



Mental Health America of Jackson County

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What's Going On

May Is ALWAYS Mental Health Month

When it comes to managing the day-to-day stress of life, talking with family or friends you trust can help you stay mentally healthy. Social support can help you get through stressful times by providing a sense of belonging, self-worth, and security. We live in busy, hectic times, but isn't it good to know that building strong connections with other people is a proven way to protect your own mental health? That's why MHAJC is there for your support with all of life's eventful stressors. Be sure to check out our new website for all types of information. www.mentalhealthamericajc.net or mentalhealthamericajc.org.

Support your local United Way of Jackson County. They are always there for us. assist us in our mission.

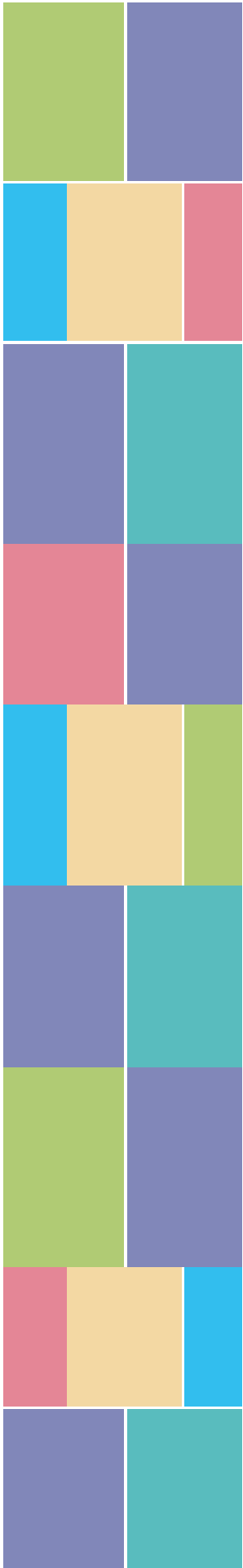
Spotlighting a MHAJC Program!

DAY OF CARING

One of our projects in conjunction with the United Way is to participate in the annual Day of Caring. On May 12th, our local group homes were serviced by the wonderful volunteers who planted flowers, cleaned windows, did yard work, as well as some maintenance on the homes. Lunch was provided at the Elm Street group home for the volunteers. There was also work going on within the Community Agency Building as several volunteers from local home economics clubs gathered and helped cover the 125 Christmas Gift Lift bags which will be used for placing Christmas gifts in for the mentally ill in December. Many thanks go to the wonderful groups of people who helped us with our mission of assisting those with mental illnesses. We invite you to participate next May!!!!

Mental Health America of Jackson County is an agency of the United Way. We are located in the Community Agency Building in downtown Seymour. Our mission is to educate the public about mental illnesses and assist those who are affected by a mental illness. Our ten member board of directors includes **Vicki Johnson**, president, **Carolyn Bruce**, treasurer, and **Doris Kovener**, secretary. Other board members are **Karen Metz**, **Becky Boas**, **Melissa Dick**, **Tom Waldkoetter**, **Dr. Brenda Smith**, **Sandra Turner** and **Police Chief Bill Abbott**. We meet the second Monday of the month at noon (except for July and December). If you would like to become a member of our board of directors or volunteer in any capacity, contact the Mental Health Director of Jackson County, Laura Stahl at 522-3480.

Mental and Physical Health go hand in hand!!



Meet a Board Member !!

Sandra Tuner has been a MHAJC board member since 2004. She currently is employed with Jackson County Bank as IRA-HSA Coordinator and has been an active volunteer with the local United Way and ARC. She worked in retail as a Wal-Mart store manager for 17 years. She also attended Thomas More College and Northern Kentucky University. She has 3 adult children and the youngest daughter has been mentally handicapped since birth. Stephanie currently works at a sheltered workshop in Jackson County. Sandra brings great expertise to our board of directors and we are proud to have her on the board.

Mark your calendar for the upcoming **DEPRESSION SCREENING DAY!** On October 8th, 2009, MHAJC will provide FREE depression screening, conducted by Dr. Brenda Smith, a clinical psychologist and member of our board of directors. It will be held on the second floor of the Community Agency Building at 113 N. Chestnut. More information will be provided in late summer.

Our 1st quarter activities included:

- self-esteem classes taught at the 4 Head Start classrooms and Child Care Network Preschool
- Schneck Medical Health Fair participant
- Kid's Fest participant
- April craft social for clients where they made door hangings for the nursing home.
- Day of Caring, providing maintenance to group homes
- Completed website to help those with mental illness

- Newspaper articles on Stress, Depression , May is Mental Health Month, New Campaign Targets Stress, and Parenting During Tough Economic Times
- Bowling social and Pizza Party for our clients

These are some of the major disorders among the adult U.S. population 18 and older:

- Major depressive disorder- 6.7%
- Bipolar disorder 2.6%
- Suicide-11 per 100,000
- Anxiety disorders- 18.1%
- ADHD-4.1%
- Alzheimer's Disease-2.0%

One person in 17 suffers a serious mental illness. You can help by supporting our mission through a yearly membership. Contact our office if you would like to become a MHAJC member.