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Executive Directors
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Outreach Services Coordinator
Gloria Moore,
Assistant to Executive Director
Angie Cromer,
Open Door Director

Crystal Bell Gala and Auction Volunteers

It takes many volunteers to have a successful auction. Mental Health America in Montgomery Board members and staff are very grateful to those who assisted in helping to make this year's *Crystal Bell Gala and Auction* a big success. Below is a photo of the majority of those who assisted the night of the auction.



Seated L to R: Brittany Wiggins, Sandee Ferguson, Wanda Laird, Anita Fleming, and Kim Khouri. Second Row L to R: Karen Day (Auction Co-Chairperson), Staci Maynard, Judy Johnson, Libby Walraven, Carolyn Bryan, Pat Cobb, Jeri Ellakany, Gloria Moore, and Jennifer Hartley. Third Row L to R: Charlie Brown, Kristen Sherer, Jonathan Newell, Linda Roberts, Bob Roberts, Sherry Maynard, Dan Bailey, Kyle Wiggins, Suzann Rich, Hillary Floyd, Riley Cobb, Robert Hermes, Shelia Scott, and Don Laird.

Volunteers, including Board members, not shown in this photo are: Stuart Bear, Shirley Carlisle, Barbara DeMichaels, Joel Gill, Ronda Guy, Ron Hadden, Jon Howe, Larry Huffstetter, Mandy Kelley, Christine Kneidinger, Ruth Mocerri, Judge Will O'Rear, Rebecca O'Rear, Mickey Perry, Zac Perry, Nichole Thompson (Auction Co-Chairperson), and Dr. Yulanda Tyre.

Inside this issue of The Bellringer . . .

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- A Note from the President
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- Roundtable Discussion Series

A Note from the President...

Jon Howe did a fantastic job of chairing our 28th Annual Golf Tournament! He worked diligently in securing sponsors and recruiting golfers for the oldest golf tournament in the tri-county area. **Jim Lane, CEO and Owner of the Lane Corporate Group** was our corporate partner for the fourteenth year in a row. A list of the sponsors can be viewed on page 3. Thanks to all of them, we raised over \$21,000! Please reserve the date of April 29, 2011 on your calendar for our 29th Annual Golf Tournament.

Our *Crystal Bell Gala and Auction* was a big success netting over \$18,000! Through much planning and coordination by **Co-Chairpersons Karen Day and Nichole Thompson**, we were fortunate to solicit the help and support of over 180 volunteers, donors, and sponsors. Please view the list of all of them on page 5. We are grateful to **Jim Lane** for serving as our corporate partner for the fourth consecutive year. Our corporate sponsors were: **Crosby Electric, Baptist Health, an anonymous foundation, and Zac and Mickey Perry.** **Susan Woody of Q96.1** did a wonderful job in keeping the momentum going as she emceed the silent auction. Everyone enjoyed bidding as they listened to music by the **Rosewood String Quartet** consisting of **Clair Weil, Greta Champlin, Dawn Heese, and Allan Tirtle.** **Wayne Thorn**, who served as the auctioneer for the live auction, captured the attention of the audience as he asked for donations from the floor, in addition to the live bidding process, to help raise funds for our education, advocacy, and psychological rehabilitation programs. **Karen Day** has agreed to serve as the Chairperson for the 2011 *Crystal Bell Gala and Auction* and has set a date of July 16.

Thanks to *Operation Santa Claus* Board Co-Chairpersons, **Ruth Mocerri** and **Stuart Bear**, we are already working on our 2010 gift-giving project. **Judge Lynn Bright** and **Judge Reese McKinney** will serve as honorary co-chairpersons and we plan to provide gifts for over 600 (pre-determined) individuals served within the River Region. Please refer to the letter from Ruth and Stuart and remember that individuals may also be adopted by calling our office at 262-5500.

We are also looking forward to the 2010-2011 fiscal year regarding our educational program. Our professional advisory committee has coordinated the speakers and topics for the monthly **Roundtable Discussion Series.** Those serving on this committee, chaired by **Judy Johnson**, are: **Dr. Cynthia Bisbee, David Cannon, Nancy Frazier, Rebecca Harrison, Joyce Simmons, Dr. Yulanda Tyre, and Helen Wilson.** Please refer to the 2010 - 2011 Roundtable schedule and remember that the sessions are free and CE credits are issued through the Alabama Department of Mental Health. The Roundtable guest speaker for September 23 is **Miriam Gaines, MACT, RD, LD** and she will speak on the topic of "Childhood Obesity: The XXL Generation." We hope you can join us!

Although work has begun on our programs and fundraisers for next year, we are looking forward to celebrating the successes of 2009 - 2010 at our **58th Annual Meeting.** You will not only be able to hear **Martha Hawkins** speak, you will be able to meet our new Board members: **Amy Hinton, Tom Morris, Jane Nichols, and Donald Osborne.** We welcome them and look forward to working with them.

Our new staff members will also be introduced at the Annual Meeting. **Brittany Wiggins** has been working as our Outreach Services Coordinator for the last several months. **Gloria Moore** joined us in June as the Assistant to the Executive Director. **Jennifer Hartley** joined us in July to replace **Wanda Laird**, as the Executive Director. Jennifer has been working with Wanda, who is retiring in October after working with MHA in Montgomery for almost five years. We appreciate Wanda and the many successes that we have experienced under her leadership and we wish Jennifer the very best in working through the challenges of the future. We are so fortunate to have such a wonderful, dedicated staff. We look forward to continuing our motto of "*bringing wellness home.*"

Judge Will O'Rear
President



Wanda Laird welcomes Jennifer Hartley to MHA in Montgomery

MHA in Montgomery staff: Brittany Wiggins, Outreach Services Coordinator, Angie Cromer, Open Door Club Coordinator, and Gloria Moore, Assistant to the Executive Director.



Join us for Mental Health America in Montgomery's 58th Annual Meeting with guest speaker Martha Hawkins!



Martha Hawkins will be the guest speaker at the 58th Annual Meeting!

As we celebrate our 58th Annual Meeting, we look forward to hearing **Martha Hawkins** talk about her life and book called, "*Finding Martha's Place: My Journey Through Sin, Salvation, and Lots of Soul Food.*" Martha's life is a testament to her faith and dreams, love and hope. Born the tenth of twelve children in

Montgomery, Martha overcame poverty and episodes of deep depression to become a successful restaurateur and inspirational speaker. In addition to her book, she has been featured in several publications such as: *Southern Living, New York Times, Oprah Magazine, Essence Magazine, and Guidepost.*

Martha served as a Board member of Mental Health America in Montgomery for several years and is currently serving on the Board of Trustees. Please join us on September 30 at the Capital City Club at 6:00 pm for social hour/registration and 6:30 pm for dinner/program. The fee is \$20.00 per person. Seating is limited so please call **262-5500**, as soon as possible, for reservations.



Martha will be happy to autograph her book: "*Finding Martha's Place.*"

Mental Health America in Montgomery 28th Annual Golf Tournament

*Special thanks to Chairperson Jon Howe
and the following...*

Corporate Tournament Partner

Jim Lane, The Lane Corporate Group

First Hole In One Prizes

The Center for Physical Medicine and Pain Management
Henig Furs & Leathers, Inc.

Luncheon Sponsors

Crosby Electric Company, Inc. and MedAmerica Insurance Company

Check-In Sponsor

VictoryLand

Golf Cart Sponsor

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Driving Range Sponsor

MedAmerica Insurance Company

Corporate Patrons

Healthscan Imaging, LLC. and Wayne Thorn

Beverage Sponsors

Miller Lite and Pepsi Cola

Gold Medal Sponsors

ABS Business Systems, Baptist Health,
Robert Barrett Roofing and Remodeling,
First United Methodist Church, Holtsford Gilliland Higgins & Hitson, PC,
Palomar Insurance, and The Securance Group

Silver Medal Sponsors

Judy Johnson, Montgomery Coca Cola Bottling Co., and Sterling Bank

Special Prize Sponsors

Harold's Fine Jewelry (Longest Drive Sponsor for Men & Women)
Dreamland, and Wynlakes Golf & Country Club (Closest to the Pin
Sponsors)

Hole and Individual Sponsors

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Brian Harrison, Jewel Bank Jewelry, John Lovett,
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Northeast Pharmaceuticals, Rheem Water Heating,
River Bank & Trust, Lee Story, Adam Taunton,
and We Finance Auto Sales

Sign Sponsor

Signs To Go

Ditty Bag Sponsors

AstraZeneca Pharmaceuticals, AUM Counseling Center, Baptist Health,
Cumberland Hospital, Gold's Gym, Jewel Bank Jewelry,
MAX Federal Credit Union, Metlife, Office Depot, Peoples Savings,
Employee Benefit Solutions, and State Farm Insurance

Volunteers

We are proud to share that for the past several years we had three generations of volunteers working on our golf tournament. **Carol Overby**, Secretary of the Board, coordinates volunteers to drive the refreshment golf carts. She has been fortunate in recruiting her mother, **Dale Owen** and her daughter, **Christine Kneidinger** to assist with this task. The following Board members and volunteers assisted with various tasks from promotions to registration as well as serving as hole spotters: Board members **Ronda Guy**, **Henry Hernandez**, and **Judy Johnson**, and volunteers **Don Laird** and **Carol Rylee**. All of these individuals did a fantastic job of helping **Jon Howe** to raise over \$21,000!



Jon Howe thanks Jim Lane for serving as the Cooperate Partner of the 28th Annual Golf Tournament.



Board President, Judge Will O'Rear is training his daughter to be a future volunteer.



Carol Overby coordinates refreshments and volunteers.

Congratulations to the Winners!

Low Gross: Charles Jinright – Bo Jinright – Keith Karst – Jim Ridling
(The Securance Group)

3rd Place Net: Scott McCall – Jeff Windham – Brian Harrison – Steve Adams

2nd Place Net: Kenneth Crosby – Harvey Crosby – Doyal Pugh – James McCay (Crosby Electric)

1st Place Net: Tom Morris – Jeff Davis – Charles Savage – Mark Chambliss (ABS Business Systems)

Closest to Pin:

Hole #4 – John Lovett
Hole #7 – Brian Harrison
Hole #11 – Robbie Spaeth
Hole #17 – Brian Welch

Longest Drive Men – Lyn Allen
Longest Drive Women – Tracey McCooley



Please consider **ADOPTING** an adult client who is cared for by one of Alabama's Community Mental Health Centers or State Mental Health Hospitals. (Adoption cards are available for as many individuals as you wish to adopt.)

We will also accept **monetary donations** and/or suitable **NEW & UNWRAPPED** gifts to help fill our wish lists. (Please refer to the suggested list of items on the back.)

Sponsored by:
Mental Health America
in Montgomery
1116 South Hull Street
Montgomery, AL 36104
(334) 262-5500



Gift Suggestions New & Unwrapped Items *NOTE: CLOTHING ITEMS ARE NEEDED IN SIZES XL AND UP.*

<i>For Him</i>	<i>For Her</i>
Shirts	Blouses
Pants	Sweaters, Jackets
Pajamas	Pajamas, Gowns
Bathrobes	Bathrobes
Underwear	Socks
Handkerchiefs	Purses
Socks	Gloves
Gloves	Sweatsuits
Belts	
Sweaters, Jackets	
Sweatsuits	

<i>For Him or Her</i>	
Deodorant	Shaving Cream
Shampoo	Jewelry
Hair Brushes	Arts & Crafts
Combs, Afro Picks	Inexpensive Radios
Hand Lotion	Inexpensive Watches
Bath Powder	Postage Stamps
Cologne	Billfolds
After Shave Lotion	

We want to thank you.
Please include with your contribution the name of the individual and/or organization to be thanked and a mailing address. Gifts should be delivered between 8:00 a.m. - 4:30 p.m. Monday-Thursday and 8:30 a.m. - 12:30 p.m. on Friday to our office address shown below no later than the first of December.

Mental Health America
in Montgomery
1116 South Hull Street
Montgomery, AL 36104
(334) 262-5500

All Capital "Bell" Campaign Donors

Debra Morris
Herbert Maloney
Molly Brooms
Shirley Cuttrel

Open Door Bell
Mr. and Mrs. Ashley Aaron
Ruben and Jane Nichols
Charlene Roberson
Ernestine Taylor

Friendship Bell
Mr. and Mrs. Leon Capouano
Charlie Colvin

Hope Bell
Judy Johnson

Wellness Bell
Henry Hernandez and Dr. Rachele Janush
Representative Cam Ward

Bronze Bell
Henry Harper

*We hope that you will join us in our
Capital "Bell" Campaign efforts to
raise funds to move to another facility
in order to serve more individuals.
Please refer to the levels of giving on
the back cover of this issue.*

Membership

NEW MEMBER

Individual
Ron Hunt

RENEWALS

Individual
Shirley Carlisle
Nancy Frazier
Lydia Garraway
Elaine Kirkpatrick
Chester Mallory
Hebert Maloney
Melanie Morrow
Joyce Simmons
Dr. Donna Toole
Dr. Verna Wool

Family
Clyde and Marsha Bear
Mr. and Mrs. Charles Beverly
Rick and Judy Heinzman
Ruben and Jane Nichols
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Sponsor
Teri Aronov

Patron
Henry Harper

Sustaining
Elizabeth Thompson

Crystal Bell Gala and Auction Sponsors/Donors

2940 Salon Spa
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 Boutique Couture
 Brunswick Bowling
 Buckmasters
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 Camo Country, LLC
 Candle Cabin
 Capital City Club
 Capital City Lodge / 207
 Capital Filmworks, Inc.
 Capri Theatre
 Carrabba's Italian Grill
 Chappy's Deli
 Charlotte Gaston Interiors
 CheeZies Pizza
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 Cloverdale Oriental Rug Market
 Concreatures
 Covent Garden Floral & Gifts
 Crossville Tile & Stone

Curtis Educational Equipment
 and Supplies
 Curves
 Davis Theatre for
 the Performing Arts
 Karen Day
 Dean's Jewelers
 The Depot
 Distinctive Fabrics and Design
 Down the Street Café
 Doug's 2 Salon-Spa
 Dreamland Bar-B-Que
 Dylan Rings
 Eastside Grille
 Ed's Frame Gallery
 Edwards Hair Studio
 Embassy Suites in Montgomery
 Eve's Studio
 Ezulwini Game Lodges
 Faces by Tracy
 FasTrack Car Wash
 and Auto Care
 Filet & Vine
 Fine Line Engravers
 Flowers Pest Control
 Michael and Susan Forbus
 Cal and Kim Franklin
 Fronduti's
 Betsy Fuller
 Gallery Coffee
 Gallery East Fine Art
 Gigi's Fabulous Foods
 Gold's Gym
 Grace Photography
 Emily Graham
 Harold's Fine Jewelry
 Dr. David Harwood
 Henig Furs and Leathers, Inc.
 Highstrung Beads Shoppe
 Winifred Hillis
 Amy Hinton



Judge Will O'Rear, Nichole Thompson, and Karen Day thank Corporate Partner, Jim Lane and Judge Reese McKinney for their support.

It's a Gift
 Jalapenos
 Jim 'N Nicks Bar-B-Q
 Jos. A. Bank Clothiers
 K & M Persian Imports, LLC
 Suellen Unzicker-Kelley
 Janice Lane
 Las Salsas Mexican Cuisine
 Leon Loard™
 Walter E. McGowan
 Marqurette's Exquisite Jewelry
 Martha's Place
 MAX Credit Union
 Maya's Belly Dancing Studio
 MetroFitness
 Mickleboro's Fine Jewelers
 Mind & Body Holistic Spa
 Montgomery Biscuits
 Montgomery Colon
 HydroTherapy
 Montgomery Museum of
 Fine Art
 Montgomery Zoo
 and Mann Wildlife Museum
 Nails Paradise
 Jane Nichols
 Nancy's Italian Ice
 Oasis Massage and Bodyworks,
 Inc. / Dr. Michael Hudgins
 Online Commerce Group, LLC
 Judge and Mrs. Will O'Rear
 Bill and Barbara Parker
 Henry Parker
 Patty Cakes
 Pepper Tree Steak n' Wine
 Mr. and Mrs. Zac Perry, Jr.
 Prescription Eyewear, Inc.
 Rave Theatre
 Ray Boone Jeweler

Carolyn Reames
 Red Lobster
 Renaissance Montgomery Hotel
 and Spa
 Rosemont Garden's
 Rush Wines
 Dr. Bruce Sansom
 Sac's Gallery
 Scott Street Grocery &
 Sandwich Shop
 Shasy's
 Jim and Jan Sherlock
 The Shoppes at Eastchase
 The Shoppe on Mitchell
 Silver Spoon Caterers
 Sinclair's Restaurant
 Sommer's Place
 Snooty Miss Moody's
 Sophia's European Salon
 and Spa
 Southern Homes and Gardens
 State Market Café
 Stonehenge Picture Frame
 Gallery
 Sweet Home Theaters of AL
 Tang's Alterations
 Ted the "Wine Man"
 Attorney and Mrs. Robert
 Simms Thompson
 Wayne Thorn
 Tomatino's Pizza
 John Trottmann
 Touch of Class
 Tucker Pecan and Company
 University of Alabama
 VIP Nails
 Wayne's Gardens and Gifts
 World Wide Wellness
 / Kim Khouri



Auction Co-Chairpersons, Karen Day and Nichole Thompson greet Board President, Judge Will O'Rear and his wife Rebecca as they arrive at the Crystal Bell Gala and Auction.



Kenneth and Betty Crosby, of Crosby Electric, served as a Table Sponsor for the Crystal Bell Gala and Auction.

Roundtable Discussion Series

2010 - 2011 Speakers/Topics • Thursdays 12:00 PM - 1:00 PM
1116 South Hull Street, Montgomery, Alabama 36104

OCTOBER 22, 2010

Jody Holley, L.P.C.

Forgiveness - Ms. Holley will address the concept of forgiveness, how to forgive, and the benefits of forgiveness.

DECEMBER 2, 2010

Rebecca T. Harrison, M.S., L.P.C.

Domestic Violence and Its Effect on Mental Health - Ms. Harrison will discuss the stressors associated with a domestic violence situation, the risk factors present for mental health consumers as domestic violence victims, and the barriers in seeking assistance for mental health consumers.

JANUARY 27, 2011

Charlene M. Roberson, M.Ed., RN-BC

The Homeless Population in Central Alabama - Those in attendance will learn to recognize the typical profile of a homeless individual in central Alabama. Ms. Roberson will also discuss what homeless individuals cite as their greatest needs, the availability of resources to the homeless population, and ways in which to access these resources in central Alabama.

FEBRUARY 24, 2011

Cynthia Carson Bisbee, Ph.D

Primary Care and Mental Health Care Integration - Dr. Bisbee will explain the primary care needs of persons with mental illness and explain models for integration of mental health and primary care services. She will also discuss information about the local MH-PC Integration collaboration between Montgomery Mental Health Authority and Health Services, Inc.

MARCH 31, 2011

Maury A. West, LGSW

Getting Men to the Doctor: Overcoming Psychological Hurdles - Mr. West will discuss three of the top ten causes of death in Alabama men, two perceptions men have about male mortality in Alabama, and three interventions that can extend men's lives.

APRIL 28, 2011

Crystal Gregory, B.S., M.S., C.A.

Child Sexual Abuse and Its Effect on Mental Health - Ms. Gregory will explain the laws regarding reporting of suspected child abuse and discuss the judicial process a child victim may have to encounter and techniques to help prepare the child for that experience. She will also educate those who attend in recognizing signs a child may exert if he or she is a victim of physical or sexual abuse.

MAY 26, 2011

Crowell Anthony Lisenby, Sr., CRNP

Role of the Nurse Practitioner in Mental Health - Mr. Lisenby will discuss the extent of the mental health professional shortage in the State of Alabama and describe the numbers of psychiatrists needed in Alabama and the actual number of psychiatrists practicing. He will also discuss the role of the psychiatric nurse practitioner in improving access to mental health care in Alabama.

JUNE 30, 2011

Gerry Yeoman, ACSW, PIP and Tony D. Walker, MSW, M.Ed.

Helping Clients to Have a More Satisfied Life - Ms. Yeoman and Mr. Walker will discuss what it means to live a life with satisfaction, discuss the importance of joy, resiliency and a positive approach to managing change, and discuss keys for greater job satisfaction.

JULY 28, 2011

Cynthia Carson Bisbee, Ph.D

Placement Problems in Our Community and Resources Available for Supportive Housing - Dr. Bisbee will explain some of the residential needs of persons with serious mental illness and discuss the principles of supportive housing for persons with mental illness. She will also describe the available residential resources in our community.

AUGUST 25, 2011

Caroline R. Gomez, Ph.D

Growth of Autism in America - Dr. Gomez will describe the latest research for individuals with Autism Spectrum Disorder (ASD) and recall the information about advancing the futures for individuals with ASD in Alabama. She will also explain activities directed at the implementation of the Riley Ward Alabama Autism Support Act.

SEPTEMBER 29, 2011

Paul Bisbee, Ph.D

Status of Funding, Legislation, and Services for Alabama's Mentally Ill Populations - Dr. Bisbee will describe the historical basis of mental health issues in Alabama and the lasting impact of the Wyatt v. Stickney court case on the direction of mental health treatment in Alabama. He will also state the current status of funding, legislative issues, and scope of services for Alabama's mentally ill population.

THOSE DESIRING LUNCH SHOULD PLAN ON "BROWN BAGGING" IT FOR THIS EVENT.

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

Mental Health Woes Plague 'Cyberbullies' and Their Victims

Harrassment of vulnerable teens via cell phone, Web is growing problem, experts say

By Steven Reinberg
HealthDay Reporter

TUESDAY, July 6 (HealthDay News) -- Teens who "cyberbully" others via the Internet or cell phones are more likely to suffer from both physical and psychiatric troubles, and their victims are at heightened risk, too, a Finnish study finds.

The survey of almost 2,500 teens found that more than 7 percent of teens bullied other teens online, about 5 percent were targets of this aggressive behavior, and 5.4 percent said they were both bullies and bullied.

"People may wonder how similar teens in Finland are to teens in the U.S., but national research that I recently published indicates that rates of traditional bullying and victimization from bullying are very similar among kids in both countries," said Dr. Matthew Davis, an associate professor of pediatrics, internal medicine and public policy at the University of Michigan.

In fact, a recent U.S. survey of children aged 10 to 17 found that 12 percent were "aggressive" to someone else while online, 4 percent were victims of this type of online aggression, while 3 percent reported being both aggressors and targets.

The new study appears in the July issue of *Archives of General Psychiatry*.

As defined by the researchers, cyberbullying includes aggressive, intentional, repeated acts using mobile phones, computers (including e-mails and Facebook) or other electronic media against victims who cannot easily defend themselves.

The widely publicized death in January of 15-year-old Phoebe Prince, a Massachusetts teen who took her life after months of relentless cyberbullying, swung a national spotlight on the issue. Parents have also become increasingly concerned about both bullying and their children's Internet safety, Davis said, and "for that reason, it is imperative that we track and address the problems of cyberbullying and cyberpredator behavior very actively in the near future."

In addition, the fact that about a third of teens in the United States and Finland report that they are victims of some type of bullying behavior "is a red flag that communities, schools, and families must respond more effectively to bullying, whether it occurs in person or electronically. This is an area that needs more real-world attention and action," Davis said.

For the study, a team led by Dr. Andre Sourander, from Turku University, collected data on 2,215 Finnish teens 13 to 16 years old. The teens were asked about cyberbullying and cybervictimization, as well as their overall health.

Teens who were victims of cyberbullying were more likely to come from broken homes and have emotional, concentration and behavior problems. These teens also found it harder to get along with others. In addition, they were prone to headaches, abdominal pain, sleeping problems and not feeling safe at school, the researchers found.

Cyberbullies were not without their own problems, however. Compared to teens who didn't engage in such behaviors,

they were also more prone to suffering from emotional, concentration and behavior problems. In addition, they had trouble getting along with others and often suffered from hyperactivity and conduct problems. Cyberbullies also frequently smoked or got drunk, reported headaches, and were more prone to not feeling safe at school, the study found.

Teens who were both cyberbullies and cybervictims suffered from all of these conditions, Sourander's group found.

"Of those who had been victimized, one in four reported that it had resulted in fear for their safety," the researchers wrote. The feeling of being unsafe is probably worse in cyberbullying compared with traditional bullying, they added. That's because traditional bullying typically occurs on school grounds, so victims can at least feel safe within their homes. With cyberbullying, however, victims are at risk 24 hours a day, seven days a week, the team noted.

Richard Gallagher, director of the Parenting Institute at the NYU Child Study Center in New York City, believes that schools, parents and children can all play a role in dealing with cyberbullying.

"Some schools are very concerned about this," he said. "And if they find out about it some schools are taking proactive action and there are consequences for the bully." But other schools aren't taking as active a role, Gallagher noted. "The proactive approach does seem to be helping with reducing the impact of bullying and teasing," he said. "So, I do think it is appropriate for schools to do this, but to be careful how they do it."

"In addition, most effective anti-bullying programs are ones that suggest that bystanders should be involved as well," Gallagher said. In these cases other children or parents who know someone is being bullied should report it to the school, he explained.

Another expert, Dr. Thomas Paul Tarshis, director of the Bay Area Children's Association in Cupertino, Calif., said the problem of cyberbullying is a growing one.

"The main place cyberbullying and cybervictimization begins from is the school," he said. "So it is in the school-peer relations where kids are likely to put pressure on someone, to taunt someone through instant messaging or Facebook."

Ideally, all schools should implement strict anti-bullying policies, but many are overwhelmed, he said. "Schools aren't even doing enough with standard bullying," he noted.

One positive of cyberbullying is that it leaves a data trail, Tarshis said. "So it's easier to get evidence of cyberbullying and it makes discipline and follow-through better."

More information

For more information on cyberbullying, visit the [National Crime Prevention Council](#).

SOURCES: Matthew Davis, M.D., associate professor of pediatrics, internal medicine and public policy, University of Michigan, Ann Arbor; Richard Gallagher, Ph.D., director, Parenting Institute, New York University Child Study Center, New York City; Thomas Paul Tarshis, M.D., M.P.H., director, Bay Area Children's Association, Cupertino, Calif., author, *Living with Peer Pressure and Bullying*; July 2010, *Archives of General Psychiatry*



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Montgomery, AL 36104

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DATES TO REMEMBER...
NOVEMBER 4, 2010
 Operation Santa Press Conference/Kickoff
 Greil Hospital
APRIL 29, 2011
 29th Annual Golf Tournament
 Wynlakes Golf & Country Club
JULY 16, 2011
 Crystal Bell Gala and Auction
 Wynlakes Golf & Country Club

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.

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

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PERSONAL	OpenDoorBell.....\$50
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Sponsor.....\$50	Wellness Bell.....\$500
Sustaining.....\$75	Blue Bell.....\$1,000
Patron.....\$150 or more	Crystal Bell.....\$2,000
BUSINESS	Bronze Bell.....\$5,000
Sponsor.....\$150 or more	Silver Bell.....\$10,000
Sustaining.....\$250	Gold Bell.....\$25,000
Patron.....\$500	Platinum Bell.....\$50,000

- 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 “Bell” 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
 You may also make donations online by visiting our
 website: www.mhamontgomery.com