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Mental Health America in Montgomery Celebrates 57th Annual Meeting and Mental Health America's Centennial!

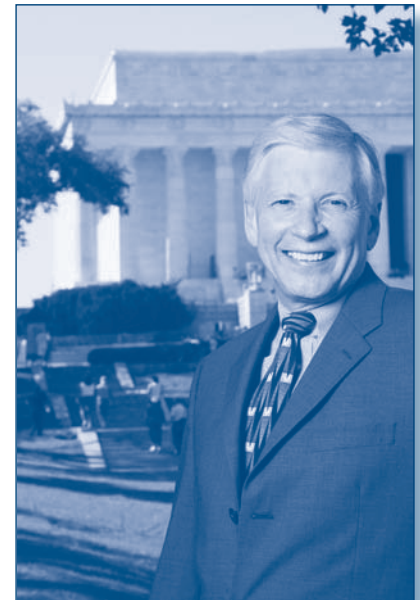
“We possess the knowledge and techniques that can help millions of Americans manage threats to their mental health, stay resilient and live healthy and productive lives,” said **Dr. David Shern**, President and CEO of Mental Health America. *“But they are not reaching the people who need them most. We cannot and should not wait for another time of trauma and tragedy to make them available. It’s time for mental health.”*

Dr. Shern will share more interesting comments about mental health as well as the first 100 years of Mental Health America as he serves as the guest speaker for our **57th Annual Meeting on September 24** (invitations will be mailed). Dr. Shern has done an outstanding job in leading the nation’s oldest mental health organization that has fought against the injustices, stigma and inhumane treatment experienced by individuals with mental health conditions.

Mental Health America was founded in New York City in 1909 by Clifford W. Beers, a young businessman with a mental illness. While seeking treatments in both public and private institutions, Beers learned firsthand of the deficiencies in care as well as the cruel and inhumane treatment that people with mental illnesses received. In February 1909, Beers launched the mental health movement by creating the National Committee for Mental Hygiene, what we know today as Mental Health America.

The bell is our organization’s symbol. During the early days of mental health treatment, asylums often restrained people who had mental illnesses with iron chains and shackles around their ankles and wrists. In the early 1950’s, Mental Health America issued a call to asylums across the country for their discarded chains and shackles and melted down these inhumane bindings and recast them into a sign of hope: The Mental Health Bell.

Join us September 24 as we ring bells of hope and hear Dr. David Shern speak about our centennial theme: *“Celebrate the Legacy: Forging the Future.”* For more information, please call 334.262.5500.



Dr. David Shern

Inside this issue of The Bellringer . . .

- 57th Annual Meeting and MHA Centennial
- A Note From the President
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A Note from the President...

We are so pleased to report that our two fundraisers were successful! Both events were held at Wynlakes Golf & Country Club beginning with the 27th Annual Golf Tournament which was held on May 1. **Jon Howe** did an excellent job in chairing this fundraiser which raised \$22,000. **Jim Lane** of the **Lane Corporate Group** and Vice President of MHA in Montgomery served as the corporate partner for the fourteenth year in a row. Please see a list of the volunteers and sponsors in this issue.

The Crystal Bell Gala and Auction, which was held on July 18, raised \$26,000! **Julie Shashy** and **Zac Perry, Jr.** did a fantastic job in co-chairing this wonderful evening which began with a silent auction. **JT** and **Leanne Thompson** served as MC's and **Kelley Garrett** provided live music on the keyboard. Auctioneer **Nathan Lipscomb** did a wonderful job in helping us raise funds in the live auction as everyone enjoyed a seated dinner. We are very grateful to **Jim Lane** who also served as the corporate partner for this fundraiser. This event would not have been possible without all of the sponsors, donors and volunteers (please see the listings in this issue). Thank you to everyone!!!

The purpose of the evening was also to celebrate the centennial of Mental Health America. Everyone enjoyed a video explaining the first 100 years of MHA as well as a desert

of a dark chocolate medallion with white icing with the logo: *“Celebrating the Legacy: Forging the Future.”* We plan to do just that as we help those who suffer from mental illness.

We will also continue to celebrate the centennial at our **57th Annual Meeting** which will be held on **Thursday, September 24** at the Renaissance Montgomery Hotel & Spa at the Convention Center. Please join us as we recognize heroes on the local, state and national levels. Special awards will be given to local Board members and volunteers and the following new Board members will be introduced: **Rick Hatcher, Judy Johnson** and **Ruth Mocerri**. Awards will be given to heroes throughout the state as we are coordinating the *“Heroes in the Fight”* awards again this year. Please visit www.heroesinthefight.org for more details and nomination forms (which must be turned in to **“Heroes in the Fight”** in care of VMS by August 26). **Dr. David Shern**, CEO of Mental Health America, will be our guest speaker. Please join us in welcoming Dr. Shern to Montgomery.

As always, please continue to support our programs as we strive to...

“bring wellness home.”

Judge Will O'Rear

Judge Will O'Rear

President

27th Annual Golf Tournament Sponsors and Volunteers



Jon Howe, Chairperson, Jim Lane, Corporate Partner and Judge Will O'Rear, President.

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Crystal Ball Gala and Auction

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Co-Chairpersons, Zac Perry, Jr. and Julie Shashy, Corporate Partner, Jim Lane and President, Judge Will O'Rear.



MC's JT and Leanne Thompson and Auctioneer Nathan Lipscomb



Beverly McKinney, Jim Lane and Judge Reese McKinney chat before the auction.



Friendship Club member, Robert Coleman with his painting that was donated to the auction.



Staff, Wanda Laird, Chiquita Lattimore, Paula Collins and Friendship Club member, Robert Coleman meet before the auction.

Roundtable Discussion Series

2009-2010 Speakers/Topics

October 22, 2009 – Dr. David Harwood will present *Treatment Resistant Depression*. He will address the evolving understanding of treatment resistant depression, explain “augmentation” strategies and treatment algorithms and explore non-pharmacological treatments and their effectiveness.

December 10, 2009 – *Faith-Based Mental Health Care* will be presented by Jane Ferguson, MSW, church social worker from First Baptist Church. She will discuss the holistic approach, trust factor, and moral imperative as it relates to faith-based organizations that provide mental health care. Ms. Ferguson will also compare the faith-based mental health care system and the secular health care providers. Information on local faith-based programs and partnerships will be provided.

January 28, 2010 – Beverly Rankin, LCSW, PIP, from the Crisis Unit, will focus on *Situational Depression vs. Clinical Depression*. Those attending will learn about the different types of depression and how any type affects family and friends. Furthermore, there will be a comparison of adjustment disorder/situational depression from other types of depression and an explanation given regarding the importance of getting help for situational depression in order to prevent moving into clinical depression.

February 25, 2010 – *Human Trafficking* will be presented by Helen Wilson, MSN, RN. She will identify some of the root causes of human trafficking as well as identify and discuss some of the groups that are working on the prevention of human trafficking. Ms. Wilson will also share ways to identify whether or not someone has been a victim of this abuse.

March 25, 2010 – *The topic of Elder Abuse* will be presented by Brenda McCary, LCSW. She will define abuse, neglect, and exploitation of adults in various settings, explain various indicators of abuse and the types of reporters as well as discuss types and causes of elder abuse, neglect, and exploitation.

April 22, 2010 – Veronica McKenzie, MSN, Chief Executive Officer of the Successful Living Center, will present the topic of *Healthy Aging*. She will discuss the myths and misconceptions about aging, explain the developmental process of aging and discuss ways to assist an aging adult.

May 27, 2010 – *Mental Health and the Law* will be presented by Judge Will O’Rear, Circuit Court Judge for Montgomery County. Judge O’Rear will provide information on involuntary commitment law as well as discuss the impact of case law and the appellate rulings on commitment law. He will also give an overview of the Juvenile Mental Health Court in Montgomery County.

June 24, 2010 – *Eating Disorders* will be presented by Dorothy Dickson Skipper, LPC and Susan Mann, R.D., L.D., C.D.E. They will describe the different types of eating disorders and their symptoms as well as explain both the clinical and nutritional philosophy for treating eating disorders. Ms. Skipper and Ms. Mann will also address the need for a coordination of services between disciplines to meet the needs of those with eating disorders.

July 22, 2010 – Harris Carter English, B.S., the Pharmacy Director for the State of Alabama Department of Mental Health, will address the topic of *Mental Health Medication Update*. He will list the four major groups of medications used in the treatment of persons with mental disorders as well as explain the benefits of different medications. Mr. English will also explore the side effects of different medications and how to address these issues with clients.

August 26, 2010 – *Recognizing and Treating Alzheimer’s Disease* will be presented by Charlotte Wynn, MSN, and Nurse Practitioner Coordinator for Continuity Health Care. She will address the differential diagnosis of Dementia vs. Alzheimer’s Disease, explore realistic non-pharmacological treatment options for each phase of Alzheimer’s Disease, as well as explain the pharmacological treatment options.

September 23, 2010 – *The topic of Childhood Obesity: The XXL Generation* will be presented by Miriam Gaines, MACT, RD, LD from the Alabama Department of Public Health. During the presentation, Miriam will list diseases associated with obesity, discuss the impact of obesity on our children’s future, and explore lifestyle changes needed in Alabama to assist in preventing obesity.

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 MENTAL HEALTH AMERICA IN MONTGOMERY. FOR MORE INFORMATION OR SPECIAL ACCOMODATIONS, CALL 334-262-5500.

Heroes in the FightSM

The fight against mental illness is waged in countless ways by countless heroes. From the mother fighting to reclaim her son, to the social worker looking for clients lost to the streets, to the policeman who knows when someone needs medical help, not prison time – these are the souls who make a difference. By making one life better. One family stronger. One burden lighter. Do you know a hero like this, someone who is unrelenting in the fight?

Heroes in the FightSM is a recognition partnership program established by Eli Lilly and Company and sponsored by Lilly USA to celebrate dignity, courage, hope and recovery in the ongoing treatment of persons with severe and persistent mental illness (SPM) by recognizing “heroes” who provide care and support for these individuals and their families. The program recognizes and celebrates the heroic work of many people who fight for better mental health and better lives on a daily basis in their community. Persons who best exemplify ongoing care and dedication in this field are nominated by their peers within the local mental health community.

If you know a hero, please help us recognize their commitment to the fight against severe mental illness by nominating them by **August 26**. Log on to www.heroesinthefight.org to see complete details. Join us and our partners (listed below) on **September 24** as we recognize six individuals and one team during our **57th Annual Meeting** at the Renaissance Montgomery Hotel & Spa at the Convention Center.

Mental Health America in Montgomery Heroes in the FightSM Partners:

AL Department of Mental Health	MHA in Morgan County
CONTACT: Wings Across Alabama	MHA of Central Alabama
NAMI Alabama	MHA of Etowah County

Too often the work of individuals in the mental health field is unseen or even stigmatized by the general public. Although mental illnesses cannot be cured, victories occur whenever individuals with mental illness fight for better outcomes and better lives, and work with caregivers to achieve their goals. It takes ongoing dedication from many professionals to help individuals with mental illness achieve successful results. Those being recognized as “heroes in the fight” exemplify the best in our community, as well as the kind of care and support that is provided by so many professionals of Alabama every day. Please nominate a hero today!

Friendship

BY ROBERT COLEMAN

*Friendship is like a strong hand picking you up off the floor
Or, it is like someone giving you a warm smile
Friendship is like having hope when there is none
Or, it is like the sea open and endless
Friendship is like having that someone you need all the time
Or, it is like the brother or sister you never had
Friendship is like having a shoulder to cry on
Or, it is like a good song you just can't wait to hear
That is why true friends never leave.*

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