

The Sounds of Hope

News from Mental Health America of Northeast Indiana



Fall 2019

Consider a Year-End Donation

You can impact the mental health of your community.

As we complete our 65th year of operation, we would like to thank you and all of the people who have supported Mental Health America of Northeast Indiana (MHANI) and utilized our services over the years.

Our mission is to promote the mental and emotional health of our community by offering advocacy, support services, education, and hope. We envision a community that embraces individuals with mental health challenges, promotes recovery, and fosters wellness.

That's important, because, here, as across the nation, 1 in 5 people will face a mental health challenge this year. That's more than 140,000 of our Northeast Indiana neighbors and their families doing their best to navigate an uncertain and often frightening path. Compounding that burden is the social stigma that often causes mental health conditions to be misunderstood.

The good news is, there is hope for anyone facing a mental health diagnosis, especially when changes are noted early. In fact, we are seeing a steadily-increasing community demand for programming that increases awareness of mental health in our school systems and

workplaces.

More good news? Over the past year, area school and business leaders have contacted MHANI, seeking support for teachers and students, employees and managers. After listening to their concerns, MHANI created programming and curriculum that helps schools and employers better understand how to work with realities of mental illness, and, more importantly, help direct those in need towards the help they deserve.

These programs, created without external funding, are already in action. Fully implemented, they have the potential to directly impact tens of thousands of students and workers in our region. We are ahead of the curve, and with your help, can help redefine our region as one where mental health ranks alongside other important concerns.

Please donate today in support of MHANI operations as they strengthen mental health awareness and support in northeast Indiana. Last year we served more than 4,000 people across our region. Your year-end donation will make a difference in the lives of

community members of all ages, and will make it possible for us to serve even more in the coming year.

Already donated this year? Thank you! Please share this request with a friend who appreciates living in a community that supports mental health.

To Donate:

Complete and mail back the donation envelope enclosed.

You can also donate online with a debit or credit card by visiting:

<http://bit.ly/donatetomhani>

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Resources



Register Today!

Learn how to minimize the negative impacts of mental health challenges on employees and your bottom line

November 13, 2019

11:30 am—2:30 pm
Grand Wayne Center

\$35/person or \$250/table of 8

Register at <https://workplacementalhealth.eventbrite.com>

Local Mental Health Directory

Need to know about local and national mental health resources but don't know where to start?

Visit our website to learn about local resources for you.

Local organizations, websites, and more available at:
<http://bit.ly/mhresources>

Free Mental Health Screenings

Are you concerned that you or someone you care about are experiencing a mental health condition?

Take a free screening so you can get help.

Depression, anxiety, and more screenings available at:
<http://bit.ly/mhscreenings>

Support Groups and Trainings

Success with ADHD

Adults with ADHD or symptoms

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

Anxiety & Depression

Adults with anxiety and/or depression

Every Wednesday @ 6 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.**

Lunch and Learn

November 26, 2019
12:00—1:00 pm
Citizens Square Omni Room
200 E Berry St, Fort Wayne
Register on Eventbrite

**You can find more events at
[mhanortheastindiana.org/
events](http://mhanortheastindiana.org/events)**



1025 W. Rudisill Blvd., Box 8
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mhanortheastindiana.org

Artist Spotlights

The artists featured in Art of Hope have compelling stories to share about their art and their own challenges with mental health and wellness. Art and creative expression plays a major role in these stories.

We've interviewed some of the Art of Hope artists to learn more.

Patrick Chesebrough

Art as Healing

Patrick's art has helped him heal after a history of substance use and bipolar disorder. Before seeking treatment, starting an art project would trigger his mania. Now that he is managing his mental health condition, art has been a real healing force for him.

Kara Doak

The Difficulty of Sharing

Kara has dealt with anxiety and depression for most of her life. At times when she struggled to share how she felt, she wrote her manic, anxious thoughts in a journal. As a therapeutic measure, she burned this journal full of her anxieties, and submitted a shadow box containing the empty binding and ashes of the pages to Art of Hope.

Read more at mhanortheastindiana.org/news

Art of Hope Grand Opening

The Night in Action

Thursday's Art of Hope grand opening was a memorable night. Surrounded by compelling, thought-provoking works, nearly 200 people gathered to share insights and conversations on creative expression and mental health.

A total of 28 artists have artworks featured in the exhibit at Manchester University's *Gallery 101*. A variety of media is represented, from paintings and sketches, to three-dimensional works, to photography.

Along with the art in the gallery, Fort Wayne Dance Collective was present to entertain guests. Their intriguing performances among the crowd of gallery visitors were certainly a highlight of the evening.

We also enjoyed some press coverage of the evening. Check out NPR's Julia Meek and her interview with Executive Director Lisa Smith and artist Cynthia Gabbard: http://bit.ly/WBOI_Art_of_Hope

Britt Salay of WANE 15 reported on the opening and talked with artists Patrick Chesebrough and April Weller: http://bit.ly/WANE_Art_of_Hope

Since this was the first year for Art of Hope, we weren't sure what to expect. However, with the help of artists, sponsors, and staff members, Art of Hope features nearly 50 intriguing pieces which open up a wide range of conversations around mental health. Thank you to everyone who played a role in making Art of Hope successful!



Thank you to our sponsors:



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Cedars Hope

A Much-Needed Facelift

Over the past year, Cedars Hope has experienced a dramatic facelift. The local chapter of the Master Gardeners of America volunteered their time and talents at Cedars Hope to provide a raised vegetable garden for residents to care for and grow their own produce. A group of the gardeners built raised gardening beds and assisted residents in planting some vegetables.

With financial assistance from the City of Fort Wayne and Plymouth Congregational Church, MHANI worked with a contractor to complete exterior repairs. Damaged windows and doors and rotting wood structures were repaired and the original siding was restored

to meet historical requirements by the City.

Through volunteer and staff involvement, landscaping was improved, with new mulch and pavers laid down to improve the homeliness and overall safety of the two houses.

Through involvement with United Way's Day of Caring and Purdue University Fort Wayne's Big Event, portions of the interior of both houses were repainted.

All of these repairs, changes, and updates were intended to improve the look and feel of both houses for all the residents who live there and call Cedars Hope their home.



You Can Help!

Cedars Hope is dedicated to providing permanent living arrangements for women living with moderate to severe mental illness. Cedars Hope helps to reduce the social and financial burden of the cycle of homelessness of one of the most vulnerable populations – single women with mental illness.

Donations needed:

- Twin sheet sets
- Twin mattresses and box springs
- Socks
- Underwear
- Dressers
- Nightstands

If you have a donation:

Call Cedars Hope at (260) 420-3507 to schedule a time to drop off your donation.

Welcome to the Team!

Join us in welcoming three new staff members to our growing team.

Tim Boneff, Peer Support Manager

Before joining the team at Mental Health America, most of my work experience was in psychological assessment, neuropsychology, and psychiatric services. I've also done some teaching at University of Saint Francis, teaching Cognitive Neuroscience and Psychological Assessment. I hold a Master's in Clinical Psychology from University of Saint Francis, and am currently pursuing dual degrees, a Master's in Business Administration and a Master's in Healthcare Administration. I consider myself a music snob, and enjoy Notre Dame football and Chicago Cubs baseball, as well as outdoor activities.

KaShay Bowens, Professional Guardian

I started my career in the helping profession as a direct support staff with Benchmark. I worked my way through college not knowing where life would take me, but wishfully thinking that I would end up in sports broadcasting. Inadvertently, I followed my unknown passion for the Intellectual and Developmental Disabilities population which eventually led me to join the Mental Health America guardianship team. I love to shop, watch 90's action movies, and spend time with my family and friends.

Pamela Samuels, Lead Parent Café Host

I hold a Master's in Psychology. Before coming to Mental Health America, I was the head of the English department at a college prep school in Sugar Land, TX where I also taught 11th grade English, emphasizing the socio-emotional needs of students. I have twin 20-year old daughters, and my go-to self-care activity is crocheting while listening to a really good audiobook.

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New and updated program pages!
Improved navigation!
SAME great organization!

Check it out now at:
Mhanortheastindiana.org

About us
Promoting mental and emotional health through advocacy, education, support services, and **hope.**
(260) 422-6441
www.mhanortheastindiana.org