

OFFICERS:

Judge Will O'Rear, President
Jim Lane, Vice President
Carol Overby, Secretary
Stuart Bear, Treasurer

EXECUTIVE COMMITTEE

MEMBERS AT LARGE:

Dr. Cynthia Bisbee
Jan Ellis
Anne Graham
Rick Hendrick
Jon Howe
Zac Perry, Jr.
Joyce Simmons
Rebecca Leigh White

BOARD MEMBERS:

David Cannon
Shirley Carlisle
Tom DeBray
Joan Ensley
Joel Gill
Ronda Guy
Ron Hadden
Henry Hernandez
Scott Holmes
Robert Hunter
Ed Kendall
Karen Day Lawrence
Lisa Miller
Charlene Roberson
Julie Shasy
Nichole Thompson

BOARD OF TRUSTEES:

Clyde Bear
Leon Capouano
Morris Capp
John (Rock) Chambless
Martha Hawkins
Kim Ingram
Frank McGough
Ray Petty
Alice Reynolds
Todd Strange
Charles Wampold
Gordon Welling

STAFF:

Wanda Marshall Laird,
Executive Director

Paula Collins,
Outreach Services Coordinator
Chiquita Lattimore,
Assistant to Executive Director
Angie Cromer,
Open Door Director

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

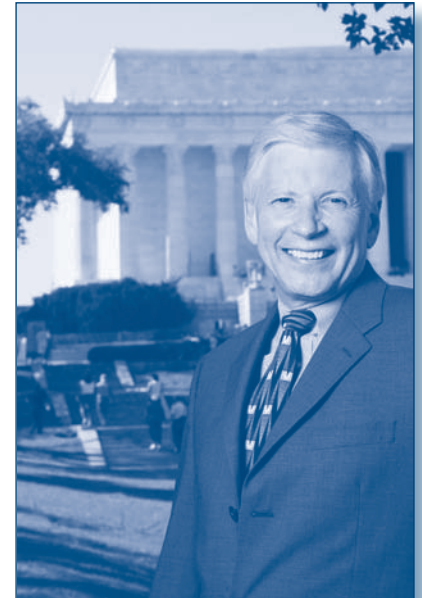
“We possess the knowledge and techniques that can help millions of Americans manage threats to their mental health, stay resilient and live healthy and productive lives,” said **Dr. David Shern**, President and CEO of Mental Health America. *“But they are not reaching the people who need them most. We 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
- Golf Sponsors and Volunteers
- Auction Sponsors/Donors/Volunteers
- Roundtable Discussion Series
- Memberships
- Heroes in the FightSM

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.

Corporate Tournament Partner

Jim Lane, The Lane Corporate Group

First Hole In One Prizes

W.K. Upchurch Construction Co., Inc.
Henig Furs & Leathers, Inc.

Luncheon Sponsors

Crosby Electric
Great American Supplemental
Benefits Group

Golf Cart Sponsor

Great American Supplemental
Benefits Group

Greens Fee Sponsor

Harmon Dennis Bradshaw, Inc.

Corporate Patrons

Healthscan Imaging, LLC
The Samaritan Counseling Center, Inc.,
Sterne Agee
The South Agency

Beverage Sponsors

Miller Lite and Pepsi Cola

Gold Medal Sponsors

Baptist Health
Beasley Allen Crow Methvin Portis
& Miles, PC.
First United Methodist Church
Montgomery Foot Care Specialist
Nix Holtsford Gilliland Higgins
& Hitson, PC
Palomar Insurance
The Securance Group
Sterling Bank

Special Prize Sponsors

Harold's Fine Jewelry
Just Golf

Hole and Individual Sponsors

Ghary Akens, Blue Cross Blue Shield
of AL, Capitol Container Inc., The Frazer
Lanier Co., Joel Gill, Jewel Bank,
Judy Johnson, Don Laird, John Lovett,
Metlife, Nabors Belser & DeBray, L.L.C.,
Pre-Paid Promotions, Rheem Water
Heating, Lee Story and We Finance
Auto Sales

Sign Sponsor

Signs To Go

Ditty Bag Sponsors

Aflac, AUM Counseling Center,
Baptist Health, Carrington Park
Montgomery, CenturyTel, Creature
Comforts, Eli Lilly, Farmers
Insurance, Gold's Gym, MAX Federal
Credit Union, Metlife Montgomery
Area Community Wellness Coalition
and SportClips

Volunteers

JON HOWE, Chairperson

Joan Ensley
Anne Graham
Ronda Guy
Henry Hernandez
Suizi Kelley
Christine Kneidinger
Carol Overby
Dale Owen
Carol Rylee
Joyce Simmons

Crystal Ball Gala and Auction

Co-Chairpersons and Sponsors

Co-Chairpersons – *Julie Shashy and Zac Perry, Jr.* • Corporate Partner – *The Lane Corporate Group*

Corporate Sponsors – *Anonymous Foundation • Baptist Health • Crosby Electric • Judge and Mrs. Will O’Rear • Mr. and Mrs. Zac Perry, Jr.*

AUCTION DONORS/VOLUNTEERS

2940 Salon Spa
 ABS Business System of Montgomery, Inc.
 Alabama Crown Distributing Co.
 Alabama Shakespeare Festival
 Alabama World Travel
 All About Weddings
 Alpha Gamma Delta Alumni of the Theta Beta Chapter
 Amplify Salon and Spa
 Apropos Accessories
 Beverly Atwell
 Auburn University
 Bama Lanes
 Bandana’s
 BankTrust – Millbrook
 Barb’s on Mulberry
 Nan Hobbs Barganier
 Stuart Bear
 Bear Lumber Company
 Beasley, Allen, Crow, Methvin, Portis and Miles, P.C.
 Beau Rivage
 Beckett Antiques
 Bed Bath & Beyond
 Drs. Paul and Cynthia Bisbee
 Body Serene Nails & Day Spa
 Boomer T’s Bar-B-Q
 Boutique Couture
 Molly Brooms
 Carolyn Bryan
 Buckmasters
 Cake Designs
 Camo Country, LLC
 Capital City Club
 Capital Filmworks, Inc.
 Capri Theatre
 Carr Riggs & Ingram, LLC
 Charlie’s Trophies
 Christine’s Feathered Nest
 City of Montgomery
 Cloverdale Oriental Rug Market
 Pat Cobb
 Riley Cobb
 Robert Coleman
 Ret’d. Lt. Col. and Mrs. James Coman, Jr.
 Coosa Outdoor Center and Southern Trails, Inc.
 Crockmier’s
 CuCo’s Mexican Café
 Curtis Educational Equipment and Supplies

Curves
 Davis Theatre for the Performing Arts
 Dean’s Jewelers
 The Depot
 Destin Connection Seafood Market
 Down the Street Café
 Doug’s 2 Salon-Spa
 Dreamland Bar-B-Que
 Eastside Grille
 Denise Edmisten
 Ed’s Frame Gallery
 Ed’s Jewelers
 Edwards Hair Studio
 Elaines, Inc.
 Jeri Ellakany
 Embassy Suites in Montgomery
 Joan Ensley
 Eve’s Studio
 James Farmer Landscape Design
 Fast Track Car Wash and Auto Care
 Sandee Ferguson
 Filet & Vine
 Fine Line Engravers
 Anita Fleming
 Flowers Pest Control
 Francescas @ Zelda Place
 Franklin Resources Group
 Fronduti’s
 Future Lady Super Fitness
 Gallery of Home Magazine
 Joel Gill
 Monica Glover
 Gold’s Gym
 Grace Photography
 Anne Graham
 Emily Graham
 Granville Home Furnishings
 Ronda Guy
 Ron Hadden
 Harold’s Fine Jewelry
 Cissy Harper
 Dr. David Harwood
 Henig Furs and Leathers, Inc.
 Rick Hendrick
 Henry Hernandez
 Highstrung Beads Shoppe
 The House Restaurant
 Jon Howe
 Larry Huffstetter
 Ronald Hunt
 The Ice Palace at Eastdale Mall
 Indulgence Salon Spa
 Janet Jackson

Martha Jackson
 Jim ‘N Nicks Bar-B-Q
 JoS.A. Bank
 K & M Persian Imports, LLC
 Kim Khouri / World Wide Wellness
 Richard Khouri
 Christine Kneidinger
 Don Laird
 Karen Day Lawrence
 Lee Lawrence
 Lek’s Railroad Thai Restaurant
 Dr. Paula Lord
 LEON LOARD™ Oil Portraits
 Marqurette’s Exquisite Jewelry
 Martha’s Place
 Christy Massey
 Sherry Maynard
 Metro Fitness
 Mickleboro’s Fine Jewelers
 Mind & Body Holistic Spa
 Mix 103
 Moe’s Southwest Grill
 Montgomery Biscuits
 Montgomery Cardiovascular Fitness Center
 Montgomery Museum of Fine Art
 Montgomery Zoo and Mann Wildlife Museum
 Nail Paradise
 Dr. Leigh Anne Nevins
 Sandy Nichel
 Oasis Massage and Bodyworks, Inc. / Dr. Michael Hudgins
 Old Cloverdale Antiques
 Online Commerce Group, LLC
 Rebecca O’Rear
 Judge Will O’Rear
 Outback Steak House
 Carol Overby
 Ox Yoke
 Bill and Barbara Parker
 The Party Palace
 Patty Cakes
 Peppertree Steak n’ Wine
 Eve Perry
 Mickey Perry
 Zac Perry, Jr.
 Perry’s Appraisals
 Marie Peterson
 Prescription Eyewear, Inc.
 Ms. Douglass Porter
 Rave Theatre
 Ray Boone Jeweler

Red Lobster
 Renaissance Montgomery Hotel and Spa
 Mr. and Mrs. Glen Reynolds
 Suzann Rich
 Richardson’s Pharmacy
 Bob Roberts
 Linda Roberts
 Rock Bottom Am. Pub
 Charlene Roberson
 Rosemont Garden’s
 Sac’s Gallery
 Dr. Bruce Sansom
 Scott’s Street Deli & Sandwich Shop
 Keith Sellers
 Jennifer Seymour
 Shasy’s
 Julie Shashy
 Paul Shashy
 The Shoppe on Mitchell
 Signature Financial Solutions
 Signature Furniture Gallery
 Silver Spoon Caterers
 Sinclair’s Restaurant
 Snooty Miss Moody’s
 Sommer’s Place
 Southern Homes and Gardens
 Special Treasures
 Sports Clip
 State Market Café
 Stella Stewart
 Stonehenge Picture Frame Gallery
 Tang’s
 Attorney and Mrs. Robert Simms Thompson
 Nichole Thompson
 Tri – County Homes
 Troy Upholstery
 Tucker Pecan Company
 Yulanda Tyre
 Unicorn Shop Antiques
 University of Alabama
 Van Leez Salon
 VIP Nails
 Dr. Kay Warefield
 Wet Pets
 Chuck Whitehead
 Kathy Williams
 David and Donna Woods
 Jennilee Yates



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.*

Memberships

NEW MEMBER

INDIVIDUAL

Yulanda Tyre

RENEWALS

INDIVIDUAL

Teri Aronov

Charlotte English

Ron Hadden

Elizabeth Kimbro

Clifton Lovejoy

Edna Madison

Mark Marcus

Sandy Revens

Betty Rhodes

Charlene Roberson

Walter Rushton

FAMILY

Mr. and Mrs. Clyde Bear

Mr. and Mrs. Charles Beverly

Mr. and Mrs. Richard Heinzman

Mr. and Mrs. John Kirkpatrick

Mr. and Mrs. Wesley Newton

Judge and Mrs. Will O’Rear

Mr. and Mrs. Zac Perry, Jr.

SPONSOR

Dr. John Buettner

Dr. and Mrs. C. McGavock Porter

Major and Mrs. Merle Wright

PATRON

Mr. and Mrs. Leon Capouano

Mr. and Mrs. Darold Dunlavy

Margaret Sowell

Mrs. John A. Thompson



1116 South Hull Street
Montgomery, AL 36104

NON-PROFIT ORG
US POSTAGE
PAID
Montgomery, AL
Permit No. 142

A UNITED WAY AGENCY

Return Service Requested

THE BELLRINGER NEWSLETTER

A PUBLICATION OF MENTAL HEALTH AMERICA IN MONTGOMERY

1116 South Hull Street, Montgomery, Alabama 36104

Phone 334-262-5500

Subscription to The Bellringer is available through membership in Mental Health America in Montgomery.

DUES STRUCTURE

PERSONAL

Individual..... \$25
Family..... \$35
Sponsor..... \$50
Sustaining..... \$75
Patron..... \$150 or more

BUSINESS

Sponsor..... \$150 or more
Sustaining..... \$250
Patron..... \$500

*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*

Name _____

Address _____

City _____ State _____ Zip _____

HomePhone(_____) _____ BusinessPhone(_____) _____

Email Address _____

*Make your payments payable to: Mental Health America in Montgomery
1116 South Hull Street • Montgomery AL • 36104 • (334)262.5500*