



Mental Health America of Jackson County

POBox 51, Seymour, Indiana 47274
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Volume Number 8

March 2010

What's Going On

Mental Health America of Jackson County wants Americans to know that there are tools that can buffer the effects of stress and help them cope better with the many challenges they face. Celebrating 100 years of mental health advocacy, Mental Health America is the country's leading nonprofit dedicated to helping all people live mentally healthier lives.

Live Your Life Well is a national public education campaign designed by MHA to help people better manage stress. It offers the following 10 tools to live your life well:

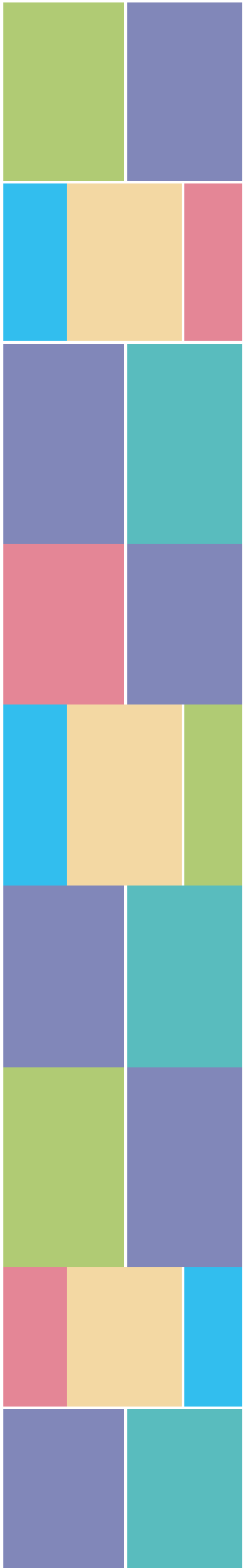
- Connect with others.
- Stay positive.
- Get physically active.
- Help others.
- Get enough sleep.
- Create joy and satisfaction.
- Take care of your spirit.
- Deal better with hard times.
- Get professional help when you need it.

Spotlighting a MHAJC Program:

Mental Health America has provided suicide prevention information at Seymour Senior High School and this year prepared packets of information for Crothersville, Brownstown, and Medora high school personnel. Why? Because suicide among teens often occurs following a stressful life event, such as a perceived failure at school, a breakup with a boyfriend or girlfriend, the death of a loved one, a divorce, or a major family conflict. Most teens show some warning signs so that is why we targeted the high school teachers, the ones who spend the greatest amount of time daily with our teenagers. The pressures that teens feel today is overwhelming and if we can assist the community in helping combat the possibility of teen suicide, then we are here for them! The national Suicide Crisis lines are 1-800-784-2433 and 1-800-273-8255; always someone there to listen to troubled teens!

Our 1st quarter activities included:

- Monthly Thumbody classes on building self-esteem in children were presented to 4 HeadStart classrooms and 2 ChildCare Network preschools.
- newspaper articles on Seasonal Affective Disorder, Coping with Tagedy, Helping your Teenager Build Healthy Relationships, Grief, and Depression were provided to the public.
- Participation in the Disabilities Awareness Fair
- Participation in Kid's Fest.
- Provided bulletin boards on Bullying for the 6th grade, middle school, and high schools in Seymour. Bullying has become a national concern for young children and teens.



MEET A BOARD MEMBER:

Karen Metz joined the mental health board in 2006. She is employed with the J.C. Health Department as the administrative office manager. She is a member of Emanuel Lutheran Church in Dudleytown. Her passion for mental health advocacy began in her childhood as she had a mentally disabled brother who lived to be 61. She remembers the challenges her parents endured through those tough years. Her brother was one of the first groups to attend the former Sunshine School in Seymour. Most recently she has closely associated with people who are bipolar and has seen first hand the many problems they face. She hopes to bring joy and hope into the lives of those with mental challenges. Karen lost her husband of 41 years this past year and has experienced grief first hand. She is the proud mother of 3 sons and a grandson. We welcome Karen and her empathy for others as she assists the mental health board

of directors in our mission of helping those who are affected by a mental illness.

UPCOMING EVENTS

May is Mental Health Month and we are getting geared up for our annual membership drive. Would you like to help? We want to help people live mentally healthier lives everyday and in times of crisis. Our membership levels are **Associate** for \$5.00, **Friend's** for \$10.00, **Patron's** for \$20.00 and **Patron's Plus** for \$25.00 or above. The monies are used to help with our mission and programs. A check written to Mental Health America of Jackson County for your selected membership amount can be sent to POBox 51, Seymour, Indiana 47274. Helping others makes your heart feel good! Thanks!

4-15 Bowling social for The Clubhouse, a group of mentally challenged who are involved with Centerstone.

4-15 Bingo Night social for the mentally challenged who work

at Jackson Developmental Industries
May 11th-Day of Caring where we will do spring cleaning and maintenance at the group homes
May & June-membership campaign months
MAY IS MENTAL HEALTH MONTH check out our display on depression on the 2nd floor of the Seymour Public Library
June 15-Bowling social for clients in group homes

Give Laura a call at 522-3480 if you would like to become a Mental Health Board Member. We're always looking for great volunteers to assist us in our mission. Current board members are: Vicki Johnson, President, Carolyn Bruce, Treasurer, Doris Kovener, Secretary, Karen Metz, Libby Roberts, Melissa Dick, Sandra Turner, Tom Waldkoetter, Dr. Brenda Smith, and Becky Boas. We could use your help!