

# Mental Health America of Jackson County

**Volume 26**

**October 2014**

## **Intellectual Disability**

### **Special points of interest:**

- Family Support Fund
- 3rd Quarter Activities
- Membership Drive
- Latina 4H Cub
- CASA Volunteers
- Grant From ARC
- Speaking Engagements
- Human Services Food Pantry
- Upcoming Events

Intellectual disability is below-average cognitive ability with three characteristics: intelligent quotient (or I.Q.) is between 70-75 or below; significant limitations in adaptive behaviors (the ability to adapt and carry on everyday life activities such as self care, socializing, communicating, etc.); the onset of the disability occurs before 18.

Intelligence refers to general mental capability and involves the ability to reason, plan, solve problems, think abstractly, comprehend complex ideas, learn quickly, and learn from experience.

Studies show the somewhere between one percent and three percent of Americans have intellectual disabilities. There are many causes of intellectual disabilities, factors include physical, genetic and/or social. The common syndromes associated with intellectual disabilities are autism, Down Syndrome, Fragile X syndrome and Fetal Alcohol Spectrum Disorder (FASD).

Common causes occur from genetic conditions ( Down syndrome and Fragile X syndrome are examples), problems during pregnancy ( a pregnancy of the mother who drinks alcohol while pregnant can result in FASD), problems at the time of birth, health problems whopping cough, measles or meningitis and exposure to environmental toxins like lead or mercury.

The impact of having a intellectual disability varies considerably, just as the range of abilities varies considerably among all people. Children may take longer to learn to speak, walk and take care of their needs, such as dressing or eating. It may take longer to learn at school.

As adults, some people are able to lead independent lives in then community without paid supports. A small percentage will have serious, lifelong limitations in functioning. However, with early intervention, and appropriate education and supports as an adult, all can lead satisfying lives in the community.

Sometimes intellectual disability is referred to as developmental disability which is a broader term that includes ASD (autism spectrum disorders); epilepsy, cerebral palsy, developmental delay, fetal alcohol syndrome (FASDD) and other disorders that occur during the developmental period (birth to 18).

The major differences are the age of onset, the severity of the limitations, and the fact that a person with developmental disability definition a may or may not have low I.Q. While some people with intellectual disability will also meet the definition of developmental disability. It is estimated that at least half do not have the requirements for the developmental disability definition.

For more information [www.thearc.org](http://www.thearc.org)

**MENTAL HEALTH  
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PO Box 51 Seymour, Indiana  
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**MHAJC Board Members:**

Vicki Johnson-Poynter, President  
Doris Kovener, Secretary  
Carolyn Bruce, Treasurer  
Becky Boas  
Libby Roberts  
Mary Jane Lasater  
Karen Metz  
Cara Valdivia  
Bob Dembek Director

If you are interested in becoming a board member and can commit to 2-3 hours a month, let us know. Call the office at 812-522-3480 and speak with Bob. He will send you information on becoming a board member of MHAJC.

## Family Support Fund

We have a small amount of money to help people with first time copays for treatment and support those who need prescriptions for mental illness. Please contact Bob at 812-522-3480 or mhajc@cabjackson.org.

### 3rd Quarter Events:

"I'm Thumbbody" classes have begun at Head Start, providing lessons in building self-esteem in young children. Picnic at Gaiser Park, newspaper articles on Bullying and on MHAJC, Membership Drive, United Way Kick-Off, in Brownstown and Seymour, Child Care Network, and Seymour Library, Presented to the United Way Community Investment Committee, Christmas Gift Lift planning fund raising and contacts, worked on Facebook Page and website. Participating with Jackson County Drug Free Council and Scheck Medical Center Call To Action—Drugs in the Community. Jackson County Young Professionals Get on Board Recruitment Fair. Added one new member to the board.

### Membership Drive

I want to thank the board members who worked hard on this year's Membership Drive. I also like to thank all the people who contributed and became members of MHAJC. This support helps us to continue providing the "I'm Thumbbody" classes, socials, provide educational materials to the public and all the work we do to serve the needs of individuals in Jackson County who face mental illness.

### Latina 4H Club

I want to thank the Latina 4H Club for decorating the 200 hundred bags that will be used this used this year for our Christmas Gift Lift. The students did a great job.

### Recruiting CASA Volunteers

Child Care Network is looking for Court Appointed Special Advocate, people who care about children and have common sense. As a volunteer you will be thoroughly trained and well supported by professional staff. To help you through each case. Contact Deena Personette 569-2598. Training class starts in November.

### Grant From ARC of Jackson County

Thank you to ARC of Jackson County for providing MHAJC with a grant for \$150.00 to help us pay for the bowling for our clients at our Bowling Social in June. Thank you to the ARC for also helping to promote our activities. It has been a good partnership.

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**Available for Speaking Engagements**

Bob Dembek, Director, is available to come speak to any group on the agency or if they would like to learn more about mental illness. Please contact him at 812-522-3480 or mhajc@cabjackson.org.

**Human Services Food Pantry**

Is open every Wednesday (unless it is a holiday) People can sign in at 9:45AM Pantry opens at 10:00AM to 11:30 AM. (pantry closes to restock for afternoon hours and get people through pantry by 12Noon. Pantry re-opens at 1:00PM and people can get a number until 2:30 PM (pantry takes the numbers down so that people can get through the pantry and be out by 3:00PM). Volunteers will then restock the pantry for next week and get paper work completed. If you have questions, please call Human Services at 812-522-8718.

**Upcoming Events:**

- November 3 - Free Meal, Community Diner at Seymour Community Center, 500PM
- November 6—Call to Action—Drugs in the Community Meeting., Schneck Medical Center, 5:00PM
- November 7—Mental Health America Executive Director Round, Table, MHA Indy, 11:00AM
- November 10—MHAJC Board Meeting, CAB, 12 Noon
- November 11—United Way of Jackson County Community Partner Meeting, Community Foundation Building, 9:00AM
- November 11—Jackson County Drug Free Council. Meeting Community Foundation Building, 4:00PM
- November 12—Community Service Council Meeting, Seymour Library, 12 Noon
- November 17—Free Meal, Community Diner, at Seymour Community Center, 5:00PM
- November 19—Mobile Pantry, Anchor House, Bullard Building 209 E. 2nd Street, 10:00AM—12:00PM
- December 1—Free Meal—Community Diner, Seymour Community Center, 5:00PM
- December 9—MHAJC Christmas Gift Lift Social at Central Christian Church, 5:00PM
- December 9—Jackson County Drug Free Council Meeting, Community Foundation Building, 400PM
- December 15—Free Meal, Community Diner, Seymour Community Center, 5:00PM
- December 17- Mobile Pantry, Anchor house, Bullard Building 209 E. 2nd Street, 10:00AM—12:00PM