



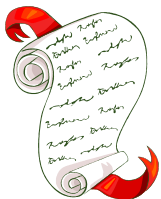
MHA OFFICE NEWS

Due to the economic climate and the rise in medication costs, MHA has seen a drastic increase in applications for psychiatric medication assistance in 2010. During the first quarter (January–March), MHA helped 27 uninsured individuals fill their prescriptions while applying and waiting for long term assistance through other programs. Cost for medication over the first quarter averaged about \$450 per person.

MHA continues to partner with ECHO Community Clinic, St. Mary's Kempf Bipolar Wellness Center, Deaconess Hospital, and Southwestern Behavioral Healthcare to ensure that community members are receiving available medication assistance. "I was very scared if I was not approved for your help as medication really helped me. Thank you very much for your help", said one recent program participant. Another indicated that "I have worked since I was 14 and now am needing assistance. Thanks for having this program available." The Supplemental Medication Assistance Program helps to keep individuals stabilized on their medications, increase their functioning level, and decrease the risk of hospitalization and suicide.

In July, MHA was fortunate to receive a \$5,000 award from the Holiday Management Foundation towards the SMP program. Their contribution will help make a positive difference in the lives of those in need.

Jo Gilreath, Interim MHA Director



MHA WISH LIST

- Upright vacuum in good working condition
- White copier paper
- Postage stamps
- Printer Ink cartridges for HP 88 Officejet black XL



Are you a United Way donor? If so, Thank You!
MHA is a United Way funded agency.

UPDATE SUPPORT GROUPS

MHA offers various support groups in Evansville at no cost to participants. Groups are open to residents from Vanderburgh, Warrick, Posey, and Gibson counties. There is no formal registration; however, you are advised to call the MHA office at 426-2640 to verify the meeting time and location as well as obtain any additional information on the particular group you are interested in attending. Groups are led by mental health professionals trained in group facilitation. Some groups also incorporate the use of peer facilitators.

How does a support group differ from individual therapy? Support groups connect you



with others who can identify with your personal experience and offer a valuable level of understanding and emotional support. Formal mental health assessment and diagnosis is not conducted during the groups.

ANXIETY/OCD SUPPORT GROUP (Central Library)
2nd Wednesday at 7:30 p.m.

BIPOLAR/MANIC DEPRESSIVE DISORDER
(St. Mary's Kempf Bipolar Wellness Center)
1st & 3rd Wednesday at 7:00 p.m.
2nd Wednesday (educational program offering)

DEPRESSION (Central Library)
Call for date: 426-2640

SURVIVORS OF SUICIDE (Methodist Temple)
1st & 3rd Monday at 6:30 p.m.



WIDOWS/WIDOWERS (Pie Pan Restaurant)
1st & 3rd Mondays at 8:30 a.m.
4th Monday at 11:30 a.m. (Canton Inn)



YOUTH GRIEF (MHA office)
1st Thursday at 6:00 p.m.

2ND MHA RIDE FOR RECOVERY



This year, the *Blue Knights* and *Pair-A-Dice Cruisers* are partnering with MHA to host it's second annual Ride for Recovery fundraiser on Sunday, August 22 at the IKRCC Training Facility at 5400 Covert Court, Newburgh, IN. An 88 mile ride through Chrisney, Tennyson, Lynnville, and Boonville is planned; all bikes and vehicles are welcome. Registration for the ride is \$20.00 and includes an all-you-can eat barbecue meal and event souvenir. Registration begins at 9:30 a.m. with the first bike out at 10:30 a.m.



New this year is a classic car cruise-in, corn hole tourney, Beat the Clock games, and some great auction items including an overnight stay at New Harmony Inn, Hooter's merchandise and wing parties, and premium coffee and mugs from Starbucks. The public is invited to attend the festivities as there's fun for the whole family. A barbecue meal is available for \$7.00 and live music will be performed by Dave Newton, John Bambenek, and The Little Old Dam Band.

Hats off to our event sponsors *Old National Bank, Deaconess Cross Pointe, Evansville Psychiatric Associates, and Stratman's Pharmacy.* All proceeds will help fund education and awareness activities, MHA's support groups, and supportive services for individuals with mental illness.

Kudos to event friends *Indiana Kentucky Regional Council of Carpenters, Holy Smokers, Evansville State Hospital, American Red Cross, Stepto's Bar B Q Shack, New Harmony Inn, Shyler's Wood Fired Grill, Hilltop Inn, Buffalo Wild Wings, Bob Evans Restaurant, Hooters of Evansville, Starbucks, West Side Honda, Southern Indiana Honda, and Bud's Harley Davidson.*

GTL PROGRAMS PICK BACK UP IN THE FALL

Do you know a youth that has had a loved one die? Has been in foster care? Or has had multiple life stressors? Perhaps they could benefit from MHA's Growing Through Loss Program.



MHA has been offering Growing through Loss programs for the past three years. The eight week program for youth ages 11-17 combines grief education and therapeutic and peer support. Trained facilitators lead the programs, aimed to increase the understanding of the grief process, decrease depressed mood, and improve coping skills.

For program information and registration, contact Jo Gilreath, LCSW at 426-2640.

MEMBERSHIP DRIVE

Our membership drive is ongoing. 20 new members came on board in April 2010. It's not too late to renew your membership or join. General membership starts at \$25.00 and donations are tax deductible. Donations of any size can be mailed to the MHA office at PO Box 3207, Evansville, IN 47731.

WHERE DOES YOUR DONATION GO?

- \$25 will offset costs of monthly mailings
- \$40 will provide a support group facilitator to one group meeting
- \$50 will cover costs of a free suicide prevention training to a community group
- \$60 will provide Christmas Gift Lift items to 12 consumers
- \$75 will staff the office and phone referral line for two days
- \$100 will assist a consumer in obtaining emergency psychiatric medication



PLEASE HELP RING THE MENTAL HEALTH BELL FOR WELLNESS!



Special thanks to community partner *Southwestern Behavioral Healthcare, Inc* for the recent fund drive and generous donation of office space!

MHA OF VANDERBURGH COUNTY

PO Box 3207
Evansville, IN 47731
(812)426-2640
mentalhealth@sigecom.net

We are on the Web!
www.mhavanderburgh.com

MHA MISSION :
IMPROVING LIVES THROUGH
EDUCATION, AWARENESS,
SERVICE, AND ADVOCACY.

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