

## MHAKC approved as a NAMI Ohio Affiliate

Mental Health America of Knox County is now an approved National Alliance of Mental Illness (NAMI) Ohio affiliate serving Knox and Licking counties. The affiliate will be known as NAMI of Knox and Licking Counties Ohio. MHAKC will also maintain its affiliation with Mental Health America and the Depression Bipolar Support Alliance (DBSA).

**A**s an affiliate of NAMI Ohio, NAMI programs and support groups may be offered to anyone in the area that could benefit from them. These can include NAMI support groups for family members or for those individuals with a mental health diagnosis as well as the NAMI signature education programs, *Family to Family* and *Hand to Hand* classes. In cooperation with NAMI, MHAKC will help bring more opportunities for support and education to individuals, family members, health-care providers and others living in the area.

### NOTICE

*Members of the former Licking Knox affiliate are encouraged to contact us to renew their membership in the organization. A reorganizational meeting will be held Tuesday January 11, 2010, 6:00 - 7:30 p.m. at the MHAKC office. For more information, please contact Dodie Melvin at the office,*

*740-397-3088*

*or e-mail Dodie at*

*mhaknox@embarqmail.com*

### **FAMILY TO FAMILY CLASS WILL START JANUARY 26, 2010 -- 6:00 - 7:30 p.m.**

Class is offered at no cost to participants. Preregistration is required.

The Family-to-Family Education Program, created by Dr. Joyce Burland, a psychologist and family member, is a 12-class course designed for families experiencing the effects of severe-brain disorders, and focuses on three major psychiatric illnesses: schizophrenia, bipolar disorder (manic depression), and major depression.

The class will be taught by trained family members or individuals suffering from mental illnesses. The program curriculum covers treatment strategies and coping skills, such as improved communication and problem solving. Throughout the program, family members learn to be effective providers and advocates for an ill relative. Many participants also find the emotional support that is essential during times of illness and stress. To register, call 740-397-3088 or E-mail us. Classes cover the following topics:

- Facts and Feelings - learning the difference.
- Introduction to Schizophrenia - Diagnosis and Causes
- Introduction to Depression and Bipolar Illness - Diagnosis and Causes
- Brain Basics
- Problem-Solving Skills
- Medication
- Empathy Workshop - What is it like to experience a brain disorder?
- Communication Skills
- Relative Groups and Self-Care
- Rehabilitation Strategies
- Advocacy: Fighting Stigma
- Graduation Celebration

*You are invited to attend*  
*MENTAL HEALTH AMERICA OF KNOX COUNTY'S*  
**OPEN HOUSE**

**Wednesday, January 26, 2010**

**3:00 p.m. - 6:00 p.m.**

**We are now located in the lower-level of the  
Station Break Senior Citizen Center**

**501-B South Main Street**

*Come see our new digs!*



## Deployment takes toll on Army Wives

A recent study published in the January 14, 2010 New England Journal of Medicine reveals that Army wives whose husbands were deployed have higher rates of depression, anxiety, sleep disorders and other mental health issues than the wives of soldiers who stayed home, a new study shows.

Researchers looked at the medical records of more than 250,000 wives, accounting for most women married to active-duty U.S. Army personnel. Among wives of soldiers deployed for up to 11 months, researchers found almost 3,500 more diagnoses of

depression, anxiety sleep disorders and other mental health issues than among wives who husbands stayed home. The more months a soldier was deployed, the greater the toll on his wife. Among the wives of soldiers gone for longer than 11 months during the four-year study period, they found more than 5,300 additional diagnoses of mental health issues. According to one of the researchers, the wives of soldiers who are deployed to Iraq and Afghanistan are experiencing greater mental health problems and have a greater need for mental health services. (The study researchers controlled for prior diagnosis of mental health issues.)

### There are many unanswered questions . . .

According to Alyssa Mansfield, Ph.D., M.P.H., RTI International, Research Triangle Park, NC and Kristin Henderson, author and the wife of a Navy Chaplain serving in Afghanistan, many questions remain unanswered about the stresses of war on spouses, including whether depression and other mental health issues are most likely to emerge before, during or after deployment. There is stress and anxiety as a woman prepares herself and her children for a long absence. During deployment women take on more responsibilities as the sole caretaker for their home and children while worrying their husband may be killed or wounded. Even the homecoming isn't necessarily easy on the family -- soldiers may come home changed, perhaps suffering from post-traumatic-stress disorder (PTSD) or in other subtle ways. Wives can change during the time apart, becoming more independent or simply accustomed to taking care of the children and home alone. Henderson says, "The expectations are that everything is going to be OK when he comes home, that any problems we have will be behind us, but of course, everybody is different. And the longer the deployment, the more things change."

(Kristin Henderson is the author of *While They're At War: The True Story of American Families on the Homefront*)



About 30% of veterans who have spent time in war zones experience PTSD, according to the National Center for PTSD - [www.ncptsd.org](http://www.ncptsd.org)

PTSD can be extremely disabling

### For local help on PTSD visit your local Mental Health office.

#### MORE RESOURCES:

**Knox County Veterans Service Office - 393-6742**

Assists veterans and their families in securing county, state and federal benefits they may be entitled to.

**Point Man International Ministries - 614-771-7211. Vets serving Vets**

**Vet representative at Opportunity Knox (Knox County Job & Family Services) 392-9675.** Assists the veteran in reintegration, finding work, etc.

**Families/service members affected by deployment.**  
[www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)  
(available 24/7)

### WANTED: PTSD Group Leader

We have had many requests for a PTSD Support Group and are looking for a facilitator to help lead a group; preferably a veteran. If interested, please call Dodie Melvin, Mental Health America of Knox County. 740-397-3088 or E-mail [mhaknox@embarqmail.com](mailto:mhaknox@embarqmail.com)

*To those who bravely fought for America*

*never forgotten*

### VETERANS

*You may qualify for:*

- Free Medical Care
- Free Prescriptions
- Disability Pension

*We also provide:*

- Temporary financial assistance
- Transportation to and from VA clinics
- Fuel reimbursement for your trips to VA appointments
- Fully equipped veteran workroom

*Stop in and meet our staff!!*

#### KNOX COUNTY VETERANS SERVICE OFFICE

*We are Located At*

411 Pittsburg Avenue  
Mount Vernon, OH  
(740)393-6742

Web Site: [knoxcounty.ohiovso.com](http://knoxcounty.ohiovso.com)

E-mail: [vso@co.knox.oh.us](mailto:vso@co.knox.oh.us)

# MENTAL HEALTH & SENIORS

“Older Americans...(Seniors)... are disproportionately likely to die by suicide. Comprising only 13 percent of the U.S. population, individuals age 65 and older accounted for 18 percent of all suicide deaths in 2000. Among the highest rates (when categorized by gender and race) were white men age 85 and older: 59 deaths per 100,000 persons in 2000, more than five times the national U.S. rate of 10.6 per 100,000.

Of the nearly 35 million Americans age 65 and older, an estimated 2 million have a depressive illness (major depressive disorder, dysthymic disorder, or bipolar disorder) and another 5 million may have ‘subsyndromal depression,’ or depressive symptoms that fall short of meeting full diagnostic criteria for a disorder. Subsyndromal depression is especially common among older persons and is associated with an increased risk of developing major depression. In any of these forms, however, depressive symptoms are *not* a normal part of aging. In contrast to the normal emotional experiences of sadness, grief, loss, or passing mood states, they tend to be persistent and to interfere significantly with an individual’s ability to function.

Depression often co-occurs with other serious illnesses such as heart disease, stroke, diabetes, cancer, and Parkinson’s disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of these problems—an attitude often shared by patients themselves. These factors together contribute to the underdiagnosis and undertreatment of depressive disorders in older people. Depression can and should be treated when it co-occurs with other illnesses, for untreated depression can delay recovery from or worsen the outcome of these other illnesses. The relationship between depression and other illness processes in older adults is a focus of ongoing research.” *NIMH*

## Are you in crisis? Please call 1-800-273-TALK

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

- Call for yourself or someone you care about
- Free and confidential
- A network of more than 140 crisis centers nationwide
- Available 24/7

## SENATOR SHERROD BROWN ON ENSURING ACCESS TO HIGH-QUALITY DOCTORS FOR OHIO’S SENIORS AND MILITARY FAMILIES —

Ohio Senator Sherrod Brown has supported the passage of the Medicare and Medicaid Extenders Act (MMEA) of 2010 — a bill that has been sent to President Barack Obama to be signed into law.

**By preventing a large pay cut for our nation’s health care providers, the MMEA of 2010 will ensure that seniors and military families are able to continue seeing the doctors upon which they rely. Under the Sustainable Growth Rate (SGR)**

**— the flawed formula which governs annual updates to Medicare physician reimbursements — physician payment**

(continued Page 4)

## MHAKC PROJECTS

**ParentTalk Newsletter** - Free subscription to parents of babies born at Knox Community Hospital. Newsletters are mailed at different monthly intervals over five years of the child’s life.

**Community Resource Directory** Compiled, updated and published each year, this informative and useful directory is now online on our web page.

**Web page** - Visit our website for upcoming programs and mental health news.

[www.mhaknoxcounty.com](http://www.mhaknoxcounty.com).

### BIPOLAR/DEPRESSION SUPPORT

Our support group meets the first and third Thursdays of each month, at Gay Street United Methodist Church, from 7:00 to 8:30 p.m. All are welcome! There is no fee nor preregistration. If you are undergoing medication and psychological therapy, joining a support group will take you one step further in your road to recovery.

### DIVORCE RECOVERY SUPPORT

A group meets at the MHAKC office at 6:00 p.m. to 7:30 p.m., every Monday. Preregistration and screening is required. Call Dodie at 740-397-3088 to register.

### WE CARE CHATLINE

Angry? Depressed? Lonely? Just need someone to talk to? Call our listening line at 397-9322. All calls strictly confidential and anonymous. Current hours: Weekdays - 5:00 p.m. to 11:00 p.m.; Weekends, 8:00 a.m. to 11:00 p.m.

### CRISIS LINES

Mental Health emergency (Knox Co.) - 2-1-1 or 392-2828

Abuse & Neglect Hotline - 392-5437

Adverse Drug Reaction - 393-9009

KCH Emergency Services - 393-9711

National Suicide Prevention Lifeline - 1-800-273-TALK (8255)

*(Continued from page 3)*

rates were scheduled to be cut by 25% on January 1, 2011. "With passage of this legislation, these unfair payment cuts will be prevented and the current Medicare payment rates will be extended through December 2011," says Brown. Senator Brown has long fought for legislation that would fix the flawed Medicare physician payment formula. In 2001, he joined then Representative Michael Bilirakis (R-FL) in authoring the first bill to fix the SGR system and has been fighting for a permanent change ever since. Brown says he will continue to work to find a solution that permanently prevents arbitrary and unfair provider payment cuts. Senator Brown is also waging a battle to revise the flawed formula that determines the annual Social Security COLA benefits so that it better reflects the expenses retirees typically face. In Ohio, nearly 1.5 million seniors will receive no Social Security cost of living adjustment (COLA) for the second consecutive year.

## Advocates Contend Medicare Rates Need Examination

Scheduled payment cuts of 25% for physicians serving Medicare patients are set to become effective at the start of next year. Physician groups and AARP contend that the rate cuts would adversely impact the health care delivery system and threaten access to care for nearly 2 million Ohio seniors on Medicare. A short-term fix is being discussed by Congress. The Ohio State Medical Association has released the results of a survey of its members that shows 61% of participating physicians are considering or have placed additional limits on Medicare patients. Also, 44% are considering no longer accepting new Medicare patients.

*Posted December 9, 2010 Ohio Association of County Behavioral Health Authorities [OACBHA]/Publicaitons*

## Prescriptions for Controlled Substances Rising Quickly Among Youth

Investigators by the University of Rochester's Strong Children's Research Center in New York assessed U.S. prescription trends for 15- to 29-year-olds based on 2007 survey data from more than 8,000 physicians, clinics, and emergency departments. They then compared results with similar data from 1994. Analysis revealed that more than 11 percent of teenagers received prescriptions for controlled medications (including Oxycontin, Vicodin, Ritalin, and sedatives) in 2007, up from 6 percent in 1994. A similar trend was seen for young adults, where the prescription rate for such drugs rose from 8 to 16 percent over the same time period. The rise does not necessarily mean the drugs are being diverted or abused. However, teenagers and college students are much more likely than adults to use prescription drugs recreationally and to pass them on to others. Indeed, nearly one in eight teenagers and one in three adults in their 20s say they have used prescription drugs recreationally at some point in their lifetimes. Surveys show that up to 36 percent of college students pass on their controlled medications to others. Nonmedical use of prescription drugs by adolescents and young adults has now surpassed all illicit drugs except marijuana. Authors urged physicians and parents to have open discussions with young patients about the risks and benefits of using controlled medications, including the potential for misuse and diversion. The article was published online Nov. 29 in the journal [Pediatrics](#).

### Pediatricians in a position to spot postpartum illness

Too frequently, the nation as been deeply saddened to read about mothers taking the lives of their children and sometimes their own. Many of these have been attributed to postpartum depression. Well-established research exists regarding risk factors and symptoms of postpartum depression. Effective screening and treatment for postpartum depression is available, yet mothers continue to suffer from this debilitating condition. Even when it does not lead to loss of life, the effects of untreated postpartum depression are significant and detrimental for both mother and child. While we must all share responsibility for the health of our community's mothers and children, those who come into regular contact with pregnant and new mothers, including medical professionals, bear a particular responsibility for addressing these issues. Very often, it is a pediatrician who has the opportunity to intervene and possibly save the lives of a mother and child. A recent clinical report from the American

Academy of Pediatrics, *Incorporating Recognition and Management of Perinatal and Postpartum Depression Into Pediatric Practice* (Pediatrics 2010) calls upon primary-care pediatricians as key players in screening for and facilitating access to care for postpartum depression. The report states that a mother suffering from depression is more likely to seek medical treatment for her baby than for herself; therefore, the child's pediatrician may be the only medical doctor to see the mother during this time. The report concludes that "if we are to safeguard the health of mothers and children, which are inextricably linked, all those who come in contact with new mothers, particularly medical professionals, must step forward to recognize and address issues of postpartum mental illness." This includes not only pediatricians, but also ob/gyns, hospital birthing centers, and all others whose hands mothers put the well-being of themselves and their children. The tools and knowledge to effectively address these issues are readily available. MHAKC has fact sheets and other information available on the subject.

## Federal Parity Law Now in Effect!

The *Federal Mental Health Parity Act*, signed into law in 2008, went into effect January 1, 2010. This historic legislation ends much of the discrimination that has been embedded in many group health plans for those suffering from mental illness and substance abuse. Mental Health America, the national organization of the Mental Health America of Knox County, was the leading proponent of this legislation. The Act requires that group health plans of 51 or more employees, that provide both medical and surgical benefits and mental health substance abuse benefits, ensure that coverage and benefits are similar. The equity in coverage means that deductibles, copayments, coinsurance and treatment limitations are the same for mental health as they are for physical health. Under federal law, employers of 50 or fewer employees are exempt from the federal law; however, the law falls primarily on the states.

The Federal Mental Health Parity Law (MHPL) will keep intact Ohio's Mental Health Parity Law passed by the 126th General Assembly and signed by the Governor (Taft) in December 2006 (SB116). The main provisions of the Ohio MHPL can be found in Sections 1751.01, 3923.28, 3923.281 and 3923.282 of the Ohio Revised Code. SB 116 prevents discrimination among insurance companies on biologically based mental illnesses (BBMI).

For questions regarding general health insurance and for specific questions regarding coverage under the BBMI law, Ohio residents may contact the Consumer Services Division of the Ohio Department of Insurance at 1-800-686-1526.

Companies with questions regarding coverage under the law may contact the Life and Health Division of the Ohio Department of Insurance at 614-644-2644.

(Ohio Dept. of Insurance Frequently Asked Questions Ohio Parity Law [www.oacbha.org](http://www.oacbha.org))

## mental health in the news . . .

### Social Security Disability

*Frequently asked questions ~~~*

Folks who have disabilities, particularly that caused by a mental illness are sometimes reluctant to apply to the Social Security Administration (SSA) for help. The Aebi Law Firm, a local firm located at 111 South Mulberry Street in Mount Vernon may be able to provide you with the reassurance you need and answer your questions. There are many services available and sometimes all we need to do is ask. Consultations on social security are always *free*. John Aebi and his associates have some 30 years experience that will work for you.

The following are common questions:

1. *How does Social Security Disability Insurance (SSDI) differ from Worker's Compensation (WC), State DI and private DI coverages?*

WC statues typically require that your illness or injury is work-related before you can receive worker's comp benefits; but Social Security Disability does not require a casual connection between your illness or injury and eligibility for SS benefits.

2. *Will my spouse's income affect my SSDI?*

No. In SSDI cases, the Social Security Administration (SSA) considers your work capacity and history — not your spouse's income. However, a spouse's income could disqualify you from or reduce your SSI (Social Security Insurance) benefits. SSI is not insurance like SSDI. It is a welfare type program limited to people with very little income or resources. Your SSI benefits may be reduced or eliminated if you, your spouse, or anyone contributing to your support has significant income or resources. (See SSA Pub. #05-11000.)

3. *Can I get SSDI if I am self-employed?*  
Yes, if you have paid the government



enough self-employment tax and/or FICA tax to qualify. However, many people neglect to pay the tax and do not qualify. (SSA Pub. #05-1002)

*Ten Mistakes to Avoid ~~~*

1. Thinking about applying for disability benefits, but never getting around to it.
2. Not including mental conditions on an SSD or SSI application.
3. Assuming you can't afford a disability lawyer.
4. Not reapplying for SSD or SSI as soon as a medical condition worsens.
5. Filing a new disability application instead of appealing.
6. Assuming that social security knows everything you didn't tell them.
7. Not preparing for a SSD or SSI hearing.
8. Failing to go to a social security disability medical examination.
9. Going to a social security hearing unrepresented.
10. Failing to cross-examine vocational experts and medical experts at the hearing.

### HELP IS AVAILABLE

Rehabilitation: The bureau of Vocational Rehabilitation provides rehabilitation services to Ohio residents. Social Security Judges frequently ask whether you have sought their assistance. BVR can be reached in Columbus at 800-681-0064. Call them and get the number of your local office.

Medications: If you are unable to pay for all your medications, you may contact the Partnership for Prescription Assistance at 888-477-2669 or on web at [www.pparx.org](http://www.pparx.org).

For further information call the *Aebi Law Firm* at 740-397-8875; Toll Free 877-529-2324, 111 South Mulberry Street, Mount Vernon, or online at [SSDLAWOHIO.COM](http://SSDLAWOHIO.COM)

## Highlights of the 61st MHAKC Annual Meeting

This year we took advantage of the Knox County Career Center's services offered by their Hospitality Program wherein high-school students are learning hands-on skills preparing them for careers in the food industry. The accommodations were perfect, the food was amazing and the students serving us did an outstanding job -- 57 attended and a good time was had by all. A string-trio of three Mount Vernon High School students, Patrick Murnen, Matt Omahan and Michael Murray provided an entertaining venue of music during the gathering time. Valerie Price, who is a Ph.D. candidate in management and organizational psychology spoke to the problems of workplace violence and its impact on mental health.

Members, guests and several manufacturing representatives were present as well as a law firm to hear what she had to say.

Highlight of the evening was the presentation of the Franklin Miller, Jr. Outstanding Volunteer of the Year Award which went to Jon Snyder. Jon is a former MHAKC Board member. Jon designed and maintains our web page; he also supports it financially. This year he spent many hours converting our Community Resource Directory to a webpage format. We did not have funds to have this popular and useful directory printed this year; hopefully the internet will offer a useful alternative. Take a look, just go to the web site, [www.mhaknoxcounty.com](http://www.mhaknoxcounty.com) and click on the links.

Others recognized for their outstanding support to MHAKC were: Bobby Folden, Kelly Lybarger-DeWitt, Bob Mclevain, Sally Parsons and outgoing Board President, Jerry Townsend.

## REPORT TO THE MEMBERSHIP 2009 ACTIVITIES HIGHLIGHTS

Produce an agency newsletter mailed to a list of 546, transmitted electronically and posted to the web  
Exhibit at Knox County Fair and conducted a survey of needs  
Participated in several health fairs and conducted surveys of needs for our use  
Provided DARE office with a copy of *Day for Night*, an educational DVD shown at various county schools.  
Provided educational resources on the condition of suicide for a Centerburg student's senior project presented to faculty and class.  
Provided suicide prevention material for a Mount Vernon High School student's class project.  
Participated in Mount Vernon High School Freshman Orientation and provided 25 educational packets on teenage issues to parents.  
Conduct a Depression/Bipolar Support group - meets 2 times month  
Conducted depression screenings for 48

## MHAKC RECEIVES RECOGNITION IN THE OHIO HOUSE OF REPRESENTATIVES

*Under the sponsorship of Representative Margaret Ann Ruhl House District 90, MHAKC received the following recognition which will be framed and displayed at our office.*

**"On behalf of the members of the House of Representatives of the 128th general Assembly of Ohio, we are pleased to congratulate the Mental Health Association of Knox County on the auspicious occasion of its Sixtieth Anniversary, celebrated November 12, 2009.**

**"Recognition of this prestigious milestone is a fitting tribute to the Mental Health Association of Knox County, for it has attained a remarkable record of service to the area. Since its establishment, this fine organization has upheld its mission of providing a wealth of services, and its success is a justifiable source of pride and an outstanding reflection not only on the association itself but also on its hard-working staff and the Mount Vernon community.**

**"The Mental Health Association of Knox County has enhanced the quality of life**



seniors

Presented depression programs for 12 senior men and women and a women's sorority group

Facilitated a six-week Divorce Recovery Support Group

Provided a 6-week series to teach parents basic skills for turning conflict into cooperation.

Provide ParenTalk Newsletters to mothers of babies born at Knox Community Hospital. On the average about 281 births occur at KCH, letters are mailed out at different intervals over a period of 5 years.

Provided a copies of Brenda Nixon's *Birth to Five* book to mothers enrolled in KCH birthing class

Facilitated a Women & Girls safety/self defense class .

Sponsor a Snow Cone Booth at Dan Emmett Festival to raise funds and a Bike for Your Brain-a-thon in May. And more....

**within the surrounding area, and its generous contributions have earned it the gratitude and respect of many. We are certain that as this worthy establishment maintains its dedication to service, it will continue in the tradition of excellence that has long been its hallmark.**

**"Thus, with sincere pleasure, we commend the Mental Health Association of Knox County on its Sixtieth Anniversary and extend best wishes for the future."**

**Signed: Margaret Ann Ruhl, Representative House District 90 and Armond Budish, Speaker Ohio House of Representatives.**

*We wanted to share this prideful moment with you We also received a beautiful letter from Representative Margaret Ann congratulating MHAKC for its 60 years of service in Knox County.*

**Thank you Representative Margaret Ann for taking the time to pay tribute to the work this organization has done for the betterment of the community for 60+ years.**

# Notes from the director

*Dodie  
Melvin*



## WE HAVE MOVED!

our new address is  
501B South Main Street  
*(we are now located in the lower level  
of the Station Break Senior Citizen's  
Center)*

We would like to take this opportunity to wish all a Happy and Healthy New Year!

While life at MHAKC has always been a challenge, the year 2011 will bring on some catastrophic challenges! Our biggest challenge in 2011 will be sustainable funding! With proper funding we can do a lot!

As you know, our main source of sustaining income since 1956 has been United Way of Knox County -- in 2011 we will be without that income. It was the decision of the United Way's Fund Distribution Committee to *not* recommend funding for MHAKC in 2011. While United Way met and exceeded their goal this year, these are the comments United Way Executive Director Jen Odenweller passed on to us after the 2011 budget allocation process.

"The Committee has carefully evaluated the impact of its historic investment and can no longer justify an investment that does not produce measurable outcomes. We are therefore recommending your organization consider becoming a program of another health or mental health related provider in Knox County in order to reduce unnecessary overhead expenses. We believe mental health is very important, but we are concerned about duplication of services in Knox County, along with increased use of technology to secure educational information and resources."

We did have an opportunity to appeal that decision, but with no results.

United Way in the past and on the average, has met a little less than half of our budget. On the average our program expense and overhead runs about \$33,000. Allocations from United Way 2007-09 amounted averaged out to about 55% of our budget. We get no federal, state or local funding.

Rent, utilities and telephone/internet have been the largest part of our overhead. The director is the only paid staff (part time) . By moving to the Station Break we have reduced our overhead by almost 75%.

Our challenge now will be to find resources to support our educational programs. Education is what we are about, whether we do it through telephone conversations one on one; support groups such as the Depression/Bipolar group that meets two times each month, or our divorce recovery support group. We are involved with senior groups, parenting education, domestic violence education, or suicide prevention, and more. Sometimes it is just our presence in the community and being involved. Our outreach and affect is hard to measure in United Way terms.

As the old song goes, *The times, they are a changin'.*

Yes, we are going to have to find new ways of doing things and new things to do. All



**MHAKC  
COMMUNITY  
RESOURCE  
DIRECTORY  
ONLINE!**

This great community resource is  
now available online.

Go to  
[www.mhakcknoxcounty.com](http://www.mhakcknoxcounty.com)

respect to present day technology, we know that not all we serve have access to it, but we will apply it where possible.

To receive United Way funding we will have to find a more significant way to measure outcomes.

A blessing is our members who understand the need for mental health education. Our mission is to *promote* good mental health and *victory* over mental illness -- we will meet the challenge and carry on with your support.

**Happy New Year!**

## MENTAL AMERICA OF 1949 KNOX COUNTY 2007

The Mental Health America of Knox County is a nonprofit 501 (c) (3) service organization established in 1949. Its mission then as now is to promote good mental health and victory over the stigma of mental illness. It is supported through United Way of Knox County, individual memberships and donations coming from Knox County businesses, organizations and individuals, memorials and fund-raisers. In-kind gifts are also acceptable. All gifts are tax deductible.

A volunteer Board of Trustees monitors the general operation of the association and is involved in setting goals and programs as implemented by an executive director. The director wears multiple hats in the carrying out of the goals and mission of the Association through programing, cooperation with and participation in linked community organizations and endeavors. Membership on the Board of Trustees is represented by individuals from all walks of life and areas of the county. Volunteers welcomed!

### MHAKC BOARD OF TRUSTEES

Jerry Townsend \_\_\_\_\_ President  
Vicki Carney \_\_\_\_\_ Vice President  
Bobby Folden \_\_\_\_\_ Treasurer  
Bonnie Glass, Past President \*

\*(deceased)

Cyndi Atkinson

Mike Cronin

Tim Elder

Mike Hillier

Terri Hillier

Carrie Kloh

Denise Marikis

Dennis Marikis

Kathy Miller-Trimble

Tracy Schermer

Dan Selby

Loretta Westerheide

Members-at-large\*\*

Kelly Lybarger-DeWitt

Dale Brown

Gail Gallowitz

Matt Remillard

Cindy Weiss

\*\*nonvoting members

**Executive Director - Dodie Melvin**

*We are working for Knox County's Mental Health. Your support helps us to make a difference in someone's life . . .*

Membership: New \_\_\_\_\_ Renewal \_\_\_\_\_ Yes, I would like to join or renew my membership in the MHA of Knox County (Check Category — Suggested Donations)

- \_\_\_\_\_ \$20 ..... Individual
- \_\_\_\_\_ \$35 ..... Family
- \_\_\_\_\_ \$10 ..... Senior
- \_\_\_\_\_ \$ 5 ..... Student
- \_\_\_\_\_ \$30 & Up ..... Sponsor

Pacesetter \$250; Business/Organization \$125; Professional \$75

If you have not renewed or joined -- complete the form below and mail to MHAKC with your check, today! *Donations, no matter how small, are appreciated!*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

MAIL TO: MHAKC, 501B SOUTH MAIN STREET  
MOUNT VERNON, OH 43050

All donations are tax deductible

*JUST NEED SOMEONE TO  
TALK TO?*

**CALL OUR CHAT LINE**  
**397-WECARE (397-9322)**

*a friend will answer when you call who will  
listen ...*

*Hours: 5:00 p.m. M-F; 8:00 a.m. 11:00 p.m. weekends*



Mental Health America of Knox County

501B South Main Street  
Mount Vernon, OH 43050  
740-397-3088  
FAX 740-392-4008

e-mail: mhaknox @ embarqmail.com  
www.mhaknoxcounty.com

**RETURN SERVICE REQUESTED**

The primary goal of Mental Health America is to educate the general public about the realities of good mental health and mental illness.

*We offer educational workshops and forums. Maintain a lending library of books, literature, videos, and provide speakers on mental health.*

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*Too often we give children answers to remember rather than problems to solve. — Roger Lewin*

Knox/Licking Affiliate of



National Alliance on Mental Illness The State's Voice on Mental Illness

Thank you for your support!

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