

The Sounds of Hope

News from Mental Health America of Northeast Indiana



Fall 2018

Mindfulness

Focusing on the Present

We live in a fast-paced world that never seems to slow down. It can be hard to focus on the present moment, when we have to get to the next appointment, meeting, or item on the to-do list.

That is where mindfulness can help. According to Mindful.org, "Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us." Mindfulness can help reduce stress, improve competency in both your work and personal lives, and learn more about yourself.

Scientific studies have demonstrated benefits of mindfulness, including better sleep, improvement in reaching weight loss goals, decreasing loneliness, greater focus and attention, and managing pain (Psych Central).

You can be mindful anywhere, at any time that you have the ability to take a few minutes to yourself. WebMD suggests trying "single-tasking," where you focus on a single task and give it your full attention. The task could be anything, from eating your dinner to completing a task on your to-do list at work.

Through mindfulness, individuals can reduce anxiety. We all have nagging thoughts and worries that are always in the back of our minds. Mindfulness helps us block them out, quiet those thoughts, and focus on the present.

Why not try mindfulness the next time you get a free moment? It doesn't take a special mat, space, or position; all you need to do is hit the pause button and take stock of the present.



Photo by Lesly Juarez on Unsplash

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[Support Groups]

Success with ADHD

Adults with ADHD or symptoms

1st Thursday of the month
6:30 pm, The Summit
1027 W. Rudisill Blvd.

Anxiety and Depression

Adults who experience anxiety and/or depression

Every Wednesday @ 6 pm
The Summit
1027 W. Rudisill Blvd.

Keeping Hope Alive

Parents/caregivers of young and adult children affected by mental health and substance use issues

Every Thursday, 6:00 pm
The Summit
1027 W. Rudisill Blvd.

Please contact MHA at

(260) 422-6441 or

info@

mhanortheastindiana.org

to confirm dates and locations of support groups.

From the Executive Director



Dear Friends,

November is almost here, and with it comes the season of gratitude. It is also the season for families and friends to reconnect, spend time together, and enjoy each other's company.

What are you grateful for this year? Although it has been a tumultuous year for many, I hope there are still some things that give you hope and a positive outlook on the upcoming year.

I am grateful, this year and every other year, for the supporters of Mental Health America of Northeast Indiana, who have given their time, talents, and treasures to our organization this year and in years past. Truly, these supporters make the biggest difference for our clients and our organization.

As we consider together the things, people, and memories we are grateful for, I would like you to also think about the families in our community who are missing someone at their table this holiday season.

These families may have lost someone to suicide this year, may have a family member who is mentally ill and in the hospital for treatment, or may have a family member who they've lost contact with due to the nature of their mental illness.

These losses, whether temporary or permanent, can weigh heavily on families during the holiday season. This holiday season, **set the table for one more**. Whether you do that literally, or just take a moment to have these families in your thoughts, the sentiment is what matters. Set the table for one more, to remember those missing this holiday season.

If your family is one feeling the losses mentioned above, or loss from another cause, please know that you are in our thoughts. We all hope you can still find something to be thankful for this year, even if it's just the warm memories you have of your loved one.

Happy holidays to you and your's.

Lisa Smith, Executive Director

P.S. As fun as it is to see family and friends, the holidays can also be a difficult time. If you are struggling this holiday season, please call us at **(260) 422-6441** and we can connect you to the resources you need.

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EVENING OF HOPE

On Wednesday, August 8, 2018, Mental Health America of Northeast Indiana (MHANI) held our annual fundraising event, Evening of Hope, at Empyrean Events & Catering. The evening was a chance for sponsors, guests, staff, and volunteers to show their support of mental wellness, and MHANI is grateful for their passion for the cause.

89.1 WBOI's Zach Bernard was the master of ceremonies for the evening. Michelle Merritt and Jason Mutzfeld were the special event hosts. Joshua Helton generously donated his time to provide music for the event.

Following cocktail hour, Michelle and Jason welcomed the guests and Zach shared his story and reasons for supporting mental wellness in Northeast Indiana. Our own Heather Miller shared the impact and importance of one of MHANI's newest programs, Parent Café. Finally, Michelle and Jason wrapped up the evening by sharing their support for the cause and asking others to support MHANI.

We are proud to announce that we raised over \$29,000 at the Evening of Hope! Thank you to everyone who contributed throughout the course of the event, and thank you for your passion for mental well-being!



Thank you to our sponsors:



Byron Health Center ♦ Dekko Investment Services ♦ Farmers & Merchants State Bank
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Donations Needed for Cedars Hope:

- Dishwasher
- Gently used winter coats: sizes Large-3X
- Dressers/nightstands
- Pillows
- Winter doormats (3)
- Gently used couch
- Movie tickets
- Tin Caps tickets
- Mad Ants tickets
- Bus passes

If interested in donating, please contact us at (260) 422-6441 or drop your donation off at 1027 W Rudisill Blvd, Fort Wayne, IN during normal business hours.

Program Updates

Making a Difference through WRAP—Over the summer, MHANI offered a Wellness Recovery Action Plan (WRAP) class at Parkview. By applying techniques she learned during the class, one of the attendees has been able to make big changes in her life over the course of the 8-week class, including finding a less stressful job and catching up on her housework that seemed too overwhelming when she wasn't feeling well. She has also become more comfortable opening up to her therapist, showing how WRAP can support traditional mental health treatment.

Programming Powerhouses—In order to keep them engaged with the community, building skills, and growing their independence, residents at Cedars Hope regularly participate in programming, which include paid work, volunteering, household activities (such as crafts) and social outings. In September, Cedars Hope residents collectively logged 886.25 programming hours. That's 36 straight days of programming!

New Staff Members—Within the past few months, MHANI has welcomed a few new staff members to the team. Learn more about them below!

Heather Leughmyer, Parent Café Lead Facilitator—I graduated with a B.A. in English and then ended up in the world of social services as a Medicaid waiver case manager for 10 years before coming to work for MHA. I live on the outskirts of Columbia City with my husband, Damian, 10 year old daughter, Ciera, and a menagerie of animals. I am a published author of a book of poetry and 3 children's books so far. I live a vegan lifestyle and do animal rescue and advocacy in my free time.

Andrew Meyers CHW/CRS Training Coordinator—My name is Andrew Meyers. My previous life experiences and educational background in psychology have helped me develop a want to service communities in need. Some of my favorite hobbies are music production, and spending quality time with my wife and our dog Dixie!

Valerie McKain, Director of Operations—I come to MHANI with experience in the BDDS Medicaid waiver world. I have worked in advocacy, created employment programs, and have been administration. I am a SHRM (Society for Human Resources Management) Certified Professional and have a passion for operations and human resources.



The Power of Peer Based Recovery Supports

By: Jason Padgett, CAPRC I, CHW/CRS, Indiana Association of Peer Recovery Support Services

Eighteen months ago I was coming out of the most difficult two year period of my life. A relapse after 7 years free from alcohol and other drugs was devastating to both me and my family. When I met my wife Sarah, she had been clean for five years and I had been sober for two. Thirty-two years old and deeply entrenched in 12 Step service work, I had resolved that I was going to work as a waiter thirty hours a week and engage in volunteerism another twenty or so, stay sober, and be content. We fell in love. We were married and had a child, Mia. Alexis and Carson, my wife's children, become near and dear to me, and life was grand.

Health, home, purpose, and community. Looking back there were some serious issues on all of these fronts. I was never raised with any formal religion or church; in fact, the only spirituality I delved deeply to was Buddhism. Alcohol replaced any formal meditation practice by the time I was 19. My first run at recovery was riddled with disagreement and debate in the 12 Step rooms. I argued about God, a lot, and spent the rest of my time entrenched in service work at treatment centers and juvenile detention centers. As fate would have it this was to be the experiential resume I would one day bring to the table as a certified peer.

The restaurant industry began to take its toll on me, my wife's deep Catholic faith was so beautiful it shook the very foundation of my belief system, I was overweight and had no idea what holistic health was. After seven-plus years in recovery, I returned to the bottle; a pale horse named Vodka, a Russian word which, ironically, means water of life, and hell followed. The next three years found me in seven different inpatient programs and two esteemed recovery residences. I could not get sober. I have to be careful to be very clear here; many not-God based recovery programs work for millions of people and I am truly grateful to have been offered the good grace to try some of them. It was the exploration of non-theology based recovery that brought me to a relationship with God as I understand him today. Broken and suicidal, I cried out for help to the same God my wife had found so much solace in and something changed, a sense of peace and ease came over me and recovery became possible.

This is where my journey becomes a story of true hope and grace. I accepted an invitation to the Home With Hope in Lafayette where an old friend was the Director. Just a few months into recovery I began to do some community engagement for the Home With Hope, then came Recovery Coach training, the exploration of faith-based recovery and finally full-time employment in the continuum of care in Lafayette Indiana. Today I am a Certified Addictions Peer Recovery Coach, a Certified Recovery Specialist, the Director of a Recovery Ministry, and a community organizer. I still live in Carmel, Indiana, however, Lafayette is the second home. Life has meaning and purpose today. Peers are an intricate part of the message: recovery is possible. Don't just be the changes you want to see in the world, go change the world!

**Easy Ways to
Give to
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Indiana While
You Shop!**

Use AmazonSmile

When you're shopping on Amazon, sign in at <http://smile.amazon.com/ch/46-1326514> and continue to shop as normal. The AmazonSmile Foundation will donate .5% of the price of your eligible purchases to our organization!

Enroll in Community Rewards

If you have a Kroger Plus Card, sign into your account and go to Community Rewards. Search for "Mental Health America in Allen County," find our organization in the search results, and click the blue Enroll button. Every time you shop with your Plus Card, Kroger will donate to our organization! Also, make sure you update it annually to ensure the donations continue to reach us.



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Upcoming events

Primary Care and Behavioral Health Integration Conference December 7, 2018

Indianapolis Marriott East
7202 E 21st St
Indianapolis, IN

About us

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

**Mental Health America of
Northeast Indiana**
www.mhanortheastindiana.org

In order to share innovations, concepts, and outcomes of integrated care in Indiana, the Indiana Division of Mental Health and Addiction is hosting the first annual Indiana Primary Care and Behavioral Health Integration Conference and invite you to attend. Learn more about what integrated care can mean for you, your organization, and most importantly, your patients.

Registration is \$50/person and includes CEUs, breakfast, and lunch.

Learn more and register at www.integratedhealthcareIN.com