

Mental Health America of Jackson County

P.O.Box 51
Seymour, Indiana 47274
812-522-3480

Volume 13

June 2011

FINDING YOUR BALANCE!!

For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal. With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it's no surprise that more than one in four Americans describe themselves as "super stressed". Here are some pointers :

- set manageable goals
- be efficient with your time at work
- take a five minute break
- communicate effectively
- ask for flexibility
- at home, turn off your PDA
- get support
- stay active
- don't over commit
- get help if you need it

Don't let stress stand in the way of your health and happiness. Asking for help is not a sign of weakness--taking care of yourself is a sign of strength.

Spotlighting Our Christmas Gift Lift Program:

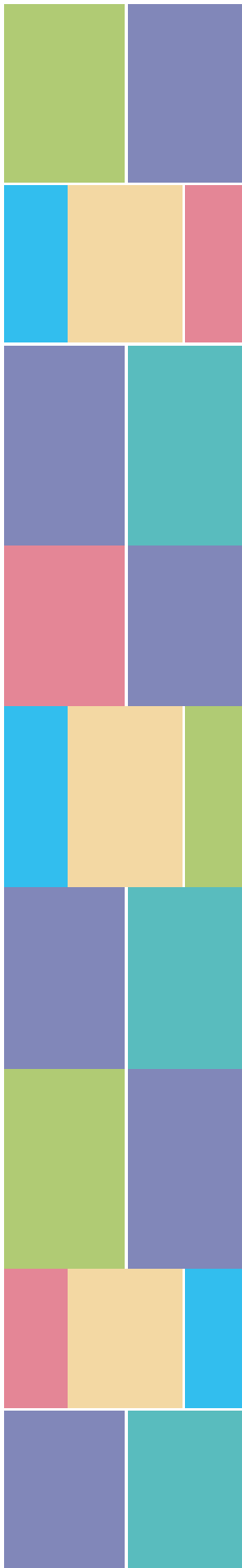
One of our great efforts for the year is providing Christmas gifts for the mentally ill in Jackson County. It actually begins in the summertime, contacting clients about their Christmas wishes. Donation boxes are placed in schools and various locations within the community. Mailings are done to solicit monies and donations for our gift lift. Several local businesses do angel trees also for our project. It takes about 2 full months to purchase, sort and then begin to plan for the December social where the gifts are presented to our clients. There are several large group homes and many of our clients live in individual homes. Our client list continues to grow yearly, but what a great feeling it is to do for others who might not have any Christmas at all!!! They are so appreciative.

LOCAL GROUP HOMES

Did you know that Seymour has several group homes? They are really pretty invisible within the community and you wouldn't know it if you weren't told. The larger ones are:

Lancelot Home,(6 men)
Elm Street Home, (4 men, 4 women)
Hillcrest House,(8 women, 12 men)
Somerset Home,(3 women)
Evergreen Home, (5 women)and
Oak View Home (6 women, 8 men) Since the closing of Muscatatuck State Hospital, there are numerous homes which house 2 or 3 clients. Brownstown has the Bridge Street Home as well as apartments used to house the clients. Of course, there are many of our clients who live with their parents as well. There are also Jackson County residents who are housed at Madison State Hospital.

MHAJC has been in existence since the early 1960's helping the mentally challenged.



Our 2nd quarter activities included:

- Membership drive during May and June
- Day of Caring
- Bowling and pizza party for 75
- Thumbody classes taught to 80 Head Start students and 36 ChildCare Network students
- Participation in the Schneck Medical Healthfair
- Easter Egg Hunt Social
- May is Mental Health Month display at the local library offering information to the community
- Kid's Fest participation
- mailed mental health goody boxes to Jackson County residents in Iraq
- Newspaper articles on: ADHD, Stress, Stress and the Older Person, Depression, May is Mental Health month, and Teens in Turmoil

If you are interested in volunteering with MHAJC, give Laura a call at 522-3480.

MHAJC National Depression Screening Day is October 6, 2011.

On this day, MHAJC will offer to the public free depression screening. Dr. Brenda Smith, a MHAJC board member, conducts the private and free screening to residents of Jackson County. The screening itself only takes about 15-20 minutes. If you know of anyone who might be interested in being screened, let them know about this free service. They can call 522-3480 for more details.

MHAJC is so grateful for our local United Way and their support for our mission. Support your local United Way so they can help the agencies who do so much for our local community.

MHAJC board members are: Vicki Johnson, Carolyn Bruce, Doris Kovener, Libby Roberts, Tom Waldkoetter, Becky Boas, Karen Metz, Dr. Brenda Smith, Sandra

Turner, and Bob Dembek.

MHAJC was happy to see the Suicide Prevention and Training bill for teachers be enacted this past legislative session. We advocated for its passage because we truly feel that suicides can be prevented if intervention is done in time. Especially at high risk are teens, so mandating that teachers receive training to identify and work with our local children should be advantageous to our community as well. We were disappointed that the "Anti-Bullying" bill did not pass because we feel strongly about helping those children who are in the midst of bullying attacks. We are sure that the local educational community will open their eyes widely to what is going on in the hallways and classrooms, as well as keeping their ears open for potential problems occurring outside of the school. Helping children stay mentally healthy is something we feel is so important to maintain a healthy community.