



FALL 2014 

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SOS Receives SCCCMH Grant for Emotional CPR Training

By Cindy Harrington

Shelters of Saratoga (SOS) held "An Introduction to emotional CPR" training on October 2, 2014 funded by the generous monies received from the SCCCMH grant. The seminar was opened to other organizations so that numerous individuals could benefit from the opportunity to learn the symptoms of emotional trauma and effectively respond. SOS staff and volunteers, Code Blue Saratoga volunteers, and a representative of NYAPRS were in attendance.

The program focused on attentive, silent listening that soothes those experiencing an emotional crisis. Our presenter was Oryx Cohen from National Empowerment Center located in Lawrence, Massachusetts. Oryx shared that he had personal experience with emotional trauma, which heightened his awareness of the importance of calm listening techniques, and ultimately resulted in eCPR. This program focuses on **emotional Connection**, **emPowerment** and **Revitalization**. The use of role playing and interactive activities gave attendees time to practice and observe effective ways to listen rather than respond.

The grant from SCCCMH has provided for the purchase of DVDs for SOS resource library. Later this fall the grant funding will enable SOS to present "Peace Work," which is an onsite workshop designed to foster a sense of community that supports healing, growth and ongoing skill development.

SOS remains committed to breaking the cycle of homelessness. These programs and DVDs strengthen skills for staff, interns and volunteers in their work with those in crisis. SCCMH and SOS have a common interest in our community, and we appreciate your continuing support.

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CHAIRPERSON'S NOTES

By Peggy Lounsbury

Fall is here already, winter is approaching quickly, and the SCCCMH has been busy!

The SCCCMH had a successful fundraiser on May 7th at Longfellow's Restaurant. This is an important fundraiser for us, and we hope to see it get bigger and better. During the event, we honored Leslie Ives for her dedication and contributions to the mental health community. I am delighted to announce that the SCCCMH Board of Directors approved Leslie's nomination for a two-year term on the board. Leslie said joining the Board was a goal of hers after she received her college degree.

The SCCCMH & Saratoga County Mental Health Youth Services partnered once again for a very successful conference on October 29th. Look for Beverly Lazar's article on page 6. On behalf of the SCCCMH Board of Directions, I would like to recognize Beverly for her hard work and leadership in co-chairing this conference.

November 12th, we co-sponsored the presentation of the film, "Here One Day" with the Burnt Hill-Ballston Lake Community Human Services at the Clifton Park-Halfmoon Public Library. There is more about this film in the article on page 6.

This edition of our newsletter features articles from two consumers who felt the need to share their experiences and talents with our readers. I am sure you will find these articles insightful.

Saratoga County Network of Mental Health Professionals and Advocates Schedule November 20th Meeting

The next meeting of the Saratoga County Network of Mental Health Professionals and Advocates (SCN-MHPA) will be on November 20, 2014, 4:30 to 5:30 pm in the Saratoga County Mental Health Center (SCMHC) located 135 South Broadway in Saratoga Springs. Meet the new Director of the SCMHC, Dr. Michael Prezioso. If you would like more information, contact Peggy Lounsbury at plounsbury@saratogacare.org or 583-8371

Grants Available from SCCCMH

The Saratoga County Citizens' Committee for Mental Health is looking to award monetary grants to not-for-profit organizations that work towards the prevention, diagnosis and treatment of mental illness in Saratoga County.

Awards are generally up to \$1,000 and are distributed in December, March and June. Grant application and information is on our website. Or contact Peggy Lounsbury at plounsbury@saratogacare.org or at 518.583.8371 for more information and an application. **December 1st** is the next deadline for grant proposals to be reviewed at the January SCCCMH Board meeting. All applications will be acknowledged and grant recipients will be notified in February.

Newsletter Submissions

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

Please send your articles to:

Lorraine Gardphe
Unlimited Potential

P.O. Box 4656, Saratoga Springs, NY 12866
(518) 587-2851 (518) 587-4367 FAX

or email them to me at lgardphe@upsaratoga.com

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

Join SCCCMH Today!





IN THE NEWS...

Always Vote - Mental Health Care Depends On It.

By Dania Douglas, NAMI State Advocacy Manager

It's that time of year when various colored signs start popping up on lawns and medians across the country. Going to the farmers markets or getting on and off public transportation most likely means you're going to be handed a pamphlet of sorts. In other words, it's election season. Political advertisements fill the radio airwaves and newspapers are bursting with election-related articles. So what does any of it have to do with mental health?

Each year elected officials make decisions related to health care, education, housing and employment that will directly impact the lives of people living with mental illness. Do your homework. Listen to what candidates are saying about mental health. Better yet, ask questions. If you feel that candidates are not addressing important issues contact their campaign.

Ask them about the issues that are most important to you. If you have a chance to meet with your candidate in person, take advantage of that opportunity. If not, email, call or write. Visit **NAMI's website** for more important tips on talking with candidates.

Voting is a Constitutional right and the foundation of our democracy. People with mental illness should have full and equal access to polling places. Unfortunately, misinformation and misunderstanding about mental illness can lead to discrimination. However, there are numerous federal laws that help safeguard your right to vote. Learning about these laws can help you make sure your rights are protected. Voters with mental illness also have the right to have assistance on voting day.

On Election Day make sure you show up to the polls or find out how to cast an absentee ballot. Every vote counts. Your vote is your voice. Use it to tell candidates that mental health care matters!



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

By Karen Lee Oliver

I was born in Poughkeepsie, N.Y. on October 1, 1959 to two wonderful parents. We moved to Rotterdam, N.Y. where I attended St. Agnes School for Girls. I completed my high school education at The Rhodes Preparatory High School in N.Y.C. where I was also accepted at The American Ballet Theater School on scholarship.

When I graduated I received the Humanities Award and a Regents Scholarship to go to a university. I went to Fordham University at Lincoln Center then transferred to the state University of New York at Albany and then finished my BA in English Literature at Hunter College in N.Y.C. I was diagnosed with a mental illness in 1984 at the Albany Medical Center and spent three months there. I followed up my care in N.Y.C. at the St. Luke's Roosevelt Hospital where I attended and graduated from an out-patient program.

In 2000, I became a published author with Xlibris Corporation, my first book was entitled, *Pergola*. In 2005, I published the sequel to *Pergola* entitled, *Tales From the Mirwood. Tranquility, Solitude and Other Poems*, has just this year been published, also by Xlibris Corporation in 2014.

The force or strength of tranquility in everyday life is the existential center of my book entitled, *Tranquility, Solitude and Other Poems*. This book touches upon pure philosophical thought, colored by tinges of images of good and evil while baring some relationship with tranquility, or the lack of tranquility with feelings of harmony itself. It is my search to encompass differing pathways that lead to a tranquil life, meanings of tranquility in relationships and finally, the beginnings of tranquility and our basic need for a tranquil life.

This theme, which runs through the center of my book, presents to the reader new ideas, feelings and artistically expresses the fundamental and almost religious devotion of us all to peace and a tranquil way of life through solitude. The selection I've chosen for this newsletter is the poem entitled, located on page 99 of my latest book.

Oblivion

by Karen Lee Oliver

Is there a place
That's new
Where we can go
To settle, our disputes
Forever?

Somewhere bright and clean and shining
Where death
Ceases its pursuit
Of our souls.

How often I have dreamed
Of such a place,
It has come to me
In every space
Between heaven and hell.

Still,
I know not where it lies,
Nor how to get there.

Yet, the thought
Of oblivion
Intrigues me more
Than any other.

I cannot rest
Until its map
Is traced by my finger -
Until my hand holds
Firm grasp
Upon its portal .

A TESTAMENT FOR SHELTERS OF SARATOGA

By Kelvin Davis

A great philosopher once said, "Where there is no struggle, there is no progress." I agree with that. I've had my share of struggles. I remember one in particular when I was incarcerated and my son, Kelvin Jr., had died. After receiving the news, I couldn't eat, sleep, or talk straight. I was sent to Central New York Center for Prisoners in Marcy, New York. While there I was given medication to relax me. I had had a nervous breakdown.

After a month of medication and therapy, I began to feel better. I volunteered in the hospital and tutored the mentally ill. Soon I was well enough to return to prison. I continued medication and therapy, resumed my activities and was elected to direct the prison choir.

I was released from prison in December, 2013, after a brief parole violation. I was placed at Shelters of Saratoga (SOS). Once again my life seemed out of control. Who wants to live in a shelter? Well...SOS became the best thing that has happened in my life in the last 20 years. The staff counseled and prepared me for the challenges and struggles that I would face.

I currently live with a friend, work part-time at Hannaford, train young men and women at the Saratoga Youth Boxing Association, attend Living Waters Church, and am a student at John Poalo's Xtreme Beauty School. My days are long and my nights are short, but I wouldn't change it for the world. I love my life.



WANTED: Board Members

The SCCCMH Board of Directors needs two more board members. The Board of Directors meets the first or second Thursday of the month at 5:30 - 6:45 pm at the TSA administrative building in Saratoga Springs. If you are interested, please contact Chairperson, Peggy Lounsbury at 583-8371 or e-mail plounsbury@saratogacare.org for more information or to arrange to be a guest at a Board of Director's meeting.

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!

**“Here One Day”
Let’s Have a Discussion**

“HERE ONE DAY” is a beautiful, emotionally candid film about a woman coping with mental illness, her relationships with her family, and the ripple effects of her suicide on those she loved.

The Burnt Hills-Ballston Lake Community Human Services and the Saratoga County Citizens Committee for Mental Health partnered to provide a free presentation of this film to our community on November 12th at the Clifton Park-Halfmoon Public Library. The presentation was followed by a community discussion and Q & A Session. The purpose of showing this film was to:

- Reduce stigma associated with mental illness and suicide.
- Create a safe space for others to share their experiences.
- Link the audience to local, national, and international support.
- Increase awareness of the impact of mental illness and suicide on entire families.

“Here One Day” has screened at some of the most prestigious documentary film festivals in the world including the International Documentary Film Festival (IDFA), Hot Docs Canadian International Documentary Festival, and DOC NYC. The film is now being used in hundreds of classrooms and community settings across the country.

Visit: www.hereoneday.com for more information about the film. If there is interest in presenting this film in another venue in Saratoga County, contact Peggy Lounsbury.



*This publication was prepared with the assistance of Four Winds -Saratoga
www.fourwindshospital.com*

**SCCCMH-SCMHC Youth Services -
Elevate the Mental Health Knowledge
of Child-serving Professionals**

On Thursday, October 30, 2014, co-chairs, Collette Fox of SCCCMH and Beverly Lazar, LCSW, Supervisor of the Youth and Family Services Team of SCMHC did a magnificent job in providing a topic of great interest to our regional child and family-serving community. One hundred and seventeen human service, school, clinical professionals and parents from all over the state and Vermont came to learn about “The Physiological Impact of Complex Trauma and How to Help Children Calm Their Bodies and Minds.”

Dr. Hilary Hodgdon, Associate Director of Research of the Trauma Center of the Justice Resource Institute in Brookline, Massachusetts, was the presenter. With a keen knowledge in her field, she defined what complex trauma is and how it impacts our brains and bodies and resulting behaviors. Dr. Hodgdon spent the whole afternoon providing intervention strategies that can be used by all who work with youth. Helping youth to regulate is key: to calm their physiology, behavior, emotions and thinking.



Some comments from attendees:

“As a college student pursuing a degree in social work the presentation was extremely insightful in teaching me about working with children who have experienced trauma.”

“The conference gave real useable strategies instead of just talking about the topic. Material is applicable for me at my job.”

“Very informative about how trauma affects brain development as well as concrete ways to treat trauma.”

“Great recap and new information on the brain functions and treatment strategies. Great information for adults as well!”

“Very informative in linking the brain to behavior in a scientific way.”

“Best organized conference yet!”

SARATOGA COUNTY



CITIZENS COMMITTEE
FOR MENTAL HEALTH

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, 2014 to March 31, 2015

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: _____

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Phone Number(s): 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 and Advocates (SCN-MHPA), 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.

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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