



Kim McDevitt
Executive Director

FINDING STABILITY IN SHIFTING TIMES

Dear Friends,

We entered the year with great momentum having completed our strategic planning goals for year one and a few of our goals for year two. The foundation had been set with anticipation of putting new programs into action, identifying gaps, and deepening the work with new partners that will aid the mental health challenges of individuals within our county. Little did we know that we would have to change direction, quite rapidly. New programs were developed, new gaps were identified, and even more partnerships were built.

The two crises we are facing have changed who we are as individuals, as an organization and as a county. We are profoundly challenged. Every one

of us has been awakened to acknowledge the conflicting thoughts within ourselves and within the community at large. We are experiencing fear and instability like never before. The number of those experiencing anxiety continues to rise. Over 70% of those with symptoms of anxiety and depression taking our online mental health screenings report they have never sought out mental health support.

Self-care and care for others has never been more important. If you or a loved one is struggling, please seek out support, if even just for a listening ear. One silver lining in this upside down world is the expansion of tele-mental health services in Medicare, Medicaid, and commercial plans which is allowing more people to access behavioral health care online and by telephone. I am so proud of the team at MHALC and our community partners and supporters. The MHALC team and our partners quickly adapted to offer solutions. Our supporters have made it financially possible.

I invite you to carefully review this special edition to learn more about such developments. Please share these programs with your network of family members, friends, neighbors & coworkers. You too can make a difference by raising awareness so that others have hope.

In the meantime, we are committed to developing even more to meet the evolving needs. If you are able to financially support the mental health needs of our community, please call me at 717-397-7461 x170 or visit our website at www.mhalancaster.org/donatenow.

Sincerely,
Kim McDevitt

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PASTA TO PIANOS VIRTUAL FUNDRAISING EVENT

THANK YOU TO OUR EVENT SPONSORS

On June 18, 2020, MHA replaced our beloved, grass-roots Pasta Buffet and Auction event with something more appropriate for the times...a virtual event. We raised over \$5,000 through the donations of our supporters, event sponsors and those who attended. The dueling pianos sing-along was enjoyed by all and we thank everyone who attended!



Additional correspondence from the Executive Director can be found at www.mhalancaster.org/ed-letters.

**THE EXTRA
ORDINARY
GIVE**

Donate to MHA November 20th to aid the free and essential programs in this newsletter for our residents during Covid-19. Help us guide our residents to recovery and hope.



In This Edition

MHA Offers A Bundle of New Mental Health Programs for Everyone

What's Inside?

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#1 SEND A CARE BASKET

CARE BASKET FUNDRAISER

Our three sizes of baskets allow our donors to “pay it forward” with their purchase, which is a tax-deductible donation. Care - baskets are available for purchase at 717-397-7461 or emailing mha@mhalancastr.org. Send your care basket today!

#2 CARING CONNECTION

PHONE CALLS TO PEOPLE IN ISOLATION DURING COVID-19

Do you know someone who could benefit from phone calls during this Covid-19 time? Refer them to the Caring Connection. Are you interested in becoming a calling volunteer once a week? We still have more people waiting to be connected to a volunteer. Learn more at jmills@compeerlancaster.org or 717-397-7461.



Suicide Prevention Coalition Free Training Webinar

Live Your Best Life: How To Conquer Depression and Suicidal Thoughts

Thursday, September 24th, 12 to 1 p.m. Register at <https://www.brownpapertickets.com/event/4739538>

Training Is Offered To Everyone and Lead by Dr. Latinia M. Shell, LPC, NCC, CCMHC, ACS

#3 CMAP FREE COUNSELING PROGRAM

COMMUNITY MENTAL HEALTH ASSISTANCE PROGRAM (CMAP)

CMAP is a newly launched service for essential workers in Lancaster County. If you are struggling emotionally during this pandemic, having challenges at work, facing difficulties with your family life, our program can provide you with 3 no-cost, tele-med visits with a mental health professional. An essential worker is defined by CMAP as any Lancaster County resident, including residents whose work status was affected by Covid-19. Get started by calling 717-397-7461 and ask to speak with Caryn Thompson.



#4 A MINORITY FOCUSED CMAP PROVIDER

WRITTEN BY CMAP PROGRAM COORDINATOR, CARYN THOMPSON

As Mental Health America of Lancaster County has launched the Community Mental Health Assistance Program, or CMAP, we have had the chance to get to know some of the county's mental health providers up close and personal. We wanted to take an opportunity to share more about the people behind our program.

When I came on as the Program Coordinator for CMAP, the first name I came across was Dr. Latinia Shell, the founder of Diversity Works CSCT, LLC. I thought the name of her program was inspired, because who doesn't want to live in a world where Diversity Works? **The formal goal of Diversity Works is "to provide a Multicultural, Social Justice Centered Approach to treating clients in a variety of services including Counseling, Supervision, Consultation, and Training Services."**



*Dr. Latinia Shell
Founder of Diversity Works*

When you ask Dr. Shell directly, you get a more impassioned response of "I was always into helping people." She provides individual, couples, and group therapy working with a wide range of mental health disorders. Dr. Shell also works within homeless shelters and with women in transition. Her primary focus infused in everything she does is multiculturalism and diversity. Having recently received a grant from the Lancaster Osteopathic Health Foundation, Dr. Shell is able to now provide supervision for clinicians and provide education in the fields of multiculturalism and diversity, as well as trauma.

During our discussion, Dr. Shell and I talked about the divided nature of the country. I asked if she has seen this reflected in the emotions of her clients. She told me that it has been the topic of every session of every client regardless of race. We are dealing with a double pandemic, both Covid-19 and the racial tension. You can be afraid to leave the house, especially as a black resident living in perilous times. To quote Dr. Shell, "It's trauma, triggering previous traumas."

When I asked what can we do to support each other to move forward, Dr. Shell responded, "Start small. Look at systematic change; policy change. Any time we can influence action and make sure there are people at the table who represent diverse backgrounds, we can make sure those who are marginalized can ensure that those changes are made."

When asked what brought her into this field of work, Dr. Shell responded that her first motivator was her high school counselor. Having spent many hours seeking his guidance, she knew its importance. When Dr. Shell became the first person in her family to attend college, she felt the need to be there for other students moving forward and went into the field of school counseling. After 10 years, she went back to get her PhD and became an adjunct professor, spending part-time hours in private practice.

It has only been in the last year that she has had the ability to devote full-time hours to her private practice, and we are so very pleased that the CMAP is now a part of her very busy schedule. I am glad we brought Dr. Shell to the CMAP table, because she is making great changes in the mental health field in Lancaster.

#5 Pages For Minority and Covid-19 Related Resources

- MHA Lancaster County Covid-19 Page: www.mhalancaster.org
- BIPOC Communities (Black, Indigenous and People Of Color - Including LBGTQ) And Covid-19: www.mhanational.org/bipoc-communities-and-covid-19
- MHA National Covid-19 Information And Resources: www.mhanational.org/covid19
- CMAP Free Tele-Med Counseling Program: www.mhalancaster.org



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#6 MEDICATION ASSISTANCE PROGRAM

TELL MHA ABOUT YOUR UNCOVERED MEDICATION COSTS

Medications are an important part of treatment for many people who live with a mental illness. They can improve symptoms and help promote recovery and wellness, but the price for medication can often be an obstacle. During times of financial crisis as we are experiencing now, many have to make difficult decisions between using their limited dollars to purchase food, paying their utilities or buying medicine for themselves or a family member. Through the Lancaster Cares Fund, MHA of Lancaster County is able to provide medicine for those who are unable to afford medication during the COVID-19 crisis. Please reach out to MHA of Lancaster County. Call 717-397-7461 or email requests to mha@mhalancaster.org. Assistance could include medication costs outside of standard mental health needs and limited restrictions apply. Always inquire to learn more.

#7 VIRTUAL SUPPORT GROUPS

A GREAT ADDITION OR ALTERNATIVE TO TRADITIONAL COUNSELING

Mental Health America of Lancaster County has many peer-led groups that are meeting weekly to provide support, education and mentoring. The groups include depression (men/women), bipolar disorder, anxiety, OCD, Panic, women's depression and post-partum support. The groups are free, confidential and ongoing. Attendees may join the meeting by phone, or by Zoom for a video and audio connection. For info on how to connect, or to ask questions, contact MHA at 717-397-7461 or email mha@mhalancaster.org. View a full listing of virtual support groups at www.mhalancaster.org. We can also provide information on community groups for families, siblings, vets, grief & loss, children's socialization and suicide survivors.

Remember to **sign up for the MHA email newsletter** to stay informed about events, programs and services available to support you and your family during the Covid-19 pandemic. Sign up at www.mhalancaster.org.