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Outreach Services Coordinator

Chiquita Lattimore,
Assistant to Executive Director

Angie Cromer,
Open Door Director

57th Annual Operation Santa Claus Was a Big Success!

Honorary Chairpersons, Commissioner John Houston, and Judge Will O'Rear, President, enjoy the festivities.



First row L to R: Anne Graham, Board Co-Chairperson, then First Lady of Montgomery, Judge Lynn Bright, local Co-Honorary Chairperson, First Lady Patsy Riley, State Honorary Chairperson, and Shirley Carlisle, Board Co-Chairperson. Second row L to R: Commissioner John Houston, Judge Reese McKinney, local Co-Honorary Chairperson, and Judge Will O'Rear, President.

Thanks to the help of our chairpersons as well as the community, the 57th Annual Operation Santa Claus program was more successful than ever. Each year we strive to provide more quality gifts and stocking stuffers for around 600 individuals within the tri-county area. Over 170 individuals attended the Christmas party which was hosted by members of the Dalraida United Methodist Church. Charlie Colvin, Executive Director of the Montgomery Area United Way, did an excellent job (as always) in entertaining the clients and passing out the gifts. Several clients also entertained everyone by singing songs, reading poems, and performing skits. There were many big smiles and tears of joy as clients thanked Outreach Services Coordinator, Paula Collins, who did a fantastic job of making wishes come true.

Inside this issue of The Bellringer . . .

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A Note from the President...

Happy New Year! We are off to a running start with all of our programs and we are looking forward to 2009 being another successful year.

We ended the year, as always, with our Operation Santa Claus program. It gets better every year thanks to the help of the community. This issue is dedicated to everyone who participated in this project from volunteers and donors to those who suffer from various forms of mental illness. Please see the list of donors and volunteers in this newsletter.

All of the chairpersons did an outstanding job in helping to promote Operation Santa Claus beginning with **First Lady Patsy Riley** who hosted a press conference at the Governor's Mansion as well as a reception at the Hill House. Then **First Lady of Montgomery, Judge Lynn Bright** and **Judge Reese McKinney, Jr.** did a wonderful job in serving as the local honorary co-chairpersons. MHA in Montgomery Board co-chairpersons were **Anne Graham** and **Shirley Carlisle**. Many thanks to each of these individuals who gave of their time and talent to see that around 600 individuals who suffer from mental illness were not forgotten during the holidays.

We are also proud of our staff for coordinating the fundraising, wish lists, shopping and wrapping as well as coordinating the party for the clients. This project begins in August each year and requires a great deal of time. Thank you **Wanda, Paula, Chiquita,** and **Angie!**

Our Board and staff continue to work hard on a day-to-day basis to promote our psychological rehabilitation, education, and advocacy programs. We need your support, however, to expand these programs. We not only need more space, we need a newer facility. Individuals who suffer from mental illness need a place to go where they can feel comfortable among their peers. Due to more and more people being referred to us we need your help as we try to meet the needs of the community.

In our last newsletter we shared with you that we have a Capital Campaign, chaired by **Henry Hernandez**, to help us in raising funds for a new facility. Also serving on this committee is: **Stuart Bear, Jim Lane, Carol Overby,** and **Nichole Thompson**. Please support them in their efforts and please read the letter from Henry in this issue.

Due to the expense of producing and mailing our newsletter, this may be the last issue that you receive unless you have paid your membership dues. Please see the membership form on the back page of this issue. We will, however, be happy to email a copy to you if you send us your email address (mha2montg@charter.net) and/or you may visit our website (www.mhamontgomery.com). We look forward to hearing from you and we hope that you will continue to support us as we continue to "*bring wellness home.*"

Judge Will O'Rear
President

Roundtable Discussion Series

2009 Speakers/Topics

FEBRUARY 26 – BONNIE TRULOVE, M.ED
will speak on the topic of *“Verbal Behavior Analysis for Teaching Children with Autism.”* Bonnie brings both a professional and personal perspective to this issue. She will explain how verbal behavioral methods are introduced to a child with autism to improve communication, describe how verbal behavioral stimuli are presented to shape correct responses, and introduce the ABLLS.

MARCH 26 – JUDY JOHNSON, LCSW, PIP
will talk about *“Understanding Generational Differences.”* During this presentation she will explain the preferences, beliefs, and lifestyles of the different generational types as well as discuss how this information impacts effectiveness in a clinical setting.

APRIL 23 – RONALD HUNT, MA
will present information on *“Peer Support in a Clinical Setting.”* Ron serves as the Executive Director of WINGS Across Alabama. He will discuss how peer support fosters trust (which is an essential component to recovery). Ron will also compare a behavioral model of treatment to a peer support model as well as identify the benefits of this model in a clinical setting.

MAY 28 – CHARLENE ROBERSON, M.ED, RN, BC
will present *“Destructive Behavior in Adolescents.”* During this session, participants will discuss the predisposing factors implicated in the etiology of risky behavior exhibited by adolescents. There will be information presented on risky behaviors (for examples: huffing and puffing and the culture of body art).

Schedule

JUNE 26 – Patricia Dumas, LCSW – Anger Management

JULY 23 – Arlene Morris, EDD, RN, CNE – Support Strategies for the Elderly

AUGUST 27 – Helen Wilson, MSN, RN – Environmental Impact on Mental Health

SEPTEMBER 24 – Dr. Cynthia Bisbee, PH.D – Psycho Education for Serious Mental Illness

FREE CONTINUING EDUCATION CREDITS ARE OFFERED FOR NURSES, COUNSELORS, AND SOCIAL WORKERS. THIS PROGRAM IS CO-SPONSERED BY THE ALABAMA DEPARTMENT OF MENTAL HEALTH AND INTELLECTUAL DISABILITIES AND MENTAL HEALTH AMERICA IN MONTGOMERY. FOR MORE INFORMATION OR SPECIAL ACCOMMODATIONS, CALL 334-262-5500.

Friendship Club Member Spotlight



Lynda Bice

We are happy to feature **Lynda Bice** who has been a member of the Friendship Club since 2006. Lynda has successfully completed the Peer Support Specialist Training as well as the national testing to be a Peer Support Specialist. She also attended the Alabama Alliance to End Homelessness Annual Conference to obtain information for the Friendship Club. We are very proud of Lynda and her accomplishments and we look forward to supporting her in future endeavors. Congratulations Lynda!

Operation Santa Claus Donors and Volunteers

Alabama Department of MH/ID	Jeri Ellakany	Tracy Makowsky	Angelia Rigsby
Alabama Nurses Association	Virginia Parker Ennis	Hebert Maloney	First Lady Patsy Riley
Alabama Christian Academy	Melinda Estes	Ethelene Marshall	Charlene Roberson
Mr. and Mrs. John Albritton	Sandee Ferguson	Martha's Place	Jimmy Robinson
Stephanie Ashworth	George Fortson	Katie Matthews	Pamela Robinson
Mr. and Mrs. Wayne Ashworth	Nancy Frazier	Holly Maurer	Claudette Rozen
AT & T Pioneers	Brenda Fryer	Maxwell - Gunter Officers' Spouse' Club	Carol Rylee
Judy Barganier	Sydney Garner	Sherry McCall	Donna Samuel
Stuart Bear	Jerry and Faye Gilbert	Amanda McDonald	Jane Scarsbrook
Frances Bell	Siggy Gonzalez	Judge and Mrs. Reese McKinney, Jr.	Beth Scott
Lynda Bice	Tim Goode	Sarah Meriwether	Beverly Bell Shambley
Drs. Paul and Cynthia Bisbee	Anne Graham	MHA in Montgomery Friend- ship Club	Julie Shashy
Otis Boggs	Emily Graham	Levy Miles	Gayle Shults
Jenny Brantley	Jason Gregg	Rita Mizell	Elgertha Smith
Judge Lynn Bright	Jessica Gribble	Montgomery Allergy and Asthma	Maureen Smith
Mr. and Mrs. Macon Brock	Erince Grunzke	Madonna Moorer	Verdell Smith
David Brown	Dr. Patricia Guest	Mary E. Mooty	St. Bede 3rd Grade Class
Eugene Brown	Mr. and Mrs. Cesa Gutierrez	Ruby Motley	St. Michaels & All Angels Episcopal Church
Isaac Brown	Mr. and Mrs. John Haltiner	NAMI - Montgomery Chapter	Kimberly Sturdivant
LeQuinta Bryant	Jessica Hardy	Nancy W Thomas Counseling Services, PLLC	Faith Summerlin
Shannon Byrd	Henry Harper	Katrina Nettles	Courtney Tarver
Mona Burdick	Charles Harris	James Norman	Tomika Taylor
Tyrone Burton	Carrin Hemmings	Debi Norsworthy	Debby Thomas
Calhoun Foods, Inc.	Audrey and Kaye Henning	Jordan Northington	Nancy Thomas
Renee Capouano	Henry Hernandez	Judge Will O' Rear	Rebecca Thomas
Shirley Carlisle	Joyce Holley	Kadyn Pace	Nichole Thompson
Gerald Carrigan	Betty Hooper	Whitney Packard	Dr. Helen Thompson
Susan Chambers/Assoc. Commis- sioner, AL. Dept. MH/ID	Blake Horne	Eun Young Park	Ann Thweatt
Karen Chambless	Jean Houghtby	Larry Pate	Mr. and Mrs. Donald Valeska
Chappy's Deli	John Houston, Commissioner AL Dept. MH/ID	Enid Patrick	Besty Walker
Howard Cody	Rich Hobson	Domonique Perry	Lucille Waller
Raymond Cohen	Ron Hunt	Jo Ann Perry	Melba Webb
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Mike Collins	David Jackson	Marie Peterson	Charlene Weldon
Doug Collinsworth	Nancy Jeters	Caroline Petrey	Jewells Weldon
Charlie Colvin	Sandra Jones	Lane Pickett	John Whalen
James Coman	Karla Jordan	Pike Road Civic Club	Rebecca Leigh White
Angela Cooper	Junior League of Montgomery Provisional Class	Becca Plake	Alice Williams
Jim and Cendy Cooper	Tammy Klinner	Heather Plake	Dawn Wilson
Nancy Copeland	Don Laird	Dr. Jim Pointer	Earnell McIntosh Wilson
Leslie Craft	Jim Lane	Debbie Popwell	Helen Wilson
Dalraida United Methodist Church	Peggy Lanier	Kelly Porter	Mary Wilson
Margy Darneille	Betty Lawrence	Pre-Trial Diversion Counseling	Wilbert Wimbush
Cindy Davis	Glenda Lee	David Prince	Holly Wyatt
Joe Decker	Morgan Little	Tammy Quillin	Dr. Shankar Yalamanchili
Patty Defree	Claire Logan	Beverly Rankin	Terry and Ruth Yarbrough
Amanda DeLong	Larita Lucas	Mary Ray	Verna Zellars
Tasha Dubose	Joan MacCuish		Dr. and Mrs. John Ziegler
Dianne Durbin	Edna Madison		
Eastside Grill			



Sandee Ferguson decorates Hill House for OSC reception.



Rich Hobson and Paula Collins sing along with Friendship Club members at OSC party.



Charlie Colvin entertains clients before passing out gifts.



Ottis Boggs shares a poem.



Board member Charlene Roberson volunteers at OSC party.



*Clients pose with gifts they painted for OSC honorary chairpersons.
L to R: Ethelene Marshall, David Brown, Jeri Ellakany, and Pam Robinson.*

Dear Friends of MHA in Montgomery,

Please consider making a donation to our Capital Campaign. Mental Health America in Montgomery (formerly know as Mental Health Association in Montgomery) has been located at 1116 South Hull Street since 1966. Although this location has and continues to serve us well, we need to move into a newer and bigger facility. We cannot do it without your help!

Below is a list of the programs with which we service the tri-county area. Please let us know if you have any questions and / or visit our website at www.mhamontgomery.com. We also encourage you to call and schedule an appointment to visit our facility.

Our programs are as follows:

Advocacy and Service Development

Education and Promotion of Mental Wellness

Psychological Rehabilitation

Referral / Information Services

Operation Santa Claus

*With each of these programs, we promote our motto which is “**bringing wellness home.**” Please help us to raise funds for a newer facility in order for us to continue to “bring wellness home” within the tri-county area.*

*Capital Campaign committee members, **Jim Lane, Carol Overby, Stuart Bear, Nichole Thompson**, and I will be working very hard, along with other Board members, to raise **\$250,000**. Please use the form on the back of the newsletter and mail your donation to: **1116 South Hull Street, Montgomery, AL 36104**. If you have any questions, you may call our office at **262.5500**.*

Sincerely,

Henry Hernandez
Campaign Chairman

Research & Giving News Article Jan. 8, 2009

NARSAD Investigator Leads Study Suggesting High-Dose Corticosterone May Reduce PTSD Effects

(Great Neck, N.Y. - December 04, 2008) —

Researchers at Israel's Ben-Gurion University of the Negev, Soroka University Medical Center and Beer-Sheva Mental Health Center found in animal models of post-traumatic stress disorder (PTSD) that high doses of corticosterone prevented the negative consequences of stress exposure, including increased startle response and behavioral freezing when exposed to reminders of stress. However, low-dose corticosterone *potentiated* these responses.

Corticosterone is a substance related to cortisol, a hormone that helps the body cope with stress. The reported finding suggests that corticosterone levels may influence both vulnerability and resilience in a dose-dependent manner through its involvement in memory processes.

The study was led by Hagit Cohen, Ph.D., associate professor and head of the Anxiety and Stress Research Unit at Ben-Gurion University, a NARSAD 2003 Young Investigator and 2006 Independent Investigator, and was reported in the Oct. 15, 2008 issue of the journal *Biological Psychiatry*, published by Elsevier.

One of the complexities in understanding PTSD is the context-dependency of adaptation. As explained by John H. Krystal, M.D., of Yale University School of Medicine and the VA Connecticut Healthcare System, who is editor of *Biological Psychiatry*: "In the case of helping soldiers adjust to the stress of war, we have to think both short-term and long-term, to help soldiers adjust to combat, but also to help them return from combat to resume peacetime life. Thus, we need further guidance from animal research about how to help soldiers adjust flexibly across contexts, from the battlefield to the breakfast table."

In the article, Dr. Cohen states that "single high-dose corticosteroid treatment may thus be worthy of clinical investigation as a possible avenue for early pharmacotherapeutic intervention in the acute phase, aimed at prevention of chronic stress-related disorders, such as PTSD. In this sense, it brings treatment of PTSD to a new era – an era of secondary prevention."

(This news article was adapted with permission from Elsevier.)

DATES TO REMEMBER...

• • •

May 1

27th Annual Golf
Tournament

Wynlakes

Golf & Country Club

• • •

May 21

Spring Education
Workshop

Capital City Club

• • •

July 18

Crystal Bell Gala
and Auction

Wynlakes

Golf & Country Club

• • •

Please help us
“bring wellness

home”

by supporting

each of

these events.



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*Please join Mental Health America in Montgomery.
“We... are bringing wellness home.”*

- I would like to join Mental Health America in Montgomery*
- I would like to renew my membership*
- I would like to make a donation to the Capital Campaign*

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*Make your payments payable to: Mental Health America in Montgomery
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