



# The Beacon

Volume 55, Issue 1

February 2012

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## Celebrate the Road Well Traveled by Mel Hess, Penn Ketchum, & Mary Ann McSparran

Many of you know that Mary Steffy has served as Executive Director of the Mental Health Association of Lancaster for many years; indeed, it's difficult to think of one without thinking of the other. How many years you ask? Well, she became the Administrative Assistant in 1981 and in 1984 she took the helm as Executive Director of the Association.



All of us are appreciative of the energy and commitment she gave to the mental health community and now as she plans to take leave as the Executive Di-

rector, a plan is underway to celebrate her largesse--in spirit and in giving. We welcome you to join us in this celebration.

This celebration began with a concept conceived by several people who have had the privilege of serving with Mary as past or present Board members. The concept involved into a commitment to raise \$100,000 by May 2012 at which time there will be an event celebrating your kindness in helping us meet this goal and celebrating Mary's contributions over the years.

As we indicate in our kick-

off letter, this may appear to be somewhat of a *Hail-Mary pass* but we know with your generosity it can be achieved.

Therefore, with us we ask you to commit to do what is necessary to reach this goal which, dollar for dollar, will benefit the Lancaster County Mental Health Community and the activities of Lancaster MHA. You can read more about this effort by pulling up the web site for Lancaster MHA. We look forward to hearing from all of you and until then thank you all for your kind support. (*Please see page 4 for list of campaign contributors to date.*)

## MHALC Annual Legislative Breakfast

*Friday, March 30, 2012 at 8 am Eden Resort Inn*  
Celebrating the Past 30 Years and Looking Forward -This is more than the typical event!! In honor of our Executive Director Mary Steffy's retirement, we're having a REUNION with the many leaders who

have served with Mary over the past 30 years... Come catch up with those you haven't seen in a while.... Susan Shapiro will be emcee. Speakers will include James Laughman, MH/MR/EI Executive Director and Katie True, former legislator and...

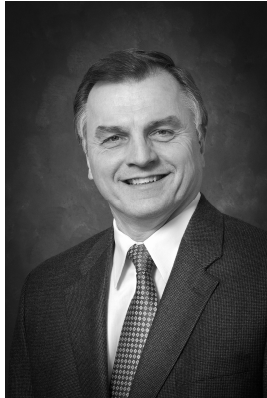
**Spread the Word! Bring a friend! Cost Per Person is \$20.00 which includes Hot breakfast buffet. Registration is available at MHALC website [www.mhalancaster.org](http://www.mhalancaster.org) Events tab or by mailing check payable to MHALC. Return payment on or before March 22,2012.**

## MHALC Spotlight: Joseph Puskar, Board President

**Position on MHA board:** President – second time around, past vice presidents – all of them

**How long have you been a part of MHA?** Since 1995

**Biggest accomplishment at MHA:** Helping it to be financially sustainable as an organization and bringing a non Behavioral Health professional/provider perspective to the organization.



**What led you to MHA?** Bob Crosby suggested it would be a good organization for me to get involved with when I was looking to get on a community board years ago.

**Your Family:** Wife – Alica, married 39 years, two sons – Chris (27) and Alex (23) and daughter Natasha that passed away 10 years ago at age 16. Plus our three dogs – Samson, Ty, and Lila

**Your hometown?** Dawson, PA

**Education:** Bachelor of Industrial Engineering, Georgia Institute of Technology

**Professional Background:** Customer Service Rep for Ford Motor Company, Owner/Operator of Trucking/Construction Company, Project Manager for John Deere, and various positions at Lancaster General Hospital including my current one as Senior Vice President

**What do you like best about your job?** The diversity of functions that I have responsibility for leading, the challenges that are constantly present, and the great team that I work with on a daily basis

**Awards you have won:** MHA Leadership Award after serving my last term as President, United Way 2010 Chair's Award for service on the Lancaster County Health and Welfare Foundation

**Any other non profits that you are involved with?** President – Lancaster County Health and Welfare Foundation

**I am inspired by:** people that have unique and wonderful gifts and talent and use it selflessly for the benefit of others

**The best advice I have received:** From my father – Learn as many different skills as you can and do them to the best of your ability as you may never know when they may come in handy

**One thing as a father you find yourself giving as advice a lot.**

Be patient

**When I was a child, I wanted to be:** An astronaut

**Morning person or night owl?** Night owl

**Chocolate or vanilla:** vanilla

**You'll find this on my Ipod:** Eagles, Led Zeppelin

**I always find beauty in:** Flowers

**I never leave home without my:** Wallet, glasses, cell phone

**Favorite book:** The Stand by Stephen King

**Favorite vacation spot:** Florida

**Favorite sports team:** Pittsburgh Steelers

**What do you do to de-stress?** Watch a movie or do yard work like cutting the grass

**One of your favorite quotes:** "Try not, Do, or do not, there is no try" from that great Star Wars philosopher Yoda

**Favorite movie(s):** Lord of the Rings(all of them), Star Wars,

**Greatest fear:** Having lost a child, it would be to have anything happen to my two sons.

**Any plans for retirement whenever that day comes?** Haven't gotten there yet.

## Mental Health Services for the National Guard and Reserves by Juliana Arnold, Peer Educator

The Pentagon is urging congress not to create a mental health program for the National Guard. Advocates such as the National Guard Association of United States say that a pilot program in California is using civilian counselors part-time and has helped to link 16,000 state guardsmen with mental health services since its inception in 2008.

Sen. Patty Murray released data showing that more National Guard troops have died from suicide each of the past five years than were killed in combat or died of accidents or illnesses in Iraq and Afghanistan.

Among non-active duty Guard and Reserve soldiers last year there were 146 suicides pushing

total Army suicides to a record level. This year through Oct 28 there were 98 non-active duty Guard and Reserve soldiers that took their lives according to the Army.

A house version of the bill including Pentagon funding for the mental health program is at risk for the Pentagon to kill it as the two chambers hammer out a compromise on the Defense funding.

Because the National Guard and Reserves only train one week-end a month the Pentagon believes it is unnecessary and would be difficult to staff, at a time when mental health providers are in short supply nationally.



The program goal is to encourage troubled soldiers to seek counseling when they need it. The military does something similar for active-duty military units, embedding therapists both stateside and in the war zone.

I feel the Pentagon's bottom line is our National Guard and Reserve isn't worth the extra expense, but they are expected to stand up and fight for our freedom at any given moment. Just knowing they can be called up at any time, especially now during war time is stress enough to warrant the services these men and women deserve.

*Information obtained from USA TODAY*

### Medical Schools Promise Increased Training on TBI, PTSD:

More than 100 medical schools have promised to increase training and research for the treatment of U.S. veterans with traumatic brain injuries (TBI), Post-Traumatic Stress Disorder (PTSD) and other mental health issues. The commitment is part of First Lady Michelle Obama's Joining Forces campaign, which high-

lights issues that affect veterans and their families. The participating medical schools will improve training in how to treat PTSD and TBI, boost research into the conditions, and share new information and best practices. ([The Huffington Post](#), 1/11/12)

### One in Five Adults Experienced a Mental Illness in 2010

One in five adults in the U.S. experienced a mental illness in 2010, and 5 percent experience a serious disorder, according to a new government survey. The report from the Substance Abuse and Mental Health Services Administration finds that people ages 18 to 25 have the highest rates. According to the study, slightly less than half the

people with any mental illness—and only 60 percent of those with serious, disabling ones—get treatment each year. Whites and Native Americans are more likely to get treatment than blacks, Hispanics or Asians. ([Los Angeles Times](#), 1/19/12)

## Celebration Campaign Contributors

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*Why not add your name to list?*

### Holiday Gift Project

Holiday Gift Project is a fun exciting time in MHA Office. We are very appreciative of the generosity from our members as well as 6 local churches who assist in purchasing specific gift requests for **374 mental health consumers** including members of our 3 Alpha Clubs, Wernersville State Hospital, and local mental health units. We are very thankful for persons like, Emily pictured above who enjoy assisting with wrapping and sorting gifts as they come into the office. If you would be interested in volunteering for the Holiday Gift Project in the future please call 717-397-7461



Emily



### Jammin' Away The Blues

MHALC 3rd Annual  
**Jammin' Away the Blues**  
 Elks Lodge, Lancaster, PA  
 June 2nd, 2012, 7PM

Entertainment by Blue Light Special  
[www.bluelightspecialblues.com/band](http://www.bluelightspecialblues.com/band)  
 To purchase tickets visit our website  
[www.mhalancaster.org](http://www.mhalancaster.org) EVENTS tab  
 or call our office 717-397-7461

On behalf of MHALC Board and staff we apologize to the following members for having omitted their names from 2010-2011 list of contributors in our annual Beacon. Thank you for your continued generous support.

Jeff & Ve Wolfe



## Gifts That Give Hope-Lancaster's Alternative Gift Fair

Mental Health America of Lancaster County had the opportunity to participate in the 4th Alternative Gift Fair.

MHALC received \$342 as a result of generous gifts and we thank you. The following programs were designated: Your Child@ parenting newsletters 7 gifts=\$35, classes for women inside Lancaster County prison to help them makes better choices 22 gifts=\$220, and classes

for individuals to make life better through understanding and resolving anger and its causes 5 gifts=\$125



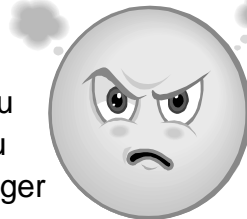
GIFTS THAT GIVE HOPE

The next gift fair is Saturday, November 17, 2012 at the Farm & Home Center.

Visit [www.gifts that give hope.com/Lancaster.org](http://www.gifts that give hope.com/Lancaster.org) for more information

## Anger Workshop

Do people push your buttons and make life tough for you? Does your anger create problems? Do others tell you that you have an anger problem, even when you think you do not? Would you like to use your anger



effectively? Want to know the underlying causes and to resolve those issues? If you answered yes to any of those questions, this workshop is for you Wednesday, April 11, 2012 from

6:00 – 9:00 PM in Room B-103 at 630 Janet Avenue Cost \$25 per person. Call 397-7461 to register, or with questions.

## Mental Health First Aid Program– What is it?

Like CPR training helps a non medical professional assist an individual following a heart attack, Mental Health First Aid helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual until appropriate professional help arrives. Community Services Group (CSG) staff are among the first in

the nation to become certified trainers for this important program.

Where: Room B-103 at Community Service Building, 630 Janet Ave.,

When: March 20 and 27, 2012

Time: 9:00AM-3:00PM

Fee: \$150

To register: Please send check clearly marked to MHALC 630 Janet Ave., Lancaster, PA 17601

For more information, contact Mary Steffy@ at [mha@mhalancaster.org](mailto:mha@mhalancaster.org) or Sandy Chaby at [chabys@csgonline.org](mailto:chabys@csgonline.org)



*A United Way Partner*

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## “ A Taste of the White House” With former White House Chef– John Moeller

We would like to thank Lititz Women of Today for hosting a wonderful evening and generously raising \$2,000 for MHALC and other community organizations ! Former White



house Chef Joe Moeller served for three presidents and returned to Lancaster Lancaster County to launch his own catering business, State of Affairs Catering . Supporters of MHALC dined on Mesculin greens and mustard dressing, tomato, cucumber, & red onion and for main dish there was the choice

of garlic & thyme marinated chicken or grilled salmon with lemon tarragon butter sauce served with smashed red

skin potatoes with sour cream and scallions seasonal vegetables and for dessert chocolate raspberry roulade with fresh fruit sauce. There was also a silent auction with a variety of items up for bid and music was provided by Matt Witmer. The Lititz Chapter is part of a national organization known as

Women of Today. They are a volunteer civic club that raises money through a variety of fundraisers and donates virtually all they raise to community needs. Contact Lin Roussel at 314-1733 if you are interested in membership or have any questions.

