



THE BEACON

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May 2009

Mental Health America of Lancaster County, A United Way Agency

May is Mental Health Month - What Have You Done Recently For Your Mental Health? By Mary Steffy, Executive Director

Each day we make choices which contribute to or detract from our mental well being. "Live Your Life Well" is the theme for this May. Each of you may have ideas in addition to the ten suggestions from Mental Health America. I challenge you to choose 2 or 3 from our list or your own to live your life well. Some of these are easy for me and some need much improvement. Most days I take reasonable **care of my spirit** – I write in my thank journal, I pray and meditate. Too many people in my family have died too soon – both my parents and my younger brother and sister – that helps me keep a perspective on what's important and I seldom 'sweat the small stuff.' I listen to good music which

also soothes my spirit in these busy frantic days.

Get **professional help if you need it**; this can be a challenge for any of us. I have learned to err on the side of taking action. Why wait till one is desperate? Talking to a clergy person or therapist can be immensely helpful, giving a new perspective and direction when life feels overwhelming. **Connect with others** – I am richly blessed by my two children, their spouses and incredible six grandchildren between the ages of 4 and 10, my sister, her husband, lots of extended family and many dear friends. Be-

tween my writing and your reading I will have added another connection – a husband, Ben. I've been divorced 12 years and his wife died 8 years ago, so "Living Life Well" will include significant adjustments for each of us, including **creating joy and satisfaction**, I am sure. Thanks for being part of MHA family which enables us to help others **Live Life Well**.



Anger Workshop

Please join us for a workshop which will address the causes, beliefs, results, and expressions of anger. The workshop will be held on: Tuesday, May 12, 2009 in meeting room B-111 from 6:30 until 9:30 PM, located at Community Service Center 630 Janet Avenue, Lancaster
Cost \$25.00 per person
For more information or to register—Please call 397-7461



Live Your Life Well Campaign by Dave Helmus, Resource Developer



How about building more of the life you want?

The national office of Mental Health America has put together a toolbox of proven best practices to help us reach our maximum potential. It is part of the "Living Your Life Well" Campaign during May, the national mental health month. Go to www.liveyourlifewell.org and discover 10 well researched and practical ideas to manage stress.

As the new resource developer, I thought it would appropriate to start

I would have relevant and interesting conversation material to add to facts such as being born in Grand Rapids, Michigan. Also I would experience the benefits of paying attention to my mental health. I'm looking forward to meeting many of you and learning about your experiences with MHA in Lancaster County. From reading the files and past issues of the *Beacon*, I'm amazed at the vitality of this organization: providing excellent education, advocacy, and support for mental health in Lancaster County.

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Depression on the Increase by Juliana Arnold, Peer Educator

With today's economy and the staggering number of people losing their jobs; people seeking treatment for depression has significantly increased. Many people have saved for many years to watch their life savings just disappear. Adding insult to injury they watched the CEOs of the banking industry receive millions in bonuses, the same people who contributed towards their shrinking retirement funds. We may be in a recession but millions of people are sinking into depression.

Many neighborhoods are being foreclosed in record numbers. Forecloses don't just effect the families losing their homes but the remaining homeowners are watching their home values plummet along with their savings.

There is now a not-for-profit organization geared to helping homeless families become squatters in vacant homes. Squatters are people who take over a home without paying or even letting the homeowners know they are living in the property. Although most have not lived in the particular home before; some are returning to the home they just lost. They break into the building and set up home. One of the stipulations for help from the organization is that there is running water and electric. Along with the increase of depression is also an increase of suicides and in some case murder/suicides. As the rate of depression increases, we are seeing a decrease in Mental Health funding.

Ironically this is a time when we need increases in Mental Health Services. One of the top contributing factors in suicide is the feeling of isolation. Although whenever we pick up the paper or turn on the news we are hearing about the devastating situations of other members in society. A good solid support system including support groups can make a substantial difference in coping with life stressors.

A support group can provide a safe place for an individual to talk to others that are also feeling the effects of the economy. Not only are there job losses, but it is also tearing apart families.

The strain can cause significant problems in marriages, at times resulting in divorce. There has been an increase in Emergency room visits for anxiety attacks as well as cardiac problems all related to stress. Isolation can be detrimental to ones mental health and could be at times deadly. A place to go for people to share and find support to let them know they are not alone can make a big difference.

Is there a need for a support group for people adversely affected by today's economy? I think so...

Any thoughts or suggestions you can contact me at arnoldj@mhalancaster.org



My Internship at Mental Health America by Katie Miller



L-R Katie & Mary Beth



Katie with PT interns and Lancaster Alpha members

My internship at Mental Health America has taught me more than I thought I would ever learn. Getting out and experiencing this field of work has expanded my boundaries and given me opportunities to grow in knowledge about mental health. So far I have been exposed to many opportunities consisting of working in the office, interacting with clients, facilitating support groups, attending trainings/seminars, and doing presentations at senior centers.

Everyday is different which makes things new and exciting. I could not have asked

for better office coworkers, it didn't take long to feel welcomed and build rapport within the agency. I truly believe that my hands on experience here at Mental Health America has given me more knowledge and insight in the Social Work field than I could ever have received through sitting in a classroom.

I really enjoy attending Alpha club on Friday nights; it feels great to make connections with people in the community living with mental illnesses. Last Friday was "Intern night" at Alpha Club which consisted of 2 other interns and myself in charge of the activity.

We dyed Easter eggs and had an Easter egg hunt. I think it is important to get involved and interact by volunteering your time. Not only do the Alpha Club members gain from the experience, but myself as a volunteer receives a fulfilling and rewarding experience. I am very grateful to have had the opportunity to do my internship at Mental Health America, and the benefits that I gained will help me grow in the future.

Network Intervention: A Crisis Approach for Helping Families By Richard W. Bailey, Ph.D.

Lancaster County now has a team of professionals trained in Network Intervention, a crisis approach designed to help families. The approach, different from a drug and alcohol intervention, has the goal of providing mental health treatment and healing to a family in crisis. Most of the families referred for Network Intervention are currently and will continue in some form of individual and/or family therapy. The goal of the Network Intervention is to provide energy and resources to the family in crisis.

The network approach was developed in the 1960's by Ross V. Speck, M.D.. Dr. Speck was working on a National Institute of Mental Health research grant titled "The Family Therapy of Schizophrenia in the Home" when he realized that families did not have the resources to deal with their overwhelming mental health problems. He began to experiment with bringing together large groups including the extended family, friends, neighbors, co-workers, and others to help the family. Out of his work he developed a time-limited, goal-oriented approach to deal with severe problems such as depression, marital break ups, and psychotic manifestations.

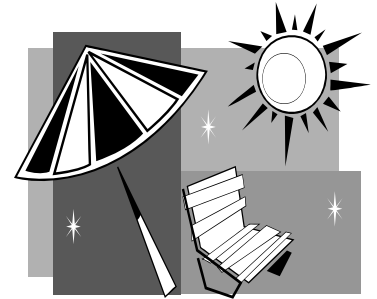
A Network Intervention involves a team of professionals, referred to as conveners, who serve more as guides than traditional therapists. The network itself is seen as providing the treatment by supplying the family with support, resources, and a new way of understanding the problem. Network Interventions are done in the home, usually the home of the family in crisis. Families referred for a Network Intervention are evaluated by the network team to determine if this method is appropriate for them. If a Network Intervention is seen as appropriate the team would instruct the family in how to convene the network. The referring therapist would be invited by the network team to attend the network because they will be an ongoing support to the family in crisis. The team would make recommendations for the number of sessions (from one to six), length of the network sessions (from 2 ½ to five hours), the spacing of the session (usually a session approximately every two weeks), and the size of the network (at least 40 people are needed to help a family in crisis). Research has shown it takes between 500 and 800 phone calls to convene to the network. These calls are made by the family who invited people to come to the network. At the network sessions the team guides the network through the following stages: restabalization (energizing and empowering the network); polarization (identifying the problem); mobilization (identifying activists who can begin to help the family in crisis and organizing ongoing support groups); depression/resistance (helping the family to confront the inevitable feeling that the problems are too great to handle); breakthrough (a feeling that with new resources and support they can get through the crisis); and exhaustion/elation (feeling tired, but they are at a new and better place).

Network Intervention enables families to take more responsibility for change. A Network Intervention has the energy of a family reunion combined with the power of many motivated people working together for a common purpose, like a barn-raising. One of Dr. Speck's early networks began to refer to itself as a "family of families." This approach, at times, can achieve results that individual and family therapy may not be able to effect in years of treatment by a very competent therapist.

Our team includes Anna Moore, M. S. W., Catherine Hastings, Ph.D., Eric Eshleman, M. Ed., Laura Stewart, M. S.. Ross V. Speck M. D., with whom I have trained since 1982, provides consultation to the team. If you want information on Network Intervention feel free to contact me (Richard Bailey) at 717-390-2080

09 CELEBRATION OF RECOVERY

Community Support Program of Lancaster County is pleased to invite you to 2009 Celebration of Recovery Picnic on Friday, June 19, 2009 at Long's Park, Harrisburg Pike, Pavilion #1 10:00AM-4:00PM. **This year's theme is "Beach"!** To register or for more information please call Tempo Clubhouse at 392-2300



Friendship Celebrated



On Saturday April 18, ninety-six volunteers and friends gathered for Compeer Lancaster's 8th Annual Friendship Luncheon. Compeer Lancaster's friendships enjoyed a meal catered by Dottie Weber. Musical entertainment was provided by Jason Mundok and Jeff Sims of Living Fables. Certificates were given to honor friendships that have been together for more than a year. Pictures were taken, printed, framed and given to each person present. Friendship was celebrated!

Compeer currently has 66 friendship matches. Fourteen of them or 21% have been together for over 5 years. Another fourteen or 21% have been matched within the past year and the remaining 58% or 38 matches have been together for more than a year.

Fifty persons have been referred to Compeer by mental health professionals and are waiting for a volunteer friend. Call Compeer Lancaster at 735-0667 ext. 101 and speak to Kim if you are interested in volunteering. We'd love for you to join us at next year's luncheon.

"Fifty persons have been referred to Compeer by mental health professionals and are waiting for a volunteer friend."

POPCORN WITH A PURPOSE-MAY 12, 2009



The Lancaster Recovery Task Force is hosting "Lars and The Real Girl" at Penn Cinema in Lititz. Tickets are \$5.00. The first 100 people get in FREE! There will be a question and answer time directly after the movie. For more information about The Lancaster Recovery Task Force visit their web page at www.lancasterrecovery.com or call 397-0600



MHALC 2nd Annual Chili Cook-Off by Sandy Hall



Judges L-R Nate Wingert, Julie Holtry, Lori Burkholder, Paul Weitzel, Chris Wise

Our Second Annual Chili Cook-off was a very successful event. Over 500 people attended the event and tasted incredible chili prepared by 15 local restaurants. When we opened the doors at 11:00 AM, we had people waiting to taste the chili and vote for their favorite chili.



The chefs are a big part of the event because it takes their time and talent to make their amazing chili. This year the chefs went all out and made some very unique and delicious chili. We had chili made with Wilbur buds, bison, lager, short rib, prime rib and sausage shipped especially from Louisiana. The tables were well decorated which helped to make it a very festive occasion.

As you can tell, the judges had a hard task picking the winners. However, they did a superb job of judging. The following were the winners: Grand Champion – Intercourse Canning; Most Unique – Iron Hill Brewery; Peoples' Choice – Symposium; Five Alarm – Sloppy Jane's; President's Award – Roseville Tavern; and Best Decorated Table – The Brasserie.



It was truly a family event with lots of mascots having fun with the children and adults. The mascots included Andy Armadillo, Cylo, Enzo, Chipper, Rex and Tony The Tiger. Dr. Nissley entertained children with fun balloon animals and it was a nice addition this year. Many of the children were wearing balloon hats that he made for them. Stu Huggens and his band returned again this year with their better than ever country music. Many people enjoyed the hot dogs and baked goods while listening to the band.



I want to thank everyone that attended the event, helped plan the event and volunteered in any way to make it such a success. Many, many thanks to the participating restaurants, the mascots, Stu Huggens Band, the corporate sponsors and the fundraising committee.



The Brasserie Chef getting into the spirit of the event!



Intercourse Canning Company



Roseville Tavern



Iron Hill Brewery



CHILI'S Restaurant



Broadway Musical Has Mental Illness Theme

A new musical at the Booth Theater in New York City focuses on the struggles of a woman who has bipolar disorder and the members of her family. "Next to Normal," which earned an enthusiastic review from The New York Times, revolves around the character of Diana Goodman, who undergoes



electroconvulsive treatment (ECT) and other pharmaceutical and medical treatments, while her family experiences the challenges of living with someone who has a mental illness. Brian Yorkey, who wrote the book and lyrics, told The New York Times, "Some people have

walked away thinking we were against psychologists or psychotropic drugs and nothing could be further from the truth." A New York Times reviewer called the show "a brave, breathtaking musical."

Sources:

<http://theater2.nytimes.com/2009/04/16/theater/reviews/16norm.html>

<http://www.nytimes.com/2009/04/19/theater/19cohe.html>

The Key Update is the free monthly e-newsletter of the National Mental Health Consumers' Self-Help Clearinghouse Volume 5 No.10, April 2009, <http://www.mhselfhelp.org>

For more information contact: Booth Theater, 222 West 45th Street, Manhattan; (212) 239-6200. Running time: 2 hours 20 minutes.



L-R - C. Gingrich, R. Kastner, J. Laughman, S. Martin, & S. Blue

Annual Legislative Breakfast

MHA Annual Legislative Breakfast was held at Eden Resort Inn & Suites on Friday, March 27 -It was attended by 115 persons. The topic was

"Maintaining Mental Health Services Through Recession" MHALC Government Issues Committee chair, Ed Ottinger welcomed participants and each person introduced her/him self. Speakers included: James Laughman, Executive Director, Mental Health/Mental Retardation/Early Intervention, Crystal Gingrich, Executive Director, Children and Youth Agency, Rick Kastner, Executive Director, Lancaster County Drug and Alcohol Commission Susan Blue, President, Community Services Group Scott Martin, County Commissioner. There was an question and comment session that involved participants and presenters. The morning ended with closing comments by Chris Wise, Board President



Lancaster County Elected Officials and Staff Representatives

Ethics and Outcomes Training

Friday, June 26, 2009-Presenter: Dr. Paul West

Co-sponsored by Alvernia Univ. Dept. of Psychology and Counseling and NASW-PA Community Service Building, 630 Janet Avenue, Blair Room 9AM-1PM

To register visit MHA website at www.mhalancaster.org Events page and print form or call MHA office 717-397-7461.

Registration required **on or before June 12th**. Certificate will be provided which includes the number of contact hours. CEUs will be available through Alvernia University for Licensed Professional Counselors. CEUs will also be available through NASW-PA for Licensed Social Workers.

Professional counselors are trained to recognize and resolve ethical issues. Most of these involve issues related to confidentiality and dual relationships. The assessment of clinical effectiveness is one aspect of counseling that has a foundation in professional codes of ethics but is often overlooked in practice.

This presentation begins with a discussion of treatment outcomes and current activities participants utilize to measure treatment effectiveness. This discussion also includes reasons why practitioners find it difficult to engage in valid, site-based outcomes research on a consistent basis. This will be followed by an overview of the standards in codes of ethics that encourage practitioners to become more sensitive to the demands for greater accountability.

Participants will then be presented with some practical approaches to qualitative and quantitative outcomes research activities and potential support resources. The presentation will end with a question and answer period.

Mental Health America of Lancaster County Awards

2009 Nomination Form

Please copy, post and distribute to staff

Consumer of the Year – someone who is in recovery from their mental illness and gives back to the community during their recovery

Family Person of the Year – for supporting their family member, and/ faithful involvement with MHALC or other community committees

Educator of the Year – someone who supports stigma reduction, mental health education, etc...

MH Staff Person of the Year - individuals who work in mental health system who go above and beyond the call of duty, and/or have many years of dedicated service in this field.

Volunteer of the Year – someone who gives countless hours helping in the mental health field.

Please return the following information **by August 3, 2009**
to MHALC, 630 Janet Avenue Lancaster, PA 17601
Fax (717) 735-1354 or Email: mhalc@supernet.com

* Awards will be given at MHALC’s Annual meeting
**MHALC reserves the rights to make all award decisions.

Name and address of person being nominated

Category _____

Name, address, and phone number of person submitting nomination

Please write a paragraph no more than one page long explaining why this person is deserving of the award.



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Lancaster, PA 17601-4585*

Address Service Requested

**Lancaster County Community Support
Program is proud to present**



**Shining the Light on Stigma.....
we are much more than an illness!**

**Paintings, pottery, sculptures, photography, and more by individuals with a mental illness.
Also on display is Face It, a traveling display about individual's mental health recovery.
Lancaster Area Library 125 N Duke St.
Opening first Friday May 1st 5:30-8 pm.
Open publicly the entire month of May.**



Mental Health America of Lancaster County Night with the Barnstormers

Friday, June 5 7:05 PM



We raise \$4 per ticket!

Buying Tickets is Simple!

- 1. Go to www.LancasterBarnstormers.com and click on the "Fundraising" icon.**
- 2. Enter your fundraising code (mhalc).**
- 3. Click "BUY".**
- 4. Select your seats and complete your order.**
- 5. Root for the Barnstormers!**



Our fundraising code is:
mhalc

****code is case sensitive****

**CHILI'S® IS PROUD
TO SUPPORT
Mental Health
America
of Lancaster County**

With each flyer presented on Mental Health America of Lancaster County Days, Chili's will donate 10% of the sales you bring in to support this valuable organization. Let us do the cooking and support Mental Health America of Lancaster County at the same time!
The offer is available for both Dine in and Togo orders.

Mental Health America
of Lancaster County Days are:

May 19th and 20th
11 AM to 11 PM
At Chili's

1525 Manheim Pike
Lancaster Pa 17601
(717) 560 -2142



Give Back Night flyer required with each check to receive credit for the sale. Sale cannot be included in donation amount without flyer. Offer only valid on the date and location stated above. Donations will not be given on sales made prior to or past this date.

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Coupon may only be redeemed at Iron Hill Brewery in Lancaster, PA
Offer Valid 6/22/09 ONLY

Mental Health America of Lancaster County

GIVE 20%...means have dinner with us on Monday 6/22 from 5:00 – 10:00 pm and we'll donate 20% of your food bill (excluding alcoholic beverages) to Mental Health America of Lancaster County. Thank you for your support.

IRON HILL BREWERY & RESTAURANT
781 HARRISBURG PIKE LANCASTER, PA 717 291.9800 WWW.IRONHILLBREWERY.COM

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