



Saratoga County Citizens Committee for Mental Health

NEWSLETTER

SPRING 2014 

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2014 CITIZEN OF THE YEAR



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The 2014 SCCCMMH Citizen of the Year is **Leslie Ives**. Leslie has worked for the last 14 years for Transitional Services Association as a case manager providing services to people living with mental illness in Saratoga County. She demonstrates sincere caring and respect for every individual she helps. She is currently completing a degree and aspires to be an Intensive Case Manager working with the most severely mentally ill. New York State has changed the program eliminating that job title at least for now. Many hope the state will reinstate it, as the severely mentally ill require more intensive interventions to maintain the highest quality of life and remain in community settings.

Prior to becoming a case manager, Leslie worked for 12 years in a support staff position at the Saratoga County Mental Health Center. Combined she has provided services to the mentally ill in this county for over 25 years. Leslie exemplifies the compassionate front-line professional who not only goes above and beyond making meaningful and lasting differences in the lives of the mental health consumers she serves every day, but also actively seeks the opportunity to do more by expanding her knowledge. She is dedicated to making a career in mental health a life-long passion.

The SCCCMMH will honor Leslie Ives at our annual dinner and fundraising event at **Longfellows Restaurant on Wednesday, May 7, 2014. 6:00 to 8:30 pm**. The event flyer is in this newsletter. To donate an item to the silent auction or for more information, contact event Co-Chair, Collette Fox at 584-0792.



CHAIRPERSON'S NOTES

by Peggy Lounsbury

I hope it looks like spring by the time you get this newsletter! I am tired of winter!

In the fall, the Saratoga Network of Mental Health Professionals and Advocates met at the new location of the Saratoga County Mental Health Services on South Broadway. About 23 participants and agencies gathered to hear about the benefits of the new location and hear from Dr. Sophia Monsour, psychiatrist at the new Saratoga Community Health Center located on Hamilton Street. It was an informative meeting and wonderful networking opportunity.

The SCCCMH is looking for members for the Board of Directors. The Board meets once a month, September through June generally the first or second Thursday of the month. The meetings are usually held 5:30 – 6:30 at the TSA Administrative Building on Union Street in Saratoga Springs. Board member terms are two years. If you are a mental health professional, consumer, or supportive community member and think you might be interested, please contact me (Peggy Lounsbury).

Jim Ash has completed a two-year term and is leaving the board. We appreciated Jim's insight and contributions from his perspective as a mental health professional. Also completing two-year terms are: Amanda Blodgett, Collette Fox, Lorraine Gardephe, Christine Hechemy, and Ann Diller. The commitment of our board members is the reason for the success and impact of the SCCCMH!



WANTED: Members for Power

Consumers, family and friends, mental health professionals and others, please join the SCCCMH now. As a member of SCCCMH, you will get our newsletter, and more important, you will help SCCCMH carry-out our mission to represent the voice of people living with mental illness in Saratoga County. The more members we have, the more power we have to influence local and state government.

SCCCMH has a "pay what you will" approach to membership so you can join with or without a monetary, tax deductible donation. You will find a membership form in this newsletter. You can also go to the SCCCMH website to join and/or to make a charitable gift.

A charitable gift to SCCCMH to honor or memorize someone is a great way to recognize that person and help make a difference in our community.

Give power to the mental health community...join today!

Grants Available from SCCCMH

The SCCCMH awards monetary grants to not-for-profit organizations that provide services to people with mental illness.

Awards are generally up to \$1,000 and are distributed in December, March and June. For an application and more information, go to our website www.scccmh-saratoga.org or contact Peggy Lounsbury at plounsbury@saratogacare.org, 518-583-8371.

June 1st is the next deadline for grant proposals to be reviewed at the June SCCCMH Board meeting. Grant recipients and unsuccessful applicants will be notified by July.

IN THE NEWS...

WELCOME TO PROS

by Patricia Huber, LCSW-R
Program Coordinator

On December 31, 2013, Saratoga County Mental Health Services closed the doors to the Friendship House Continuing Day Treatment Program for good. On January 1, 2014, a new program named Reflections PROS (Personalized Recovery Oriented Service) emerged. A PROS Program is:

Personalized. The purpose of PROS is to help people pursue PERSONAL life goals.

Recovery Oriented. Services, practices and policies facilitate HOPE & EMPOWERMENT and promote the belief that anyone can pursue their desired goals and life roles.

Services. Treatment, support and rehabilitation services are integrated at one program site.

The PROS program offers four separate and distinct service components to participants:

Community Rehabilitation and Support (CRS). These services assist in restoring skills and supports necessary to live independently in the community. These services aid participants to set life goals that include vocational interests as well as seek

community resources that support individual interests and hobbies.

Intensive Rehabilitation (IR): These services are designed to assist participants in attaining specific life roles such as school, housing and employment. IR services are specific interventions which help reduce the risk of hospitalization, aid relapse prevention, prevent loss of housing and foster symptom management.

Ongoing Rehabilitation and Support (ORS): This service provides ongoing counseling, mentoring, advocacy and support for sustaining an individual's role in competitive integrated employment.

Clinical Treatment (CT): These are recovery and wellness focused services designed to help manage mental health symptoms.

The goal of the PROS program is to assist participants in developing the skills necessary to overcome their mental illness and additional barriers in order to lead a more fulfilling life. PROS participants are encouraged to define their own individual 'recovery path' and start to think about the 'life goals/roles' that they may have lost in the past due to their mental health symptoms. Saratoga County Reflections

Continued page 5 - PROS

SCCCMH Newsletter is the official publication of the Saratoga County Citizens Committee for Mental Health, P.O. Box 820, Saratoga Springs, New York.

The views expressed in this newsletter represent the opinions of the authors and do not represent the official position or opinions of the SCCCMMH unless specifically stated.

The SCCCMMH Board of Trustees reserves the right to decide the content of the newsletter, and reserves the right to review, revise, shorten or deny articles for publication. Articles submitted for publication consideration should not be longer than 250 words unless the author is specifically invited to do so. Also, submitting the copy as a Microsoft Word document, or typed within the body of an e-mail message is preferred. Send articles to the Newsletter Editors e-mail address. Articles not submitted electronically can be mailed to the address above.

THE VIEW FROM HERE

"Make The Wait Count"

by Beverly Lazar, LCSW, Supervisor of the Youth Services Team

SCCCMH loves to fund creative projects that increase education to youth and families struggling with mental health issues. And they did it again! The grant entitled, "Make the Wait Count" was written by Beverly Lazar, LCSW, Supervisor of the Youth and Family Services Team of Saratoga County Mental Health Clinic. Katelyn Brunet, LMSW, assisted Beverly in its implementation.

The clinical team paid attention to what makes a good waiting room. The monies received by this grant will fund plants, aromatherapy, hand-held toys, a DVD and VHS player, a CD player, Mozart CD's, sound machine, art supplies, books and articles for parents and workbooks for children. Colorful bins and art work reflecting nature and water themes will bring vibrancy to the room.

The toys chosen will enhance cooperation skills and play while appealing to tactile and sensory experiences. The books will teach anger management skills, explain various diagnoses, help children learn a broad range of feelings, and enhance self-esteem. Parents will be able to peruse ideas for positive parenting with "Self-Control in a Box" and "Instant Help Charts". VHS and DVDs will focus on behavioral management and parenting skills. The following DVD's and VHS tapes: "Understanding and

Become a part of the Voice of Saratoga County Mental Health Community.

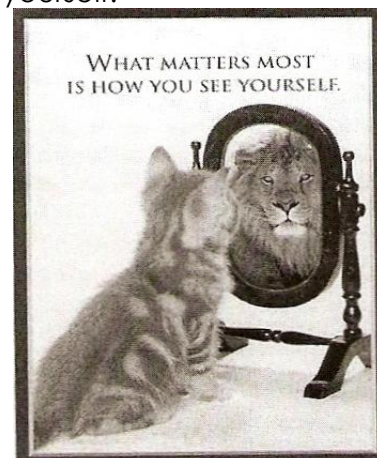
Join SCCCMH Today!

"Managing the Defiant Child", "The Happiest Toddler on the Block", "Shaking, Hitting, Spanking: What to Do Instead", "A Story About Handling Emotions", "More 1-2-3 Magic", "Jumping Johnny Get Back to Work", "Coping with a Substance Abusing Parent", "Coping with ADHD", "Sooper Puppy: Words Can Hurt" "Fighting, Bullies and Troublemakers", "25 of the Best Ways to Make and Keep Friends", "Fights Between Brothers and Sisters" are some of the ones that will be shown. The coloring books such as "Cool Kids Tool Kit" and "Good Self-Esteem" will be available for kids to color and take home. Copies of articles for mood disorders and trauma detailing what parents can do to help their children and families will be available on the magazine rack to read and take home.

The Youth and Family Services staff has worked hard to create a nurturing, playful, educational space for families as they await their appointments. The clinical team of Saratoga County Mental Health Clinic deeply appreciates receiving this grant from the Saratoga County Citizens' Committee for Mental Health.

PROS – Continued from page 3

PROS is comprehensive, skill-based and will encourage participants to DREAM, PURSUE AND ACHIEVE. What matters most is how you see yourself.



Zumba steps up and offers more than meets the eye!

by Lorraine Gardephe, Evaluator at Unlimited Potential. Inc.

Unlimited Potential offers mental health consumers a brand new and exciting experience one day each week. Alison Mewer Cowan dances her energetic upbeat exercise routine each Wednesday. Smiling happily, she pulls everyone in the room along with her into joining in the fun and learning how to Zumba. Integrating healthy leisure and work opportunities is challenging for anyone but especially more for those who experience the stigma of living with a mental illness. Alison on more than one occasion expressed, "I love coming here, and the people are so great and never fail to talk with me afterwards thanking me for teaching them and for just coming out!" Check out her Facebook page for updates about all the classes she offers at area YMCAs, Gyms, Recreation Centers, Schools, Studios and Special Needs Facilities.

The SCCCMH awarded Unlimited Potential with a \$1000 grant last December. Unlimited Potential put their generosity to good use by initiating a new outreach program in line with the NYS Office of Mental Health's new guidelines. Our agency is a vocational rehabilitation center that provides specialized employment services to assist those 18 years and over who live with a mental health diagnosis. Our mission is to increase the vocational opportunities of Saratoga County residents with mental illness by offering training along with a range of job placement and employment services. Judy Zwink's vision began over 30 years ago when she started UP in 1979 and we continue to meet these growing needs today. Our efforts now center on using a gradual

approach in introducing to our milieu a variety of activities and services that are available to others in the public. Many of our consumers do not enroll in organized leisure programs outside of the mental health support systems out of fear of experiencing some social discomfort among the public due to feelings of stigma. Encouraging our participants to explore what is a healthy life style in a safe environment is the first step toward our goal of community integration. It is the hope that Zumba aids our milieu in gaining the self confidence it takes to pursue social programs available outside the mental health system. This effort hopefully blossoms into inspiring the beginnings of the development of the leadership qualities needed by our consumers to join other community based groups.

In the long term, it is hoped these experiences make it well worth the effort for consumers to work toward gaining competitive jobs without the fear of stigma. At the end of 2013, we have placed 35 mental health consumers employed in area businesses throughout the area. We hope to have many more opportunities to aid others interested in becoming gainfully employed.

This is just one of the good works backed by the SCCCMH board and its members. We are humbly thankful for its support as well as area employers who hire the people we job coach on a daily basis. This new project has begun to help our consumers work toward **greater self sufficiency one step at a time!**



Mind-Body Health Fair

by Kathy Wallace of SAIL

On a (mostly) dry, cold Sunday in February, 25 organizations convened at the Saratoga-Wilton Elks Lodge. The Ladies Auxiliary generously hosted the first of two Mind-Body Health Fairs made possible through an SCCCMH grant in partnership with Southern Adirondack Independent Living. SAIL promotes independence, equality and dignity of people with disabilities through a variety of programs including advocacy, information and referral, and community education. Working with SCCCMH to promote wellness in Saratoga County has been an exciting project, and part two is yet to come!

The Mind-Body Health Fairs were designed to provide the community with options to seek wellness supports to treat the whole person. A variety of exhibitors presented supports for body, mind and soul. Dennis Dominick gave demonstrations of a new holistic therapy known as Vibroacoustic Therapy that he is bringing to the area. This technique uses musical vibration as a catalyst for healing. Hannah's Healing provided mini reiki sessions in addition to promoting her counseling and meditation services. The Regional Therapy Center of Saratoga Hospital shared information regarding its programs and services that extend beyond immediate rehabilitation needs. Their Aquatic Physical Therapy Program may be an option overlooked if you don't ask your referring doctor about it; the After Therapy Club offers continued use of their services for a nominal fee; and their Health and Fitness Gym offers all the usual you would expect with extra thoughtfulness of special health needs. Non-profits such as the American Foundation for Suicide Prevention, tolife.org- offering breast cancer supports and prevention education and Cornell Cooperative Extension shared valuable free resources to advance wellness in our community.

We often fragment our concepts of health into emotional and physical. We forget the purpose of fragmentation is to get a closer look at the whole. Presenting options to treat the whole person at one place and time will inspire true wellness. A community focused on wellness produces healthy citizens.

The second fair is currently being planned for an outdoor setting and will include a guest speaker. If you are interested in exhibiting your business or non-profit at the second Mind-Body Health Fair, contact Kathy Wallace, Outreach Coordinator for Southern Adirondack Independent Living at 518-792-3537 extension 329.

Newsletter Submissions

Thanks everyone for sharing the news, viewpoints, and your opinions that contributes to our success! Submissions for the next issue are in the fall and need to be mailed or emailed by **October 15th**. Keep the articles coming!

Please send your articles to:

Lorraine Gardephe
Unlimited Potential
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Saratoga Springs, NY 12866
(518) 587-2851
(518) 587-4367 FAX
or email them to me at
lgardephe@upsaratoga.com



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For more information, contact:

Chairperson: Peggy Lounsbury
E-mail: plounsbury@saratogacare.org
Phone: 518-583-8371

Or visit our website: www.SCCCMH-Saratoga.org

ANNUAL MEMBERSHIP REGISTRATION FORM FOR YEAR: April 1, 2013 to March 31, 2014

SCCCMH Mission: The SCCCMH is a non-profit, charitable organization [501(c)3] whose mission it is to:

Program Development and Enrichment: Award grants of approximately \$1000 to agencies and programs in Saratoga County that provide services to people with mental illness or have mental & emotional needs so they can enrich existing programs or expand services.

Education: Provide affordable educational opportunities for mental health professionals and consumers of mental health services.

Advocacy: Advocate for improved mental health care and services by lobbying government and elected officials.

Increase Awareness: Increase public awareness of the needs of individuals with mental illness. E.g., increase access to public transportation, decrease stigmas or stereotypes.

Member Benefits: Membership fees support the development of mental health services in Saratoga County through grants, educational opportunities, and lobbying, as well as the publication of the biannual SCCCMH Newsletter.

More Members. More Power. More Benefits.

PLEASE CHECK ONE:

New Member Membership Renewal Remove my information from the SCCCMH mailing list.

First Name _____ Last _____ Prefix/Suffix: _____

Address Home Work: _____

City: _____ State: _____ Zip Code: _____

Phone Number: Home Work _____

If you want to receive the newsletter and other notices from the SCCCMH via e-mail, please provide your e-mail address:

If you are a provider of mental health services and would like to be included in the Saratoga County Network for Mental Health Professionals, then check here:

If you would like to participate in a mental health consumer workshop that is organized by consumers, then check here:

Membership fee is based on a “pay what you will” basis (Check One):

I want to be a member, but I am unable provide financial support.

I want to be a member. I will consider a contribution at a later date.

I want to be a member, enclosed is my tax deductible donation of: ___\$10 ___\$25 ___\$35 Other: _____

MAKE CHECKS OUT TO: SCCCMH. Do not send cash in the mail. Appreciated if submitted before **April 30th.**

MAIL TO: SCCCMH, P.O. Box 820, Saratoga Springs, New York 12866

MAKE SURE THE VOICE OF THE SARATOGA COUNTY MENTAL HEALTH COMMUNITY IS HEARD.....JOIN SCCCMH TODAY!!



www.scccmh-saratoga.org

*For more information about
the SCCCMH, contact
Peggy Lounsbury,
Chairperson,
at 518-583-8371*

*The Saratoga County Citizens Committee for Mental Health (SCCCMH) is a non-profit, charitable organization that **distributes grant money** to agencies and programs in Saratoga County so they can enrich existing programs or expand services for people with mental illness. The SCCCMH also provides affordable **educational opportunities** for professionals and consumers, **advocates** for improved mental health care and services; and is committed to **increasing public awareness** of the needs of people with mental illness.*

**Saratoga County Citizens
Committee for Mental Health**

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Saratoga Springs, NY 12866

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