

Mental Health America of  
Jackson County Seymour,  
Indiana 47274  
812-522-3480  
mhajc@cabjackson.org  
Agency of the Jackson  
County United  
Way

# Mental Health America of Jackson County

Special points of interest:

- Substance Abuse
- Successful Garage Sale
- New Board Member
- Day of Caring
- Second Quarter Activities
- Grief Support Group
- Disposal of Medications
- Facebook Page
- Upcoming Events

## MHAJC Board of Directors

Vicki Johnson, President

Doris Kovener, Secretary

Carolyn Bruce, Treasurer

Becky Boas

Ben Brown

Mary Jane Lasater

Karen Metz

Libby Roberts

Bob Dembek, Director

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July 2014

## Substance Abuse Growing Problem in Jackson County

Substance Abuse, also known as drug abuse, is a patterned use of a substance, a drug, in which users consume the substance in amounts or with methods that are harmful to themselves.

Some of the drugs most often associated with this term include alcohol, substituted amphetamines, barbiturates, benzodiazepines, cocaine, methaqualone and opioids.

Use of drugs may lead to criminal penalty in addition to possible physical, social and psychological harm. Long-term personality changes in individuals may occur as well.

Drug misuse is a term used commonly when prescription medications with sedative, anxiolytic analgesic or stimulant properties are used for mood alteration or intoxication, ignoring the fact that overdoses of such medicines have serious adverse effects.

Jackson County rates in the top 10 in counties for Methamphetamine Priority Scores, in the top 25 counties Alcohol Abuse Indicators and Priority Scores and Marijuana

a growing problem in the county and the cause of much of the crime.

Many of the people suffering from substance abuse do not have insurance and it makes it difficult to provide service.

There are groups in the county Jackson County Drug Free Council, Centersrtone, the police and the court system, self-help groups like AA, and NA that are trying to serve those people in need of service but limited resources adversely affect how they can provide services

Schneck Medical Center has been facing increased number of patients who have substance abuse issues including woman who are pregnant and take drugs or drink alcohol. They called the community together in May to start to look at ways that Jackson County can do a better job of serving the people who have substance abuse issues but also educate the public to the dangers of abusing substances.

We as a community need to be aware of the growing problem facing many residents of the county and be ready to support our fellow residents

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**MHAJC**

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## **Successful Garage Sale—**

The Second Annual MHAJC Garage was very successful. We made close to \$1500. I want to thank the Board of Directors for all their work and contributions. I also want to thank First Presbyterian Church for allowing us to use their basement for the sale. I also want to thank everyone who contributed items for the sale. The money will be used for our programs

## **Day of Caring**

I want to thank the Jackson County United Way for its Day of Caring. I also want to thank the volunteers from Cummins for washing windows and doing yard work at the Elm Street Group Home. I also want to thank Ivetz Vasquez and the Latina 4 H Group for decorating the bags for our Annual Christmas Gift Lift.

## **New Board Members**

MHAJC is looking for new Board members. We meet 9 times a year on the second Monday of the month at noon. Members support the 4 socials during the year and sponsor a Garage Sale in the Spring a Wreath Sale in the fall. If you would like to help those facing mental illness and developmental disabilities, please contact Bob at 522-3480 or e-mail. at [mhajc@cabjackson.org](mailto:mhajc@cabjackson.org).

## **Second Quarter Activities**

2 Thumbbody programs, Garage Sale, Kid's Fest, "Schneck's Day of Dance", Transitional Fair, Day of Caring, Display at Seymour Library for Mental Health Month in May, Membership Drive, Article in Jackson County Banner. Three Columns is the Seymour Tribune, United Way Disaster Training, Bowling Social, Schneck Medical Center Call To Action—Drugs in the Community, developed a Facebook Page.

## **Grief Support Group Started**

Schneck Medical Center has started a Grief Support Group for those who are facing a loss. It meets on the fourth Monday of the Month from 7:00PM—8:00PM at the Schneck Auditorium,. Tiffani Calhoun will be the leader. For more information call 812-522-0444

## **Disposal of Medications Appropriately**

All unwanted medications, tablets, capsules and liquids both for human and animal consumption can be turned over to the following locations for safe disposal: Jackson County Sheriff's Department 24 hours a day, Seymour Police Department 24 hours a day, Crothersville Police Department by appointment.

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### **New Facebook Page**

We have a new Facebook Page. Mental Health America of Jackson County. Like us on Facebook.. It has announcements of upcoming events , pictures of our socials and activities. As Bob learns to do more, he will add more things. I am making it into the 21st Century.

### **Upcoming Event**

July 7—Free Meal Community Diner, at Seymour Community Center,  
5:00PM—7:00PM

July 8—Jackson County Drug Free Council, Community Foundation  
Building, 4:00PM—5:00PM

July 16—Mobile Pantry, Anchor House, at First United Methodist Church  
Back Parking Lot. 10:00AM—12 Noon

July 18—Deadline to sign-up for School Supplies through United Way  
Rock'n Ready, Call 211 or 812-376-6666

July 21—Free Meal, Community Diner, at Seymour Community Center,  
5:00PM—7:00PM

July 24— Positive Link - Free HIV Testing, Walgreens in North Vernon  
from 1:00PM—3:00PM and Walgreens in Seymour from  
4:00PM—6:00PM

July 29—MHAJC Picnic, Gaiser Park Shelter, 5:00PM—6:30PM

August 2—Rock & Ready School Supplies Distribution, Seymour High  
School, 10:00AM—2:00PM

August 4—Free Meal , Community Diner, at Seymour Community Center,  
5:00Pm—7:00PM

August 11—MHAJC Board Meeting, 3rd Floor CAB, 12Noonn—1:00PM

August 19—ARC of Jackson County, Ice Cream Social , Gaiser Park  
Shelter

August 20 —Mobile Pantry, Anchor House, at First United Methodist Church  
Back Parking Lot. 10:00AM—12 Noon

September 8—MHAJC Board Meeting, 3rd Floor CAB, 12Noon—1:30PM

September 8—MHAJC Wreath Sale Begins

October 13—MHAJC Board Meeting, 3rd Floor CAB, 12Noon—1:30PM

October 14—MHAJC Fall Social, Central Christian Church, 5:00PM—6:30PM