

Mental Health America of Jackson County

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What's Going On

MHAJC is striving to assist those who are affected by a mental illness and help our clients achieve personal mental health. Here are some tips that we offer for your own personal mental health.

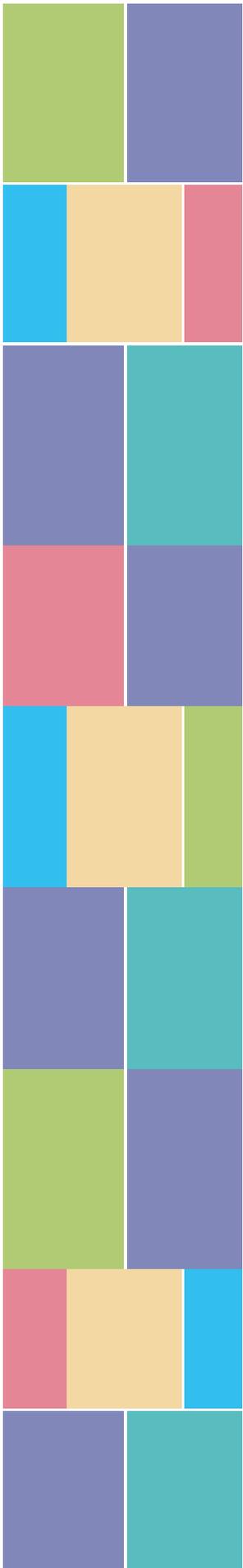
- Smile & laugh more
- Don't take yourself or life so seriously.
- Realize that if you fail it is not the end of the world.
- Walk everyday as your brain needs fresh air.
- Dream about new possibilities.
- Reflect on your successes and believe in yourself.
- Do things you love as often as possible.
- Welcome new challenges and experiences.
- Work on your self-confidence.
- Do not watch, listen or read negative things.
- Enjoy some quiet time each day.
- Try to help others.
- Be generous in every way including financially.
- Be honest to yourself and others.

Spotlighting a MHAJC Program!

Our Family Support Fund helps those that are most needy in terms of obtaining the necessary counseling that they need in order to cope with whatever their mental illness might be. We provide co-pays to local medical offices to assist the clients in their financial ability to pay for such services. The program seems to be growing rapidly as so many more people are battling with mental illness problems during the rough economic times. Our support to these individuals is done on a coding basis where we don't know the individual's names. We're so glad to assist them in their struggles to obtain a mentally healthy mind. We also provide monies to purchase medications when people are in dire need and don't have the monies to purchase them. Your donations to MHAJC make this all possible. Thanks for your support!!

First Quarter Activities Included:

- Valentine's Social in February
- Monthly Thumbbody classes on building self-esteem in children were provided to 4 HeadStart classrooms and Child Care Network Preschool.
- Suicide Prevention In-Service was presented by our board member, Dr. Brenda Smith to Seymour High School staff to help them recognize suicidal signs.
- newspaper articles on tension, stress, mental wellness



SPOTLIGHTING A MHAJC BOARD MEMBER!!

Doris Kovener of Crothersville volunteers her time on the Mental Health Board as Secretary. Doris was asked in 1962 to wrap and label gifts for the Christmas Gift Lift for Muscatatuck State Hospital and has been involved in some way every since. She joined the board in 1996 and has been supportive of all of our efforts to help those who are not as fortunate as many. We thank Doris for her commitment to a great cause!!

Thanks goes to United Way of Jackson County for their support of our mission. The board of directors and staff are always there to assist MHAJC and we appreciate their continued support of our mission.

CHECK OUT OUR NEW WEBSITE!!!

For the last 6 months, Cori Boas Vaughn, our web designer has put in monumental time in assisting us to develop a great mental health website. YOU MUST CHECK IT OUT!!! It tells all about MHAJC and the mission and vision we have for the mentally ill. You can find fact sheets about various disorders, options for treatment, ways to advocate for those who can't speak for themselves, fundraiser information, programs that we sponsor, and much more info. Log onto:

www.mentalhealthamericajc.net

or
www.mentalhealthamericajc.org

YOU'LL BE GLAD YOU DID!!

MHAJC Board Members: Vicki Johnson, Carolyn Bruce, Doris Kovener, Melissa Dick, Karen Metz, Tom Waldkoetter, Sandra Turner, Dr. Brenda Smith, Becky Boas, and Police Chief Bill Abbott.

Upcoming Events

- Thumbody classes on building good self esteem in April and May
- Schneck Medical Health Fair is April 4th, 8-noon at the S.S.H.S. gym
- KidsFest will be held April 25th at the S.S.H.S. gym from 10-2
- April craft social to be held at the Senior Citizen's Building on the 21st from 5-6:30 p.m.
- Day of Caring is scheduled for May 12th
- Applebees pancake fundraiser is scheduled for May 23rd. Buy a ticket from a board member or buy one at the door!!
- Membership campaign runs from May to June
- May is Mental Health Month
- June social, bowling and pizza party

Did you know that clinical depression is the most common mental health illness-- 19 million Americans suffer from it!!!