
Mental Health America of Jackson County

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Agency of the Jackson Coun-
ty United Way

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Mental Health Before Stage 4, Changing the Way We Think About Mental Illness”.

It calls attention to the importance of addressing mental health symptoms early, identifying underlying disease, and planning an appropriate course of action on a path towards overall health.

Mental health matters for everyone. One in five American adults will have a diagnosable mental health condition in any given year. About half Americans will meet the criteria for a diagnosable mental health in their life, with first onset usually in childhood or in adolescence.

Research shows that ignoring mental health symptoms, we lose ten years in which we could intervene in order to change people’s lives for the better. During most of these years most people still have supports that allow them to succeed – home, family, friends, school, and work. Intervening effectively during the early stages of mental illness can save lives and change the trajectories of people living with mental illness.

When people first begin to experience symptoms of mental health conditions, they shouldn’t be ignored or brushed aside in hopes that they go away. One of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take a mental health screening. Go to www.mentalhealthamerica.net to take a screening for depression, anxiety, bipolar disorder and post-traumatic stress disorder, alcohol or substance abuse, youth, parent, and psychosis

If you are having trouble sleeping lately, if you have been experiencing racing thoughts, or you are just curious - the screens below can help you understand more about your mental health. If you unsure which screen to take, here a some guidelines:

- The Depression Screen is most appropriate for individuals who are feeling overwhelming sadness.
- The Anxiety Screen will help if you feel that worry and fear affect your day to day life.
- The Bipolar Screen is intended to support individuals who have mood swings - or unusual shifts in moods and energy.
- The PTSD (Post Traumatic Stress Disorder) Screen is best taken by those who are bothered by a traumatic life event.
- Alcohol or Substance Abuse will help you determine if your use of alcohol or drugs is an area to address

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- Youth - ages 11-17, who are concerned their emotions, attention or behaviors might be signs of a problem
- Parent - Help parents determine if their child's emotion or behavior might be a signs of a problem
- Psychosis - for young people (12 - 35) who feel like their brain is paying tricks (seeing, hearing or believing things that don't seem real or quite right)

Screening Tools can also be reached by through a link our homepage www.mentalhealthamericajc.net

Following the screens, you will be provided with information, resources and tools to discuss with a provider. Use the screening results to start a conversation with your primary care provider, or a trusted friend or family member and begin to plan a course of action for addressing your mental health. There are a variety treatment options ranging from talk therapy to medication to peer support. The earlier we treat mental health conditions the easier it is for people to recover and the less it costs..

Local Resources:

Centerstone, 143 Corporate Way , Seymour , 812-522-4341

Christopher & Associates - 322 Dupont Drive , Suite A, Seymour, 812-523-8086

Schneck Center for Mental Health & Wellness, 411 W. Tipton Street, Seymour 812-523-7852

Indiana Health Center, 113 N. Chestnut Street, 1st floor, Seymour 812-524-8388

Jackson County Drug Free Council, www.drugfreecouncil.org

Todd's Transitional Housing, 4990 N. US Highway 31, Seymour, 812-271-1199

Cherished, Inc. P. O Box 986, Seymour, 812-269-2855

The Annual Christmas Gift Lift

The Annual Christmas Gift lift is coming up shortly. Most of the shopping is done and filling the bags will be completed soon. Our first event will be Thursday December 8th from 5:00 - 6:30 at Central Christian Church in Seymour, 1434 Second Street. The second event will be for Centerstone Clients at the Centerstone facility 1430 Corporate Way in Seymour from 12 Noon - 1:30 on Wednesday December 14th. Food, fun and presents will be had by all. Thank you to the Board of Direc-

Thank you to the Board of Directors!

Thank you to the members of Board of Directors of Mental Health America of Jackson County for the support they provided the program through out the year. Members organized two successful fundraisers a membership drive and wreath sale. They increased our membership campaign by over \$1000.00. The wreath sale produced a \$900 profit. They provide most of the food for our socials and volunteer at them. They support the director in his educational efforts and working with local funders. It is a good partnership and look forward to 2017.

Halloween Social

80 clients and caregivers attended our Halloween Social in October at Central Christian Church. Most of the clients were in costume. Three prizes were rewarded for the : Best - Cassie Brock - Smurf - Funniest - Faye Hendershott - Witch ; and Scariest -Lucy Rutan Cupcake . We had good food, played games and a good time was had by all. Most important the clients had an opportunity to see their friends. Socialization is important for all of us and many of our clients do not have regular opportunities to be with their friends.

Health Department Extended Hours

The Jackson County Health Department has new After Hours Services. On Wednesdays until December 14th from 4:30pm - 6:00pm they will be open for: insurance sign-ups, HIV rapid testing (20 Minutes results), Hep C rapid testing (20 minutes results), Naloxone (Narcan) education and distribution, Flu Shots, Service resource referrals.

Located 801 W. 2nd Street, Seymour
812-569-0854

Recruiting CASA Volunteers

Child Care Network is looking for Court Appointed Special Advocate, people who care about children and have common sense. As a volunteer you will be thoroughly trained and well supported by professional staff. To help you through each case. Contact Deena Personette 569-2598.

Latina 4H Club

I want to thank the Latina 4H Club for decorating the 200 hundred bags that will be used this used this year for our Christmas Gift Lift. The students did a great job.

Cherished Inc.

Joni Zabel has started new ministry in Jackson County to help woman know that they are not alone in their feelings of depression, anxiety, weakness and hopefulness but through their faith and commitment, they can rise above challenges and experience life changing love.. This is the focus of Cherished, Inc., a new non-profit organization started by Zabel, to give women and girls in Jackson County and surrounding counties the strength and resources they need to battle addictions and eating disorders, escaper abuse and or homelessness and handle unplanned pregnancies or thoughts of suicide.

The ministry is being funded solely by donations and Zabel plans on applying for various grants. Donations can be sent to cherished Inc. P. O. Box 986, Seymour, Inc.

For more information about Cherished, Inc. email at cherishedministryindiana@gmail.com, call 812-269-2855.

Seymour Tribune November 22, 2016

Mental Health Resources

- **Esperanza** - Hope to Cope with Anxiety and Depression - hopetocope.com
- **BP** - Bipolar Disorder - bphope.com
- **Anchor Magazine** - quarterly digital publication dealing with recovery from depression, anxiety and bipolar disorder mentalwellnesstoday.com
- **SZ Magazine** - digital; only publication with inspiring stories, recovery and support for those affected by schioaffective disorder and psychosis. mentalwellnesstoday.com
- **Mental Health America** - www.mentalhealthamerica.net
- **Suicide Prevention Lifeline** - **1-800-273-8255**
- **National Association of Mental Illness** - www.nami.org

Disposal of Medication Appropriately

All unwanted medications` , tablet, capsules and liquids both for human and animal consumption can be turned into the following locations for proper disposal :

Seymour Police Department - 220 N. Chestnut Street - Seymour - 24 hours a day

Jackson County Sheriff's Department - 150 E. State Road 250 Brownstown - 24 hours a day

Crothersville Police Department -404 Moore Street , Crothersville - By appointment

Pro-Tech Recovery

Joseph Koenigsmark, DO, MBA has open a new Medication Assisted Addiction Treatment and De-toxification Program (MAT) for those who have abused or addicted to opioids.

He believes by “utilizing MAT programs along with appropriate counseling and appropriate psychiatric follow-up can lead to much higher success rates those most other programs available”

In most case, he does not feel that “the use of medications needs to be ongoing”. He will also offer outpatient accelerated Detoxification program that allows patients to detox off their medications without fear of withdrawals when the time is appropriate.

626 W 2nd Street, Seymour, 812-271-1798

From Introductory letter dated 11/11/16

Available for Speaking Engagements

Bob Dembek, Director, is available to come speak to any group on the agency or if they would like to learn more about mental health. Please contact him at 812-522-3480 or mhajc@cabjackson.org.

Upcoming Events

December 8 - **MHAJC Christmas Gift Lift Social, Central Christian Church, 5:00PM - 6:30PM**

December 12 - “I’m Thumbody” class at Seymour High School, 1:00PM

December 13 - “I’m Thum,body” class at Head Start, 9:30 & 1:30

December 14 - MHAJC Christmas Gift Social at Centerstone, 12:00PM - 1:30PM

December 15 - “I’m Thumbody” class Brown School Pre-School 9:00 & 1:00

December 21 -31 - MHAJC Office Closed