visit us on the web at [mentalhealthfrontdoor.org](http://mentalhealthfrontdoor.org)

