

Mental Health America of Jackson County

P.O.Box 51 Seymour, Indiana 47274

December 2008

812-522-3480

Volume Number 3

What's Going On

We, Mental Health America of Jackson County, have frequent contact with those who are less fortunate. They may be depressed, mentally ill, mentally retarded/developmentally disabled, chemically dependent or alcoholic. It may be a young mother who is escaping an abusive situation or going through a divorce, without a job and doesn't know where to turn for help. It might be an elderly person, alone in the world and unable to do much for him or herself. It might be a person who lives in a group home. These people, while they may not be known to you, are very real people. Daily, it is apparent that life is not always kind, that hardships do exist, that a person can be seriously ill, that families live in cars, that an elderly person has to choose between buying food or medicine. At this special time of the year

when sharing and caring should abound, we want to say thanks for all of our donors who have helped us with our endeavor this year to help those who so much need our help. It is through donations such as yours that we have been able to reach out and support these people. THANKS SO MUCH FROM MHAJCI!

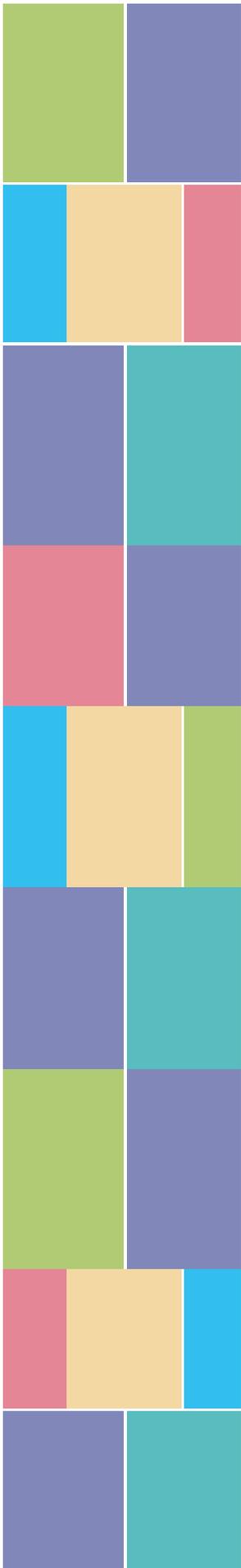
Spotlighting a
MHAJCI
program.

I'M THUMBODY is a self-esteem classroom program provided to the 4 Head Start classrooms and Child Care Network preschool. It introduces the concept of good mental health, defined as feeling good about yourself, liking yourself, and believing in yourself. It also provides information on honesty, anger management, how to make positive decisions, being responsible for your own actions and working hard to do the "right" thing. It is taught by Laura Stahl,

the Director for MHAJCI, who is a retired educator, having taught young children for 34 years. This is our 3rd year for the program and hope to be able to continue it for many more years.

Our 4th quarter activities included:

- hosted our first annual Screening For Depression Day on Oct. 10th. It was conducted by Dr. Brenda Smith, a MHAJCI board member.
- newspaper articles written on types of stress, late life depression, holiday stress and children's fears.
- hosted the October Fall Fun Social for the clients
- Provided information for the Schneck Woman's Health Fair and Wal-Mart Health Fair
- Held our Mickman wreath fundraiser
- Thumbody classes taught each month
- continuing to work with SSHS on providing suicide information packets



to teachers to help identify troubled teens

- purchased website domains which should be up and running in January.
- continued to assist mental health clients with co-pays through several medical offices
- provided 1732 gifts for the mentally challenged in Jackson County and those Jackson County residents at Madison State Hospital through our Christmas Gift Lift campaign.

MHAJC BOARD MEMBERS

*Vicki Johnson, Pres.
Carolyn Bruce, Treas.
Doris Kovener, Sec.
Becky Boas
Sandra Turner
Melissa Dick
Karen Metz
Tom Waldkoetter
Police Chief Bill Abbott
Dr. Brenda Smith
Laura Stahl, Director*

MHAJC is so grateful to the United Way of Jackson County and their continued support of our organization and it's mission. We couldn't do it without them!

Meet a Board Member!

Carolyn Bruce joined the MHAJC board in 2000 and has served as treasurer for 4 of those years. She became interested in mental health because of mental health issues on her mother's side of the family. She worked as a teaching assistant for 15 years in the Seymour School District and 8 years in retail. She presently is the Health Educator at the Jackson County Health Department. She is married to Leonard Bruce and they have 2 sons and 3 grandchildren. They belong to the Central Christian Church. Carolyn has worked hard in her efforts with Mental Health America of Jackson County and we appreciate having her on the Board of Directors.

UPCOMING EVENTS

Monthly classes with I'm Thumbbody meets with Brownstown and Seymour Head Start classes and also Childcare Network Preschool class.

Our Valentine Social will be held on February 10th at the Senior Citizen's Building from 5-6:30.

Disabilities Fair will be coming up in March.

Ever think about becoming a volunteer with MHAJC? We could use your help at our bi-monthly socials. We often do some hands on activities that require MORE hands than we have!! If you're interested please call the office at 522-3480.

More than 50 years ago, Mental Health America issued a nationwide call for the chains and shackles that had been used to restrain people in asylums. They took these tools of mistreatment and forged them into a powerful beacon of freedom: the 300 pound Mental Health Bell.