

Mental Health America of Jackson County

P.O. Box 51 Seymour, In. 47274
522-3480

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What's Going On

Next time you're in the checkout line at a local grocery store, chances are that if you take a look around you, the person behind you knows someone or is someone with depression or anxiety. Nearly 19% of American adults struggle with anxiety disorder and 5-8 % deal with depression every year. Women are 2 times more likely to have these experiences than men are. These conditions are more common than one might think and they are all treatable. We, at Mental Health America of Jackson County, are trying very hard to erase the stigma so often associated with any type of mental illness. It's good to talk about mental health issues so that no one suffers in silence. Four of the 10 leading causes of disability in the U.S. are mental health conditions, yet many people don't get the mental health treatment that is needed to lower these numbers. If you know someone or are

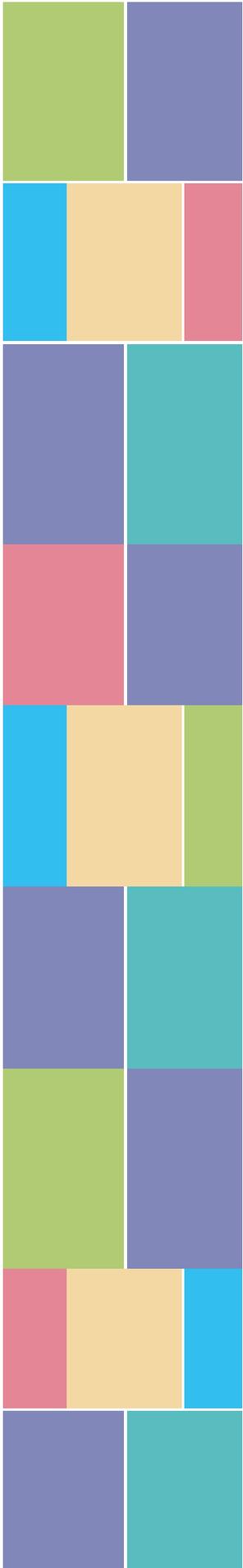
someone who needs help, seek out that assistance and have a healthier life. For more information about mental illnesses you may contact the national office at 1-800-969-5542 or log onto www.nmha.org

Spotlighting a MHAJC Program:

We have a SOCIAL CLUB! MHAJC provides bi-monthly socials for the clients in the group homes and individual homes. They might consist of game night, craft night, Valentine's Dance, Christmas Party, bowling and pizza party, picnics and Bingo night. We provide transportation for some of our clients that have no other way to attend and of course have great food and games for them to enjoy. It's a great avenue for the clients to spend some quality time with friends and our attendance has increased by about 80% in the last 4 years so that's a great thing!

Our 2nd quarter activities included:

- Membership drive during May and June
- Day of Caring
- Bowling & pizza party for our Social Club
- Developed Thumbody booklet for Head Start classrooms for the upcoming school year.
- Applebee's pancake fundraiser
- Preparations for piloting a suicide prevention program for Seymour High School students
- Continued work on our new website, soon to be up and running.
- newspaper articles written on bullying, stress and disasters (flooding), and How to live a mentally healthy life.
- Caregiver comments from our Aug social were positive: "You do a great job with each social. My clients have fun and look forward to each one." "Keep it up!" "Great food".



NEED A LIVE CHRISTMAS WREATH?

MHAJC will begin selling their beautiful wreaths in October.

The wreaths are handcrafted from Minnesota Balsam Fir and are decorated with white tipped cones, festively accented with jingle bells and trimmed with a gold-backed red velvet bow. It is 25 inches in diameter and smells wonderful!!!

If you're interested in purchasing one for yourself or for an office or friend.....they make a wonderful gift...for under \$20, please call the Mental Health office at 522-3480 or contact a board member.

MHAJC is so grateful to the United Way of Jackson County and their continued support of our organization and it's mission. We couldn't do it without them!! Support your United Way!

BOARD MEMBERS:

Vicki Johnson, President
Carolyn Bruce, Treasurer
Doris Kovener, Secretary
Becky Boas
Sandra Turner
Melissa Dick
Jenny Lockman
Karen Metz
Dr. Brenda Smith
Laura Stahl, Director

Meet a board member:

Vicki Johnson, MSN, RN has lived in Jackson County since 1998 with her husband Craig. She has worked at Schneck Medical Center since 1997 and is currently the Vice President of Nursing at SMC. She has been a nurse for over 30 years and enjoys nursing more than ever. She has been on the Mental Health America Board since 2004 and knows that being a part of the MHAJC Board of Directors has enhanced her life in many ways by serving those that could easily be forgotten. She enjoys the mission of focusing on improving the lives of those with mental illnesses.

Upcoming Events:

Monthly I'm Thumbbody classes begin in September. These classes are presented to Head Start classrooms and Child Care Network Preschool. Classes involve building good self-esteem habits for young children.

October Social is scheduled for Oct. 21 at the Senior Citizen's Building in downtown Seymour from 5-6:30.

MHAJC is sponsoring a free depression screening on National Depression Screening Day, Oct. 10, 2008. Call 522-3480 for appointments and details.

Women's Health Fair is Oct. 25th at Jackson Elementary. MHAJC will have a booth to provide materials on mental illnesses.

SUPPORT YOUR UNITED WAY TO HELP OTHERS IN THE COMMUNITY THAT NEED HELP!