

# Mental Health America of Jackson County

Volume 16

April 2012

## Special points of interest:

- Making the Case
- MHAJC Donors
- Mission
- History
- Ongoing events

## Making the Case for Mental Health

Many people go to their family doctor each year to make sure their physical health is in order, but there can be no health without mental health. It is estimated that:

- Mental disorders are common in the United States and in a given year approximately one quarter of adults are diagnosable for one or more disorders.
- While mental disorders are widespread in the population, the main burden of illness is concentrated among a much smaller proportion who suffer from a seriously debilitating mental illness.
- Mental health problems affect one in every five young people at any given time.
- An estimated two-thirds of all young people with a mental problem are not getting the help they need.
- Studies indicate that 1 in 5 children and adolescents may have a diagnosable disorder. Estimates of the number of children who

have mental disorders range from 7.7 million to 12.8 million.

Mental Health America of Jackson County envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential through meaningful social inclusions that is free from discrimination.

MHAJC is a proud affiliate of the national group of Mental Health America.

## Blessings to our Donors!!

MHAJC could not do it without our wonderful membership donors: Pat Cummings, Dr. and Mrs. Kenneth Bobb, Betty Chastain, Ann Baxter, John Brooks, Kathy Haper, Jan Morrison, Cathy Howie, Sandy Zickler, Helen Horton, Karen Robertson, Cecily Noelker, Cheryl Fenton, Ruth Sweany, Dorothy Otte, Kathy Gosser, Dr. & Mrs. Kent Winkler, Edna Penner, Roy Stuckwisch,, Wanda & Denver Gray, Eugene Farrow, Trudy Reynolds, Carla Ault, Patty & Dick Elmore,

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We would also like to thank our Christmas Gift Lift Donors:

Jenola McClara, Roberta Speaker, Masonic Lodge #146, Prudential Indiana Realty, F.O.E Ladies Auxiliary , F.O.E # 655, Hearts of Home Extension Club, Sandra Zickler, Jane Thomas, Dickson's, Reddington Christian Missionary Group, Loyal Devoir of Central Christian Church, Mary Elisabeth Keller, Katherine Lewis, Meredith Henry, C. Ann Zabel, Ruth Sweany, Janet & Glen Heideman, Seymour American Legion Post #89, Gene & Joanne Knott, Ryan Chandler, Delta Kappa Gamma, Kids N' Kettles Extension Club, George's, Kathy Mead, Darlene Cooley, Jan Morrison, Friends & Neighbors Extension Club, Kremers Urban, Cummins, Frische Eye Care, Central Christian Church , Seymour Tribune, and all of the anonymous

Mental Health America is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 320 affiliates nationwide, MHA works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, research, education and service.

Our 1st quarter events:

- Monthly I'm Thumb-body classes
- Newspaper articles on Common Tips for Those We Meet With Disabilities, Fast Facts About Children and Mental Health, How to Cope With Taking Care of An Aging Parent, Depression and High School Students, and Things You should Know About Stress
- Recognition of Disabilities Month
- Organizing Focus Groups for Teens

MHAJC Board Members for 2012:

Vicki Johnson, Carolyn Bruce, Doris Kovener, Sandra Turner, Becky Boas, Bob Dembek, Libby Roberts, Mary Jane Lasater, Karen Metz, and Dr. Brenda Smith.

We are always looking for new board members!!! If you are interested in helping us fulfill our mission, contact Laura at 522-3480

**May is Mental Health Month and we'll be asking for new memberships . Also, check out the library display for Mental Health Month!**

PLEASE SUPPORT YOUR LOCAL UNITED WAY AS PART OF OUR FUNDING COMES THROUGH THE GOOD WORK THAT THEY DO!!

Thanks from MHAJC!