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 Outreach Services Coordinator
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 Assistant to Executive Director

Annual Meeting October 19, 2005

The 2005 Annual Meeting of the Mental Health Association in Montgomery is scheduled for Wednesday October 19, 2005 beginning at 11:30 a.m. This noontime event will be held at the RSA Plaza Terrace, 770 Washington Avenue in Montgomery. Members of the Association will receive an official invitation. Non-members desiring to attend may contact the Association office at 262-5500 to reserve a space. This year's keynote speaker will be the Commissioner of the Alabama Department of Mental Health and Mental Retardation, **John Houston**. Additionally, the meeting will also include the distribution of the annual report for the year, the naming of the Volunteer of the Year, the selection of Board Member of the Year and the installation of the new Officers and Board

Members. This luncheon meeting will also feature some special awards and recognitions and will conclude with the "absolute promise to be out of the door" by 1:00 p.m. Cost of the luncheon is \$20.



Commissioner John Houston

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Santa says "Please, please no applause – just send gifts"



First Lady Patsy Riley



Montgomery First Lady Judge Lynn Bright

Operation Santa Claus

It is hot and no sign in sight of cooler temperatures and yet if we don't start now the Operation Santa Claus Campaign has no chance to be successful in 2005.

However, compassionate citizens in the Montgomery Area have made this Christmas-time project for more than fifty years a huge success each year. Some 600 individuals in the River Region attending the Friendship Club, Open Door Club, the Mental Health Authority group homes, Day Treatment, CHOICES programs, area foster homes and patients at Greil and Bryce hospitals will have a special holiday season because of Operation Santa Claus. Each client living in the community is given a "wish list" to make a request for gifts. Operation Santa Claus volunteers will try to make these wishes come true with your help. In addition to their requests, each will receive a wrapped gift including an assortment of stocking stuffers (shampoos, lotions, socks, candles, etc.). We request that gifts be NEW and UNWRAPPED. Please include your name and address on a separate piece of paper or string tag so that we can express our thanks. Chairperson **Beth Walker** is coordinating this event for those very special people, were it not for Operation Santa Claus would not have any form of holiday recognition. Montgomery's First Lady Judge **Lynn Bright** is serving as honorary River Region Chairperson and Alabama's First Lady **Patsy Riley** is serving as honorary statewide Chairperson. Gifts should be delivered to the Mental Health Association, 1116 South Hull Street, no later than Monday December 12. Office hours are 8:30 a.m. until 4:30 p.m. Monetary contributions are always welcome for those who do not have time to shop. Volunteers will do the shopping for you. Listed are items that have been approved and requested in the past:



For Her

dresses, panties, robes, gowns,
pajamas, blouses, skirts,
slacks, jeans, slippers, purses

For Him

shirts, bathrobes, belts,
jeans, slacks, handkerchiefs,
shaving cream, underwear,
after-shave lotions

For Either

sweaters, slippers, gloves,
jackets, shoes (all sizes),
socks, deodorant, body
lotion, bath powder,
wallets, art and crafts supplies
or kits, inexpensive radios,
hair brushes and combs,
shampoos, conditioners,
candy, raisins, jewelry,
cologne, and postage stamps.

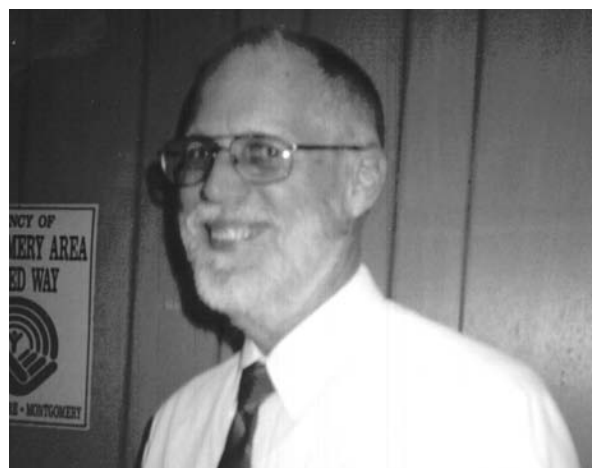
*NOTE: CLOTHING ITEMS
ARE NEEDED IN XL AND UP*

Roundtable Discussion Series

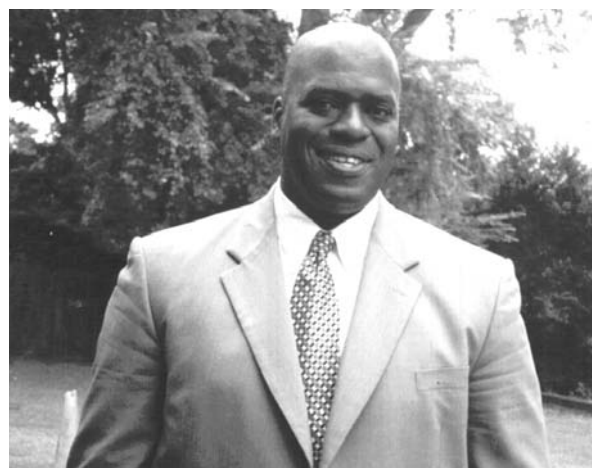
The Roundtable Discussion Series is a monthly educational presentation that grants continuing education credit for professionals in the fields of nursing, social work, nursing home administration and counseling. The programs are from 12:00 noon till 1:00 p.m. and are free. Many people desiring lunch during this time find that "brown bagging" it is a popular solution. The final program of the 2004-2005 Series is on September 29, 2005 with Dr. David Harwood speaking on Polypharmacy and the Elderly.



Charlene Roberson – May Roundtable Speaker



Wayne Perry – June Roundtable Speaker



Lt. B.J. McCullough – July Roundtable Speaker

ROUNDTABLE DISCUSSION SERIES 2005-2006

October 20, 2005

Depression / Grief / Dying – Helen Wilson

December 1, 2005

Medicare Part D – Nancy Travis, MSW

January 20, 2006

New Treatments & Research in the Mental Health Arena – Dr. David Harwood

February 23, 2006

Ombudsman for the Elderly – Dr. Annette Allen

March 17, 2006

Dual Diagnosis - Mental Illness and Substance Abuse – Dr. Eric Hedberg

April 21, 2006

Rage & Violence in the Workplace – Judy Johnson

May 19, 2006

Negative Effects of Psychotropic Commercial and Compliance with Psychological Meds – Mary Batloglia

June 16, 2006

Physical & Mental Health Needs of Homeless – Henry Stough

July 21, 2006

Chinese Medical Practice – Angela Demerath

August 17, 2006

Culture & Mental Health – Charlene Roberson

September 21, 2006

Forensic Social Work – Sara Romano, MSW

Montgomery Artists Shine

On August 9, 2005 surrounded by an exquisite display of original art, State Department of Mental Health and Mental Retardation Commissioner John Houston welcomed artists and guests as he officially opened the Annual Capitol Showcase Consumer Art Exhibit Reception.

Commissioner Houston stated how proud he was of all the artists who competed with their work before he introduced Dept. of MH/MR Office of Consumer Relations Mike Autrey. Mr. Autrey is the guiding light behind this Showcase. Consumers from agencies and associations throughout the State vied for selection. Approximately 100 pieces were chosen. The display is in Montgomery at the Capitol building, first floor Old Supreme Court Library and was on exhibit the entire month of August. Six entries from the Mental Health Association in Montgomery's psychosocial Friendship Club were among those selected. Representing the Friendship Club were **Lizzie Nell Gothy** *Picture in a Window*, **Tracy Makowsky** *Mixed Up*, **Ethelene Marshall** *Kite*, **Ruby Motley** *Grecian Vase*, **Shari Pouncy** *Swan at Shakespeare Lake*, and **Wayne Renfroe** *Horse With No Name*. Mental Health Association in Montgomery's Outreach Services Coordinator, Nancy Travis, stated how elated she was with her group's enthusiasm and artistic ability. While all artwork submitted could tastefully decorate any home or office, the colorful abstract artwork entitled "Mixed Up" by Montgomery's Tracy Makowsky was privately deemed best of show by the professional art guild VSA Arts of Alabama. This agency promotes artwork of persons with disabilities. Beginning in September, Ms. Makowsky's abstract will be on permanent display at the VSA Arts of Alabama headquarters in Birmingham.



Tracy Makowsky with her Best of Show artwork. Beginning in September, Ms. Makowsky's abstract will be on permanent display at the VSA Arts of Alabama headquarters in Birmingham

Representing the Friendship Club were:

Lizzie Nell Gothy *Picture in a Window*

Tracy Makowsky *Mixed Up*

Ethelene Marshall *Kite*

Ruby Motley *Grecian Vase*

Shari Pouncy *Swan at Shakespeare Lake*, and

Wayne Renfroe *Horse With No Name*.

Community Happenings

A.C.E.S. Group

A mental illness support group that meets the 1st and 3rd Tuesday of each month at Chisholm Baptist Church Annex Building, 2938 Lower Wetumpka Road, Montgomery. Meeting time is 6:30 p.m. till 8:00 p.m. Becky Poole days at 353-4383 for info.

Adult Survivors of Sexual Abuse

Confidential support group for female survivors of childhood sexual abuse. Pre-group interview required. Family Sunshine Center at 263-0218.

AIDS Outreach, Inc., Montgomery

HIV positive men support group meets second and fourth Thursday 6:00 p.m. HIV positive women support group meets second Tuesday 2:00 p.m. Support group for parents and siblings of HIV infected and affected meets third Tuesday 6:00 p.m. All meet at MAO, 820 W. South Boulevard. Call 280-3349 for more information.

Alzheimer's and Dementia

Caregiver's Support Group

Meets first Thursday of each month, 7:00 p.m. till 8:30 p.m. at Frazer Memorial United Methodist Church, 6000 Atlanta Highway, Room 3201. Jean Hardigree 215-0638 or Leonard Walker 277-4638.

Baptist Hospice Bereavement Support Group

For adults who have experienced the loss of a loved one. Montgomery meetings are held the first Thursday of each month, 6:00 p.m. in the Senior Advantage office located in the Morrow Medical Tower at Baptist Medical Center. Call Baptist Hospice, 273-4210, for more information. Prattville meetings are held the second Thursday of each month, 6:00 p.m. at New Vision Baptist Church located on Main Street next to Baptist Pri-Med. Call Thomas Searcy, Bereavement Coordinator, 273-4210, for more info.

Bosom Buddies

Support group for breast cancer patients encompassing information and emotional support. Meets monthly on the 3rd Tuesday at 7:00 p.m. at Frazer United Methodist Church, 6000 Atlanta Highway, Room 7206. Call the American Cancer Society, 612-8162, for more information.

Cancer Support Group (T.O.U.C.H.)

Meets the third Tuesday of each month at 7:00 p.m. in Room 7206 at Frazer Memorial United Methodist Church, 6000 Atlanta Highway. Call Emily at 612-8162 or Charlene at 277-1325.

Caregiver's Support Group

If you are caring for a loved one with a chronic illness, a disability, or infirmities of old - a spouse, partner, parent, child, sibling or friend - then you are a caregiver. Meetings every first Thursday of each month at 7:00 p.m. at Frazer Memorial United Methodist Church, 6000 Atlanta Highway in room 3201. Open free forum for problems and concerns, development and strengthening of coping skills and network with local area resources. Call Jean Hardigree, 215-0638 or Leonard Walker, 277-4638

Celebrate Recovery

Meets each Thursday at 6:30 p.m. in room 7207 at Frazer United Methodist Church, 6000 Atlanta Highway. This is a Christ-centered 12-step program for anyone struggling with a "hurt, habit or hang-up." For additional info, please call Lennie at 272-8622.

Compassionate Friends

For parents, siblings and grandparents who have experienced the death of a child of any age. Meets first Tuesday, 7:00 p.m. at Eastmont Baptist Church, 4505 Atlanta Highway. Call Kendra Pratt, 269-6053, for more information.

Dementia Day Care ~ Free

Held each Thursday at Frazer Memorial United Methodist Church, 6000 Atlanta Highway, Room 6106, from 9:30 a.m. to 1:00 p.m. There is no charge. Please call Bev Capell, 277-1116 for more information.

Depression and Bipolar Support Group

Meets at the Montgomery Public Library, corner of McDonough & High Streets, on the 3rd Saturday of each month from Noon to 2:00 p.m. Call Clairepatrese Sams Milligan at 230-9870 for more information.

Divorce Recovery Support Group

Meets each Tuesday at 5:30 p.m. at Frazer Memorial United Methodist Church, 6000 Atlanta Highway, Building 7000. Divorce recovery begins with DivorceShare. For more information call Monica or Lowell at 272-8622.

Eating Disorders Family Support Group

A support group for families of those with eating disorders. Meets Mondays, 6:00 p.m., 3568 Pelzer Avenue. Call 264-9522, for more information. Eating Disorders Support Group Meets Mondays, 6:00 p.m., 3568 Pelzer Avenue. Call Amanda, 264-9522, for more information.

Emotions Anonymous

A support group that helps people deal with daily living problems. Meets Thursdays, 11:00 a.m., Perry Hill United Methodist Church, 910 Perry Hill Road.

EVEN (End Violence Effectively Now)

Intervention and education groups for males and females who are violent in their intimate relationships. Pre-group interview required. For more information call 834-3843.

Families Anonymous

A support group for families. Meets Tuesdays, 6:30 p.m. till 7:30 p.m. in the Meadhaven Conference Room. Call 279-9528 or 834-8539 for more info.

Family Support Group

Alabama Family Ties is an advocacy and educational organization that instills hope and empowerment for families with children and adolescents who have severe emotional disturbances (SED) through education, family support, and by connecting these families, one to another. Meets last Monday of each month. For more information contact Sarah-Ellen Thompson at 834-0615.

Fibromyalgia/Chronic Fatigue Syndrome Support Group

(This Support Group would also be good for those who suffer from Anxiety) Meets every Thursday, 6:00 p.m. AMC Center for Wellness, 3568 Pelzer Avenue. Call Amanda, 264-9522, for more info.

Gamblers Anonymous

Meets every Sunday, 5:00 p.m. till 7:00 p.m. at the Mental Health Association in Montgomery, 1116 South Hull Street. Call 262-5500 for more info.

Grief Recovery

A sharing group for people who are experiencing grief. Meets Tuesdays, 5:30 p.m. at Frazer Memorial United Methodist Church, 6000 Atlanta Highway, Room 7207. Call Marie 272-8622 for more info.

GriefShare

A support group for those who have lost someone they love. This group utilizes videotapes and is led by a licensed professional counselor. Meets at the First Baptist Church on South Perry, each Monday 11:30 a.m. - 1:00 p.m. Call Jan at 241-5140 or 241-5141 for more information.

Grief Support Group

A support group providing a safe place for people in the greater Montgomery area to share feelings and experiences following the loss of a loved one. Meets second and fourth Tuesdays of each month. 4:00 p.m. till 6:00 p.m. at the Hospice of Montgomery office, 1111 Holloway Park. Call 279-6677 for more info.

Males Abused as Children

Support group for men who have experienced sexual abuse as children. Call AUM Counseling Center, 244-3569, for screening appointment.

Man to Man

Prostrate Cancer Support Group. Meets 1st Monday of each month, 6:45 p.m. at American Cancer Society, 3054-C McGehee Road. Call 612-8162 for info.

Mothers

Confidential support group for female primary caregivers of sexually abused children. Pre-group interview required. Meets during VITAL SIGNS Group. Call the Family Sunshine Center at 263-0218.

NAMI National Alliance for the Mentally III

Support group for families of seriously mentally ill persons. Dalraida United Methodist Church Annex 3817 Atlanta Highway. Second and fourth Monday nights, 6:30 p.m. Call 272-3052 or 272-2223

Overeaters Anonymous

Support group meets Mondays and Fridays at Vaughn Park Church of Christ in the Family Life Center at the corner of Vaughn and Perry Hill Road at 5:30 p.m. Contact Leah 396-8243 or Kay 288-3624.

Parenting Seminars:

Conducted by Family Guidance Center. Call 270-4100 for more information.

Parents and Siblings Support Group

For parents and siblings of HIV infected and affected. Meets third Tuesday, 6:00 p.m., 1209 Mulberry Street. Call 269-1432 for more information.

PFLAG

(Parents, Families & Friends of Lesbians & Gays) Support meetings held the first Friday of each month, 7:00 p.m. till 9:00 p.m. at the Unitarian Universalist Church, 5280 Vaughn Road. Call 265-8533 for info.

Postpartum Support Group

Meets each first Tuesday of every month at 7:00 p.m. - 8:00 p.m. at the Capitol Heights United Methodist Church located at 20000 Wynona Avenue, Montgomery, AL 36116. Call Greta Chambliss at 260-9381 for more information.

Rainbow Kids

Support group for children witnessing domestic violence. Meets during SAGE/SOAR Groups. Call the Family Sunshine Center at 263-0218.

Recovery Support Group for Rape Victims

Support group for adults and teens. Meets every Monday 6:00 p.m. till 8:00 p.m. Call Michelle or Jana, 213-1227 for more information.

SAGE (Survivors of Abuse Gaining Empowerment)

Confidential support group for females living in/recovering from partner abuse. Childcare provided. Call the Family Sunshine Center at 263-0218.

Sex Addicts Anonymous Montgomery Area

A fellowship of men and women who support each other in overcoming their sexual addictions or dependencies. Meets each Sunday at 7:30 p.m. Call 279-7075 or 262-7401 for more information.

Sjogren's Support Group

Meets third Tuesday of each month, 11:30 a.m. till 1:00 p.m. at Alabama Real Estate Commission Office, 1201 Carmichael Way (next to Chappy's). Lunch is "Dutch Treat." Call 823-4003 or 277-3935 for info.

SOAR (Survivors of Abusive Relationships)

Confidential eight-week group program for females whose partners are charged with a domestic violence crime. Childcare provided. Call the Family Sunshine Center at 263-0218.

Suicide Support Group

Meets each Wednesday at 6:00 p.m. in room 3210 at Frazer Memorial UMC, 6000 Atlanta Highway. If you or someone you know are a survivor of the suicide of a loved one please join others in sharing this struggle together. Contact Marie or Lennie at 272-8622.

VITAL Signs

Confidential support group for adolescent female survivors of sexual abuse. Meets during MOTHERS Group. Call the Family Sunshine Center at 263-0218.



For more information on other support groups in the community or to advertise your non-profit group, call the Mental Health Association in Montgomery at 262-5500.

Welcome and Thanks

RENEWALS

PERSONAL MEMBERSHIPS

INDIVIDUAL

Shirley Beringer | Janice Morris | Linda Best-Musick | Ron Jenkie | Connie Star | Merle L. Wright

FAMILY

Dr. and Mrs. Marvin Grunzke | Laslie and Janice Hall | Andy and Janice Jackson | David and Melinda Jackson
John and Elaine Kirkpatrick | Mr. and Mrs. James Landreth | Marks Marcus | Dr. and Mrs. C. McGavock Porter
Ms. Taylor Wilbanks

SPONSOR

Drs. Paul and Cynthia Bisbee | Richard Hanan | Richard and Judy Heinzman | Louise Reynolds

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Mr. and Mrs. Leon Capouno | Dr. William C. Freeman

BUSINESS MEMBERSHIPS

SPONSOR

Bradford Health Services

NEW MEMBERSHIPS

PERSONAL MEMBERSHIPS

FAMILY

Bill and Glenda Blow

SPONSOR

Barbara Britton

MEMORIALS

In memory of Mrs. Frances Jones from Ms. Taylor Wilbanks

HONORARIUM

In honor of Herb Malone from Bruce Holding for the benefit of Operation Santa Claus

DONATION OF GOODS & SERVICES

The Mental Health Association in Montgomery receives many donations in memory or in honor of a friend or loved one. If you would like to remember someone in a special way, you may do so by sending a gift to the Mental Health Association in Montgomery. We express our appreciation with a letter to the person or family and an acknowledgment to you. Each gift is appreciated, regardless of the amount. The amount given is not mentioned in our correspondence.

National Depression Screening Day Set For October 13 In Montgomery



Some 70% of people with depression also have anxiety symptoms. Post-traumatic stress disorder is often accompanied by depression and manic-depression (bipolar disorder is often misdiagnosed as unipolar depression). On Thursday October 13, the Mental Health Association in Montgomery will offer free, anonymous mental health screenings that cover all of these disorders to better help residents figure out what may be wrong and where they should go for help. The screening will be held in the Fellowship Hall at Dalraida United Methodist Church, 3817 Atlanta Highway, Montgomery. The screening time is 6:00 p.m. Attendees at the FREE screening will have the opportunity to hear an educational presentation by **Dr. David Harwood** on these disorders, complete a written screening and talk one-on-one with a mental health professional. Those who appear to need further evaluation will be given referrals to local treatment services. Depression symptoms include feelings of sadness and hopelessness, loss of pleasure in usual activities, changes in sleep and appetite, vague aches and pains, and thoughts of death or suicide. It is an extremely common mental illness affecting 20 million Americans annually. Manic-Depression symptoms include depression symptoms but are accompanied by mood swings. The high or manic

state may be pleasurable and euphoric or tense and irritable. Perilous lapses in judgement are common, as is decreased need for sleep, rapid speech, abuse of drugs or alcohol, and sometimes hallucinations. Unlike depression, which occurs more often in women, manic-depression occurs nearly equally in men and women. Generalized Anxiety Disorder (GAD) is characterized by excessive worry over everyday things and can be very hard to spot because it is not quite as dramatic an illness as its cousin Post-Traumatic Stress Disorder (PTSD). GAD is often accompanied by physical symptoms such as nausea and sweating. The intensity and constancy of the anxiety interferes with daily functioning. It often co-occurs with depression. PTSD is experienced in the aftermath of a trauma. It often involves recurrent dreams of the traumatic event, outbursts of anger, inability to sleep, attempts to avoid anything that reminds the person of the trauma and a general numbness or detachment. The symptoms of PTSD can appear at any age and often don't appear until several months after the incident. Like GAD, it is often accompanied by depression.

Depression symptoms include feelings of sadness and hopelessness, loss of pleasure in usual activities, changes in sleep and appetite, vague aches and pains, and thoughts of death or suicide.

THE *bellringer* Newsletter

A PUBLICATION OF THE MENTAL HEALTH ASSOCIATION IN MONTGOMERY.

1116 S. Hull Street, Montgomery, AL, 36104. Phone 262-5500.

The Mental Health Association receives allocations for operation costs from the United Way.

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

DUES STRUCTURE

PERSONAL

- Individual*\$10
- Family*\$15
- Sponsor*\$25
- Sustaining*\$50
- Patron*\$100

BUSINESS

- Sponsor*\$100
- Sustaining*\$250
- Patron*\$500

Will you join the Mental Health Association to fight mental illness and promote mental health?

I would like to join the Mental Health Association

I would like to renew my membership

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Business Phone _____

*Make payments payable to: Mental Health Association in Montgomery
1116 South Hull Street · Montgomery, AL 36104 · 334-262-5500*

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MONTGOMERY, AL 36104



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