



The Beacon

Mental Health America of Lancaster County, A United Way Agency

Volume 53, Issue 2

May 2010

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: Wednesday, May 12, 2010 in meeting room B-103 from 6:00 until 9:00 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

Parity: Federal Agencies Issue Regulations

On January 29th, the federal Departments of Labor, Health and Human Services, and Treasury released the interim final rule for the 2008 Mental Health Parity and Addiction Equity Act. Insurance plans should currently be making a best faith effort to comply with the law, which went into effect on October 3, 2009 without the benefit of regulations. The regulations became effective on April 5, 2010 and apply to plan years beginning on or after July 1, 2010.



The much anticipated regulations outline the quantitative and non-quantitative treatment limitations that must be in parity with the treatment limitations for medical/surgical benefits. Quantitative treatment limitations include frequency of treatment, number of visits, and days of coverage, and must be at parity with substantially all medical/surgical benefits. The Departments gave separate guidance with examples of

parity with medical/surgical benefits for non-quantitative treatment limitations like medical management and utilization management. We will be reviewing the non-quantitative treatment limitations guidance to ensure that the regulations cover all scenarios where treatment can be limited by these types of mechanisms.

**article courtesy of THE Bell-Spring 2010 newsletter
http://www.mentalhealthamerica.net/pressroom/bell/2010spring/*

Inside this issue:

- Mental Health Month 2
- AEVIDUM 2
- MHALC Fundraiser 2
- 2010 Award Nomination 3
- Art Auction 4

Membership leads the way to a stronger MHA



Please join or renew. There is great satisfaction in knowing that you are part of our important work in bringing mental wellness home.

We thank the **135** who have joined & generously donated **\$8,300** during our current membership drive, and hope to double that to reach our goal of 270 and **\$15,515.00**.

To join or renew: **1.** Return membership reply envelope or **2.** Call our office 397-7461 or **3.** Donate securely online www.mhalancaster.org

Mental Health America of Lancaster County in Celebration of May is Mental Health Month Presents: Live Your Life Well Series

Every Thursday in May there will be a different presentation showing ways for “Living Your Life Well.”

It will be held from 7 pm – 8:30 pm in the Blair Room in the Community Services Center at 630 Janet Ave Lancaster, PA 17601. Any questions please call Mental Health America (717)397-7461

Thursday May 6th: **“Living Rationally in an Irrational World”** Ed Silverman, Ph.D – Psychologist

Thursday May 13th: **“Autism: A Panel Perspective”** Tim Caldwell; Behavioral Specialist, Ann Woodland; Psychologist and Grandparent, A Parent, and an Individual living with Autism.

Thursday May 20th: **“Embrace Stress, Avoid Depression”** John Spychalski M.Ed. Psychologist

Thursday May 27th: **“Developing Resiliency in Yourself & Your Child”** Alan Babcock, M.Ed. – School Psychologist



AEVIDUM- I got your back by Juliana Arnold, Peer Educator

Aavidum was started by a senior at Cocalico High School, who lost her teenage brother to suicide in 2003. Aavidum’s mission statement “Our mission is to make the general public aware of the warning signs of depression and suicide. By using the word aavidum, we will empower

students to shatter the shame surrounding this illness and save lives across the nation.” On March 30th Gretchen and I were invited to speak at a training Aavidum presented to not only the students

of Cocalico but other schools from the county, and beyond.

Their plan is to take the group across the nation, one school at a time. For more

information you can find them at www.aavidum.com

[aavidum]



Bring your dirty car & an appetite to

Mental Health America

Car Wash & Hot Dog/Hamburger Sale

Oregon Dairy –2900 Oregon Pike, Lititz PA 17543

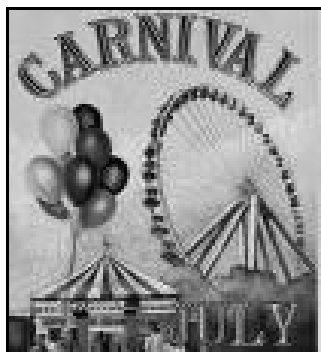
July 24, 2010 *9:00AM-2:00PM



GoodSearch
YOU SEARCH WE GIVE™

Network for Good

f Find us on Facebook



Community Support Program of Lancaster County is pleased to invite you to 2010 Celebration of Recovery Picnic on Friday, June 18, 2010 at Long’s Park, Harrisburg Pike, Pavilion #1 10:00AM-4:00PM. This year’s theme is “**Carnival**”! To register or for more information please call Tempo Clubhouse at 392-2300

Mental Health America of Lancaster County Awards 2010 Nomination Form

Consumer of the Year – someone who is in recovery from his/her 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 many hours helping in the mental health field.

Please return the following information **by August 2, 2010** to MHALC, 630 Janet Avenue Lancaster, PA 17601

Fax (717) 735-1354 or Email: mha@mhalancaster.org

*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.

**630 Janet Avenue
Lancaster, PA 17601-4585**

Address Service Requested

Compeer Art Auction-May 14, 2010



Mulberry Art Studios
21 N. Mulberry St.
Lancaster
295-1949

Preview begins at 6:00 p.m.
Auction at 7:00p.m.

Live music & free refreshments

Local artists' donated work will be auctioned at the 4th Annual Art Auction to benefit Compeer Lancaster, an agency of Mental Health America and an affiliate of Compeer, Inc. Compeer is a non-profit organization working to improve the quality of life for people recovering from mental illness through the power and gift of friendship.

Preview online at www.compeerlancaster.org

Student Membership

Help grow our student memberships.

Encourage students to study, advocate, and support mental wellness. For each \$35 you give, we will send an attractive MHA gift membership certificate to a student.

Send your student membership donation to:

MHA Student Memberships

630 Janet Avenue, Lancaster, PA 17601

Make your check payable to MHALC



What a wonderful way to invest in the next generation!

MHALC
Wish List 2010!!!

MHALC's mission is to promote mental health, to improve the lives of persons with a mental or emotional illness and to work to prevent these illnesses.

Please consider underwriting some or part of the cost for the following items on our agency's wish list:

Workshop/ Materials needed

\$15 for one hour of Alpha Club-social club for seriously mentally ill adults

\$25 for one person to attend a 3 hour anger management workshop

\$50 stress workbooks for 25 persons-or to educate 25 students about the realities of living with a mental illness.

Lending Library Materials

\$34.99 "This Emotional Life" DVD- PBS Documentary

\$24.99 "Depression: Out of The Shadows" DVD-PBS Documentary

\$13.55 "When Someone You Love Is Bipolar" Cynthia G. Last, PhD-Book

\$15.25 "The Bipolar Teen-What You Can Do to Help Your Child and Your Family" David J. Miklowitz, PhD and Elizabeth L. George, PhD-Book

Events

\$600 underwrite food costs for Pasta Buffet & Auction

Alpha Clubs

Provide transportation for members to and from events

Provide refreshments and or program for an Alpha evening

Promotional/Health Fair Materials

\$470.00 for 250 "Keeping Your Cool Managing Anger booklets"

\$125 for 200 "101 Ways To Praise Your Child" glancers

\$178.00 for 300 "Label Jars Not People Jar openers"

\$125 for 200 "101 Ways To Wellness" Bookmark

\$600 for publication of Beacon Newsletter

Office Supplies, Equipment, etc..

\$70 Quick Books Premier Edition 2009-bookkeeping software upgrade

\$500 Dell Computer server /workstation

\$499 GiftWorks Standard 2008 license-additional license for another workstation-membership software

Compeer

\$10 toward friendship match meeting

\$25 for one week of phone support for a Compeer friend

\$50 training for a Compeer volunteer



Thank you for generous support! I/We would like to underwrite the following:

Workshop/Materials _____ Lending Library Materials _____ Promotional Health Fair Materials _____
Compeer _____ Office Supplies/Equipment _____ Events _____ Alpha Clubs _____

Please return this form and check made payable to: MHALC, 630 Janet Avenue, Lancaster PA, 17601

Name _____ Address _____ City _____ State & Zip _____

Amount\$ _____

Mental Health of America of Lancaster County

Needs your vote on
Saturday, May 8
From 10 a.m. – 4 p.m.
Lancaster Farm & Home Center

Reinsel Kuntz Lesher LLP
is sponsoring our participation in



PO BOX 121
Landisville, PA 1753

2010 Businesses That Care Expo

- ✚ The Expo will be a format for **Mental Health of America of Lancaster County** to tell the community our story and publicize our mission.
- ✚ Four \$2,000 prizes will be awarded to the not-for profits with the highest number of votes. **Your vote will help us win!**
- ✚ Two \$1,000 prizes will be awarded as wild-card drawings.
- ✚ The Expo will acquaint you with other Lancaster County not-for profits as well as the businesses that support them.
- ✚ The admission ticket to the Expo is a can of food or \$1 to benefit Lancaster area food banks.

**Please plan to tour the Expo and vote for
Mental Health of America of Lancaster County!**

Lancaster Farm and Home Center
1383 Arcadia Road
Lancaster, PA 17601