



# MENTAL HEALTH AMERICA OF JACKSON COUNTY

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## *What's Going On*

Financial stress has had a big impact on a lot of people in the year 2009. It may not be any different in this new year of 2010. Here are a few tips that may help you get through this next year and relieve some stress and keep a healthy mind. Many economists tell you to live within your financial means, but actually you should live below your means! For example, if you make \$30,000 a year then live like you make \$25,000 a year and save, pay down debt, or invest the remaining \$5000. Make a monthly budget!! The object of that is to spend less than you take in. Be willing to eat at home more, be willing to buy generic foods, and forget about the sale on things you really don't need to buy. Think about your financial obligations to the family and yourself. For entertainment, use the library for resources. They have great DVD's that don't cost a thing! Make it your goal to have a mentally healthy

mind in the year of 2010. Check out our website at: [www.mentalhealthjc.net](http://www.mentalhealthjc.net) for lots of information on all kinds of mental health items. You'll be glad you did!

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## **Spotlighting a MHAJC program:**

### **Christmas Gift Lift 2009**

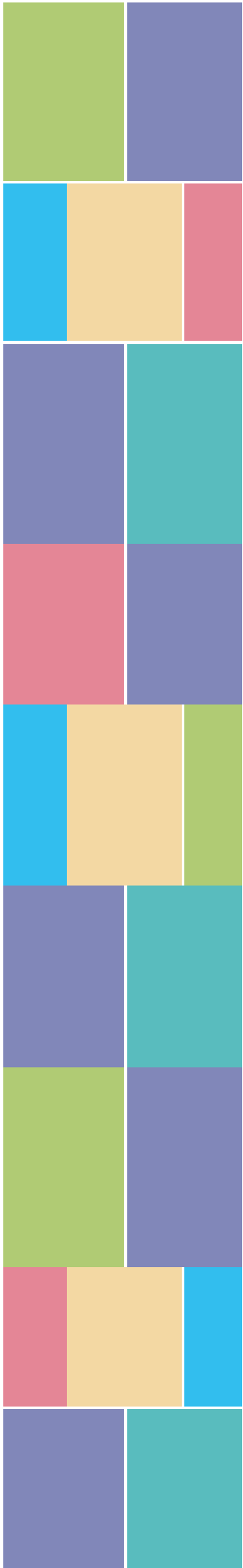
How can we thank the community enough for their support of our annual Christmas Gift Lift? With times being so tough on so many people, individuals, organizations, and businesses came through in support of providing gifts to the mentally ill in Jackson County and those residents that are housed at Madison State Hospital. MHAJC hosted their Christmas social on Dec. 8th at the Central Christian Church. About 100 people attended that dinner and received their bags of gifts. We were able to provide gifts for 160 clients with a total of more

than 2000 gifts. The clients were so appreciative of the dinner and their gifts as many of them have no family around and would not have any Christmas if it weren't for the many donations received. The Mental Health Board appreciates all the help we received in our mission to assist the mentally ill in Jackson County! **Thanks, thanks, and thanks!!!!**

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## **MEET A MHAJC BOARD MEMBER**

**Melissa Dick has been a board member for MHAJC since July of 2004. She is currently employed as a employment specialist with Bridgepointe (Goodwill) and has been there for 7 years. She assists individuals with disabilities and job placement throughout the community. She is a graduate of Indiana University Southeast with a degree in general studies and a minor in psychology. We are grateful to have her share in our**



**mission. She works with several of our clients and is a great resource person for the board. Thanks, Melissa!!**

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Our 4th quarter activities included:

- self-esteem classes taught at 4 Head Start classrooms and 2 preschool classrooms
- October National Screening Awareness Day, locally our screening was done at the Community Agency Building by Dr. Brenda Smith.
- October social
- Schneck Medical Women's Health Fair
- Mickman Fundraiser
- Suicide Support Classes
- Provided folders of suicide prevention for teens to our high schools
- gifts for clients for Christmas
- newspaper articles on mental health topics
- provided co-pays for clients through local counseling providers

**Mental Health America is so grateful for the United Way staff and board members who assist us in our mission. We couldn't do it without their support!!**

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*Here are a few facts about suicide that we have discussed at our Suicide Support Group meetings:*

1. *Currently, suicide is the 11th leading cause of death in the U.S.*
2. *There are 4 male suicides for every female suicides, but twice as many females as males attempt suicide.*
3. *A person dies by suicide every 18 minutes in the U.S.*
4. *Risk factors for suicide among the elderly include the presence of a mental illness, especially depression and alcohol abuse.*
5. *The suicide rates for men rise with age, most significantly after age 65.*

**UPCOMING EVENTS:**

- January 23rd, MHAJC will be hosting an Applebee's breakfast fundraiser. For \$5.00(you can purchase tickets at the door) you can have all the pancakes you want to eat!! Come join us!
- February Valentine social for the clients will be Feb. 9th at the Senior Citizen's building from 5-6:30 p.m.
- Thumbody classes are continuing through the school year.
- Disability Awareness Fair is coming up in March.

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Every passing day is one that is gone forever. Make sure it is one in which you have done something for others, especially those who cannot do for themselves. Come join our mission for the mentally ill. Call Laura @ 522-3480 for information.