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Outreach Services Coordinator
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“Heroes in the Fight” Awards

Commissioner John Houston, Governor Bob Riley, and MHA in Montgomery Executive Director, Wanda Laird, congratulate the “Heroes in the Fight” recipients.



Left to Right: Sharlene McDaniel, Rev. Robert Gullede, II, Tawanna Morton, Dr. David Harwood, Judge Tracey McCooey, Jimmy Smothers, James Jones, Janet Jackson, and Mike Autrey.

“Heroes in the Fight” is a recognition partnership program established and sponsored in part by Eli Lilly and Company. The program is also sponsored by NAMI and Mental Health America. It is designed to acknowledge and celebrate the heroes who help consumers and their families fight against severe and persistent mental illness in the local and statewide communities every day.



Judge Tracey McCooey receives “Heroes in the Fight” award from MHA in Montgomery President Ed Kendall.

Individuals who best exemplify ongoing care and dedication to this effort for 2007 were selected through a nomination process that relied on input from partners and leaders.

When we were asked to serve as the first lead organization to implement this program in Alabama, we partnered with the following organizations: MHA of Central Alabama, MHA of Etowah County, MHA in Madison County, MHA in Morgan County, MHA in Southwest Alabama, MHA of West Alabama, AL Department of Mental Health/Mental Retardation, and NAMI Alabama. The awards, which were in various categories, were presented by **President Ed Kendall** during a luncheon at the Capital City Club. The recipients were later invited to the Capitol to meet with **Governor Bob Riley** and **Commissioner John**

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A Note from the President . . .

Many, many thanks to **Jim Lane!** The Lane Corporate Group continues to serve as the Corporate Partner of our fundraisers. In May we celebrated the 25th Annual Golf Tournament with over 100 participants. We raised over \$16,000! In July we held the first Crystal Bell Gala and Auction and raised over \$22,000. Both fundraising events, which were held at Wynlakes Golf & Country Club, would not have been possible without Mr. Lane's support. We are also very grateful to the many other sponsors and donors of these events. Please review the list for each event in this issue.

Neither of these events would have been possible without the volunteers (also listed in this issue) who dedicated many hours to the success of these fundraising efforts. Thank you to everyone! We hope that you will assist us again next year as we plan to keep the two events separate and we plan to have them around the same timeframe (golf tournament in May and the auction in July).

We are coming to the close of another fiscal year. Our **Annual Meeting** will be held on **October 30** at the Capital City Club, beginning at 6:30 pm. We are happy to report that several new Board members will be inducted. Also, **Judge Tracey McCooley** will speak about mental illness in the criminal justice system (which will include the mental health court). This is something that all of us at Mental Health America in Montgomery are interested in learning more about as we continue to promote "bringing wellness home."

"Bringing wellness home" is evident in our Friendship Club as one member recently moved into her own home. **Paula Collins**, our Outreach Services Coordinator and **Angie Cromer**, our Open Door Club Coordinator are doing a remarkable job in meeting the needs of many consumers on a daily basis. Thank you for everything you are doing to make life better for each of our club members.

Ed Kendall
President



Jim Lane (second from left) thanked everyone for their participation in the golf tournament including (left to right) Bubba Walker, Ronnie Ward, and Britt Booth.

Golf and Auction Volunteers

Several of the volunteers listed below worked, along with our Board members and staff, on both events. Thank you to each of you for your time and dedication toward the success of our fundraising efforts.

Leah Barnett	Cathy Grassiano	Mandy Overby
Robert Broach	Jim Grassiano	Mickey Perry
Charlie Brown	Mary Green	Yolanda Poole
Gloria Burton	Henry Hernandez	Suzanne Rich
Terri Butler	Connie Hicks	Carol Rylee
Pat Cobb	Larry Huffstetter	John Rylee
Bill Cobb	Jon Howe	Sheila Scott
Mike Collins	Kim Khouri	Verdell Smith
Cendy Cooper	Christine Kneidinger	Debbie Sawyer
Amy Craig	Don Laird	Wanda Stewart
Steve Ellis	Janie Lamar	Wayne Thorn
Brian Felder	Elva Lovell	Jeff Trotman
Sandee Ferguson	Ron Lovell	Libby Walraven
Anita Fleming	Dan O'Connor	Terry Willis
John Gaggard	Grace O'Connor	Eloise Winfield
Susan Gill	Sara Overby	Heather Waters

25th Annual Golf Tournament Sponsors and Donors:

The Lane Corporate Group	First United Methodist Church
Victory Chrysler Jeep Dodge-Prattville	Franklin Resource Group
Crosby Electric Company	David Jones
United Teacher Associates Insurance Company	Bill Cunningham
Pepsi Cola	KW Plumbing
Miller Lite	Randy Rushton
Henig Furs and Leathers	Jimmy Poole
Baptist Health	Joel Gill
Alabama Power Company	Ed Mehollin
Sterling Bank	Sarah Vandervoort
Harold's Fine Jewelry	Marvin Lee
Just Golf	Jan Boyd
ABC32-WNCF-TV	Terry Wilson
Signs To Go	Aflac
Ed Kendall	The Money Store
International Crating & Assembly	MAX Federal Credit Union
Frazer Lanier Company	Compass Bank
Sterne Agee	Jackson Hospital
	Eli Lilly
	Regions Mortgage
	Laurel Oaks

Auction Sponsors and Donors

2940 Salon Spa
 A Mini Flex
 Adam Taunton
 Alabama Shakespeare Festival
 Alabama World Travel
 All About Weddings
 All-4-Pets
 Applebee's (Taylor Road)
 Apropos Accessories
 Auburn University Athletic Dept.
 Bama Lanes
 Bandana's
 Barb's On Mulberry
 Barry Lynch Jewelers
 Baynes European Day Spa
 Bear Lumber Company, Inc.
 Beau Rivage
 Beckett Antiques
 Blanche & Boyd Whigham
 Body Serene Nails & Day Spa
 Brunos (Bell Road)
 Buckmasters
 C. Nichole, Inc.
 Candle Cabin
 Capital City Club
 Capital Film Works
 Capri Theatre
 Williams Carlisle
 Carr, Riggs, & Ingram
 Carrabba's Italian Grill
 Chanteshon's Fashions
 Chantilly Boutique
 Chappy's Deli
 Charlie's Trophies
 Charlotte Gaston Interiors
 Christine's Feathered Nest
 Cloverdale Oriental Rug Market
 Colonial Silver Shop
 Coosa River Adventures
 Cottage Collection Antiques
 and Accessories
 Country's Barbeque
 Tom Crews
 Crockmier's
 Curtis Educational
 Equipment and Supplies
 Curves (Bell Road)
 Dabbo's Restaurant
 Dean's Jewelers
 Decorating by "Stages"
 and Lynna Meadows
 Distinctive Scrap Books
 Doug's 2 Salon and Spa
 Down the Street Café
 Dr. Camille Phillips, DDS



Ed Kendall, President, Commissioner John Houston, and Jim Lane, Vice President, congratulate Auction Chairman, Zac Perry, Jr. on a job well done.



Mayor Bobby Bright and Tom Morris check out some of the silent auction items.

Peppertree Steak & Wine
 Perry's Appraisals
 Zac Perry, Jr.
 Pickwick Antiques, Inc.
 Poundstone Florist and
 Garden Center
 Randall's Salon & Gifts of
 Montgomery at Somerset
 Ray Boone Jewelers
 Red Lobster
 Robert Simms Thompson
 Rosemont Garden's
 Rush Wines
 Sac's Gallery
 Sarah's Gifts and Collectibles
 Scott Street Deli
 Shirley Esco Fine Art
 Signature Furniture
 Silver Spoon Caterers
 Sinclair's Restaurant
 Snooty Miss Moody's
 Sommer's Place
 Sophia's Bar-B-Q Pit
 Special Treasures, LLC.
 State Market Cafe
 Stonehenge Picture Frame
 Gallery
 Talbot's on Zelda Road
 Taoist Tai Chai Society
 Terri Hornsby/Phoenix Salon
 and Spa
 Texas Roadhouse Restaurant
 The Davis Theatre for the
 Performing Arts
 The Garden's Café
 The Golden Shears
 The Ice Palace
 The Lily Pad
 The Magic Palace and Bakery
 The Paper Store
 Trade 'N Books
 Treasure Chest Antiques
 U Name It Embroidery, Inc.
 Unicorn Shop Antiques
 Uniformacy
 Universe Gymnastics
 University of Alabama
 Athletic Dept.
 USYKA (United States
 Youshukai Karate
 Association)
 Ware Jewelers
 Wild Birds Unlimited
 World Market
 Your Delight Catering

Dr. David Harwood
 Dr. Steve Phelan
 Dynamite Magic & Balloons
 Dreamland Bar-B-Que
 Ed's Frame Gallery
 Elegance Outdoors
 Embassy Suites Hotel
 in Montgomery
 Emily Dearman Antiques
 Emily Graham
 Filet & Vine
 Fine Line Engravers
 Flea Market Montgomery
 Flowers Pest Control
 Fox & Hound English Pub & Grill
 Frances Edward's Antiques
 Fresh Market
 Fronduti's Hair Style Salon
 Future Lady Fitness
 Gallery East Fine Art
 Gallery One
 Garrett's Restaurant
 Gifts of Love Baskets
 GiGi's NY Kitchen
 Joel Gill
 Grace Photography
 Cathy Grassiano
 Harold's Fine Jewelry
 Headhunter's Style Salon
 Henig Furs and Leathers
 Jan Boyd/Residential Mortgage
 Jane Thompson's Images
 Jim "N Nicks Bar-B-Q
 Casey Kendall
 Ed and Allyson Kendall

Kim Khouri
 Klein & Son Jewelers, Inc.
 Kyser Furniture
 La Jolla Restaurant
 Don Laird
 Lee Ann's Interiors
 Lek's Railroad Thai Restaurant
 Myra Lewiski
 Lighting Fair
 Lisa Nail's
 Longhorn Steakhouse
 Louisa's Bakery
 Lt. Col. Glen Spencer USAF
 (Retired)
 Marguerite's Exquisite Jewelry
 Martha's Place
 Walter E. McGrowan
 Melissa McBrayer
 Metro Fitness
 Mickleboro's of Montgomery
 Mind & Body Holistic Spa
 Montgomery Biscuits
 Montgomery Museum
 of Fine Art
 Nails by Linda & Massage
 Therapy
 Nancy Patterson's Bistro
 & Catering
 National Property Inspection
 Native American Treasures
 Oak Tree Foods
 Old Cloverdale Antiques
 OMO Fran's Hair
 Ox Yoke Restaurant
 Patty-Cakes

Consumer News...

Per **Paula Collins**, our Outreach Services Coordinator, the **Friendship Club** and **Open Door Club** continue to grow! We are so grateful to be able to provide this warm and hospitable environment for them to come together for support.



Rose and Marie Peterson are happy to be in their own house.

We have had some very exciting events happen for some of our consumers recently. One of our consumers, **Marie Peterson**, was able to purchase and move into her OWN home along with her daughter, **Rose Peterson**. There are no words to express how excited and grateful they are. It has been a life long dream for Marie to have her own home and we are so blessed to have been able to assist her in achieving this goal. We are also grateful to the volunteers and professionals who assisted in making this dream a reality. **Jimmy Harris** from Century 21 went above and beyond the call of duty to assist us in making the process easier for Marie. **Sandee Ferguson** and **Jeri Robinson** helped with painting the inside of the house. Consumers and volunteers alike helped with the actual move and we would like to thank them as well: **Mike Collins**, **Willie Jackson**, **Wilbert Wimbush**, **Carol** and **John Riley**, and **Mary Phelps**. Sandee Ferguson and Mike Collins also spent a Saturday with Marie cleaning out the brush and doing some landscaping in her backyard. **Cathy Grassiano** assisted with a wonderful housewarming party in August that was held at our facility. Volunteers, consumers, members from Celebrate Recovery, staff, and board members were on hand to congratulate Marie and Rose. We know they will enjoy their new home for many years to come!

Also in August, the Friendship Club members attended the reception for the **Capitol Showcase–Consumer Art Exhibit**. Thirteen of our club members had artwork on display. We have been blessed to have a wonderful art teacher, **Elizabeth Perry**. She has volunteered her time and energy on a weekly basis to teach our consumers. They have learned a lot and always look forward to her visits. Furthermore, one member of the group, **Isaac Brown**, had a wonderful piece of art that was placed in the live auction of our recent Crystal Bell Gala and Auction. Thank you Isaac!

We have added a speakers' session to our monthly Friendship Club schedule. Many thanks go to the presenters we have had thus far: **Ray Caudill**, a retired counselor who now works with the St. James United Methodist Church did a wonderful presentation on balanced living; **Leslie Knox** (from the Wellness Coalition) did a presentation on Exercise and Improving Health and brought pedometers and exercise bands for everyone; and, **Judy Johnson** who spoke on 'Words that Work and Words to Avoid' which was well received.

The Open Door Club, which meets every Tuesday night has also been very active. Under the direction and leadership of **Angie Cromer**, they have enjoyed a Hawaiian Luau, going out for dinner, having a movie and popcorn night, and a cookout!

We are also continuing to provide food through our food pantry to 17 of our consumers, who qualify, on a monthly basis. They have repeatedly expressed their gratitude and appreciation for this assistance.



Ethelene Marshall enjoyed participating in the Capitol Showcase–Consumer Art Exhibit.



Pam Robinson with her painting at the Capitol Showcase–Consumer Art Exhibit.

Roundtable Discussion Series

The September 20th Roundtable Discussion Series topic will be “Adapting Care to Individuals Who Have Sensory Changes of Aging.” It will be presented by **Arlene Morris, MSN, RN**, who is an Assistant Professor at Auburn University School of Nursing. Ms. Morris has both taught and researched this subject matter. Please join us at noon, September 20.

Below is the schedule for the next series of topics. Please join us at noon on the following dates at 1116 South Hull Street. Feel free to bring your lunch.

- Oct. 25 Child Obesity
- Dec. 6 Pre-morbid Predictors of Psychiatric Illness and the Early Symptoms of Schizophrenia
- Jan. 31 Helping Children Grieve
- Feb. 28 Autism
- March 27 Mental Health Court
- April 24 Teen Abuse
- May 22 Healing from Childhood Sexual Abuse
- June 26 Community Resources
- July 24 Adolescent Substance Abuse
- Aug. 28 Human Animal Bonding
- Sept. 25 Future of Mental Health

NOTE: Request for professional approval for continuing education credit is pending as of the printing of this newsletter. Approval request is in process for the following disciplines: counselors, nurses, social workers, and nursing home administrators.

Please call 262.5500 for updates.

National Depression Screening Day!

“Stop a Suicide Today” is the theme for this year’s **National Depression Screening Day**, which is scheduled for **October 11**. The focus of the program is to educate the public about the warning signs of suicide and how to effectively respond to someone who may be at risk. Please join us in the Fellowship Hall of the **Dalraida United Methodist Church** from **6:00 pm – 8:00 pm** as volunteers hand out literature and screen for depression.

Operation Santa Claus!

It is time to start collecting items for **Operation Santa Claus!** We plan to provide Christmas gifts for around 700 individuals within the tri-county area who suffer from mental illness.

If you wish to adopt a consumer, a wish list will be provided. For general donations, please see the list of suggested items below and bring them to **1116 South Hull Street** between **8:30 am and 4:30 pm** weekdays.

Gift Suggestions – New and Unwrapped Items

NOTE: Clothing items are needed in sizes XL and larger.

FOR HER

Dresses
Blouses
Skirts
Sweaters, Jackets
Slacks
Slippers
Pajamas, Gowns
Dusters, Bathrobes
Slips
Panty Hose, Socks
Shoes (all sizes)
Purses

FOR HIM

Shirts
Pants
Pajamas
Slippers
Bathrobes
Shoes (all sizes)
Underwear
Handkerchiefs
Socks
Gloves
Belts
Sweaters, Jackets

FOR HIM OR HER

Deodorant
Shampoo
Hair Brushes
Combs & Picks
Hand Lotion
Bath Powder
Cologne
After Shave Lotion
Shaving Cream
Jewelry
Art & Craft Supplies
Candy, Gum, & Raisins
Inexpensive Radios
Inexpensive Watches
Postage Stamps
Billfolds

Please include with your contribution the name of the individual and/or organization to be thanked and a mailing address. Gifts should be delivered to our office **no later than the end of the first week in December.**

For more information, please call 262.5500.

MEMBERSHIP RENEWALS

INDIVIDUAL

Dr. Jim Pointer
Jennifer S. Royal
Lydia Gorraway
Rebecca Leigh White

FAMILY

John and Elaine Kirkpatrick
Mr. and Mrs. Randy Rushton
Judy and Rick Heinzman

SPONSOR

Gordon and Jody Welling
Laslie and Jan Hall
Mr. and Mrs. Zac Perry, Jr.
Teri Aronov

PATRON

Margaret M. Sowell

BUSINESS SPONSOR

Estill E. Kitchens

Please refer to the last page of this issue for our dues structure. We encourage you to join and/or renew your membership.



“Heroes in the Fight” Awards

Continued from page 1

Houston who congratulated them and thanked them, along with **Executive Director Wanda Laird**, for their dedication to mental wellness within the state. Those who were honored are shown in the photo from L to R.

Sharlene McDaniel received an Allied Healthcare Professional award. She is from Auburn and works in Opelika as a Quality Assurance and Performance Improvement Director with the East Alabama Mental Health and Mental Retardation Center.

Rev. Robert Gulledge, II received a Community Supporter award. He serves as the minister of Government Street United Methodist Church in downtown Mobile. Rev. Gulledge is an advocate for mental health consumers and has provided a place for many groups to hold meetings for many years.

Tawanna Morton received an Allied Healthcare Professional Award. She serves as a therapist in Birmingham. She is often contacted by judges and attorneys in the judicial system for advice.

Dr. David Harwood received the Psychiatrist award. He serves as a psychiatrist for the Montgomery Psychiatry & Associates in Montgomery. Dr. Harwood has been offering monthly psychiatric services to underprivileged individuals for over 13 years.

Judge Tracey McCooley received a Community Supporter award. She is currently serving as Circuit Court Judge in the 15th Judicial Circuit. She has been able to expand the current Mental Health Court at the Circuit Court level to also include a case manager for District Court and a master’s level clinician to supervise the two case managers.

Jimmy Smothers received the Media Professional award. He writes for the Gadsden Times. In his newspaper column called “Scribblin,” Mr. Smothers champions the mentally ill and provides ongoing comments about the activities of Mental Health America of Etowah County.

The next three individuals received the Treatment Team award. Each of them works with the Alabama Department of Mental Health/Mental Retardation in Montgomery.

James Jones serves as an Executive Assistant.

Janet Jackson serves as an Administrative Assistant

Mike Autrey serves as the Director of Consumer Relations.

Congratulations again to each of you for a job well done!



Linda and Graham Champion of NAMI enjoy “Heroes in the Fight” Awards Luncheon.

Mental Health America Parity Fact Sheet

AMERICA'S MENTAL HEALTH

- More than two-thirds of adults and half of children living with a mental disorder, such as depression, bipolar or anxiety disorder, do not receive the treatment and services they need.
- Over 32,000 people die from suicide each year. 90 percent are attributable to an untreated or under-treated mental or substance abuse disorder, particularly depression.
- Mental and substance abuse disorders are highly treatable – especially when detected and treated early. In fact, treatments for depression, such as antidepressants and talk therapy, are successful over 80 percent of the time – more than treatments for many other medical conditions.

COST OF UNTREATED DEPRESSION IN THE WORKPLACE AND SOCIETY AS A WHOLE

- Mental illnesses cause more days of work loss and work impairment than many other chronic conditions, such as diabetes, asthma and arthritis.
- Approximately 217 million days of work are lost annually due to productivity decline related to mental and substance abuse disorders, costing U.S. employers \$17 billion each year.
- The indirect workplace costs associated with mental disorders – employee turnover, lost productivity, absenteeism and disability – commonly meet or exceed direct treatment costs, and have been estimated to be as high as \$105 billion annually.
- The burden on society as a whole – including lost productivity, crime and welfare – amounts to an estimated \$113 billion annually.
- People with mental and substance abuse disorders are at an increased risk for homelessness. In fact, 20-25 percent of homeless single adults have lifetime histories of serious mental illness, half have histories of alcohol abuse or dependence and about one-third have histories of drug abuse or dependence.
- As a result of the many barriers to receiving appropriate treatment, thousands of children and adults with mental and substance abuse disorders end up in the U.S. justice system, which has become America's de facto mental health system. Over half of all prison and jail inmates have a recent history or symptoms of a mental health problem. Seventy percent of youth in the juvenile justice system have mental health problems.
- Untreated parental mental or substance abuse disorders can negatively impact family life and impair children's development and emotional well-being. Children whose parents have a mental or substance abuse disorder are at risk of developing social, emotional and/or behavioral problems and may be at increased risk for problems at school, drug use and poor social relationships.

THE CASE FOR FEDERAL EQUITY

- 20 percent of Americans will, at some point in their lives, develop depression or a related mood disorder. Without the protection of parity, we are all at risk of bearing most of the cost of needed mental health care.
- 38 states have enacted equity laws to fill the absence of federal legislation, though most fall short. Strong federal equity legislation would level the playing field and ensure that all American workers and their families have access to the care they deserve.



Wanda Laird discussed the Paul Wellstone Mental Health Parity Act of 2007 with Representative Patrick Kennedy during the Mental Health America Annual Meeting in Washington D.C.

“MENTAL HEALTH AMERICA ATTITUDINAL SURVEY” EQUITY FINDINGS

- Nearly all Americans (96%) think health insurance should include coverage of mental health care. Only two percent said health insurance should not cover it.
- 89% assert that insurance plans should cover mental health treatments at the same level as treatments for general health problems. Only eight percent feel they should not cover them equally.
- A large majority (74%) believe that insurance plans should cover substance abuse treatments at the same levels as treatments for general health issues. 23% feel that they should not be covered equitably.
- The public demand for mental health equity is bipartisan – 83% of Republicans and 92% of Democrats want equitable health insurance.
- Employees and employers alike (89% respectively) want health insurance coverage for mental health treatments to be equitable to general health treatments.

COSTS OF IMPLEMENTING PARITY

- According to the National Business Group on Health, a non-profit organization comprising over half of the Fortune 100 companies, a number of studies have found that equalizing specialty behavioral health and general medical benefits will either not increase total expenses at all or will increase them by only a very modest amount of total premium.
- A 2006 study released in the New England Journal of Medicine, which looked at parity in the Federal Employee Health Benefits program, found that total costs did not increase at all compared to non-parity plans. The only increase following parity was a shift from patient out of pocket costs to plan costs, indicating that they were better insured. The result in premium would be about 1/2 percentage point.

For references, please visit the Mental Health America website at: www.mentalhealthamerica.net.

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

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“We... are bringing wellness home.”*

I would like to join Mental Health America in Montgomery

I would like to renew my membership

Name _____

Address _____

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