




FALL 2015 

Highlights:

Chairperson Honored	1
Chairman's Notes	2
Hear One Day Film	2
In the News – Grant	3
The View From Here	4
In Memoriam – Collette Fox	6

SCCCMH Chairperson Honored

Peggy Lounsbury, Chairperson of SCCCMMH, received the Lisa Niles Distinguished Leadership Award from the Leadership Saratoga Alumni Association during their annual breakfast on June 3, 2015 at the Saratoga National Golf Club. Peggy graduated in 1998 from Leadership Saratoga, a program sponsored by the Saratoga County Chamber of Commerce. She was nominated for the award by Brien Hollowood and Cliff Van Wagner. In their nomination, they explained:

“Peggy has been an active volunteer for years. What makes her most deserving of the award is the leadership she showed in getting the Saratoga County Mental Health Center built at the site of the former Topper auto dealership on South Broadway. At numerous Planning Board meetings, members of the community rose to speak against locating the Clinic at the Topper site. [Opponents claimed that] Pedophiles and drug addicts were going to be running rampant on the streets of our fair city [if the Mental Health Center was located on South Broadway]. People...bought into this hysteria and it looked as though the clinic move was doomed.

“Into the fray stepped Peggy in her role as Chair of the Saratoga County Citizens Committee for Mental Health. She organized provider groups and affiliated agencies. Brought consumers of the services to public meetings...Anyone who has spoken at a planning board or city council meeting knows it can be rather nerve wracking. Peggy was able to prepare mentally disabled adults to sincerely and professionally address the Planning Board. ...it is not easy to get these folks to speak in a familiar setting, let alone in a setting populated by repugnantly vocal opponents, but Peggy did it.

“Not only did Peggy’s work turn the opinion of many attendees at the meetings, her efforts made it much easier for the Planning Board to vote to approve the location of the Saratoga County Mental Health Clinic [on South Broadway].”

Peggy has been on the board of the SCCCMMH since 2000 and Chairperson for the last 9 years. She has worked with Boy Scouts and founded the Respect Award given by the Saratoga Springs High School each year. She has served in a number of leadership roles with the Saratoga Wilton Elks Ladies Auxiliary; she has been a volunteer with Rebuilding Together Saratoga and the Muscular Dystrophy Association. She established, and is the Director of, the Regional Therapy Center of Saratoga Hospital.

“[These] are wonderful things, but the way Peggy was able to rally such an understandably cloistered [mental health] community to publically support the relocation of the Saratoga County Mental Health Center is what leaders are made of.” In addition to the award, a \$500 donation was made by the Leadership Saratoga Alumni Association to the SCCCMMH in Peggy’s honor.

SCCCMH Board of Directors

Peggy Lounsbury
Chairperson
plounsbury@saratogacare.org
518.583.8371

Leslie Ives
Vice Chairperson
& Annual Benefit CO-Chair

Robert Lounsbury
Treasurer

Amanda Blodgett
Secretary
& Fundraising Committee

Lorraine Gardephe
Newsletter Chair
lgardephe@upsaratoga.com
518.587.2851

Susann Getsch
Chair, Grants Committee

Chrissy Hechemy
Social Chair &
Fundraising Committee

Melodie Masterson
Public Relations Chair

Amber Christian Osterhout
Webmaster

Fall Conference Focus on Therapeutic Parenting

By Monica D'Agostino

On October 15, 2015, the Saratoga County Committee for Mental Health and the Saratoga County Mental Health Center, Youth and Family Services Team joined together to host their annual conference. More than eighty participants, including professionals and parents came to hear Billy Kaplan a clinical social worker and Christine Moers, a therapeutic parent and parent coach discuss trauma-sensitive, attachment-focused strategies and interventions related to the essential elements of therapeutic parenting.

Billy Kaplan, LCSW is the President and Clinical Director of House Calls Counseling , a human services company based in Chicago that provides attachment-focused, trauma-sensitive psychotherapy to individuals, couples and families in the comfort of their home. He is the co-presenter with Christine Moers, of the educational DVD titled "Chaos to Healing: Therapeutic Parenting 101." Christine Moers is a mother of five, parent coach and the author of the popular blog "WelcomeToMyBrain.Com."

Parent and professionals were able to learn the core elements of PACE (Playful, Accepting, Curious and Empathic) and were given examples of techniques for utilizing PACE with the children and adolescents' with whom they live or work with. Participants were able to develop an appreciation of the difference between traditional parenting and therapeutic parenting.

Some comments from attendees were:

"Best training in almost 11 years as CPS caseworker, can be applied in many relationships, not just parent/child."

"This was a great program, the best I have attended. I believe it has shown me strategies to implement at work as well as home."

"Nice mix of presenters with perspective of professional and parent."

"Both presenters have very good personalities for this work. Very engaging."

"I am leaving with wanting more knowledge on the subject. This workshop is by far the best I have ever been to."

"This is a wonderful training for both therapist and parents."

"Hear One Day" Screening a Success!

The Saratoga County Citizens Committee for Mental Health hosted a free screening of poignant documentary, "Hear One Day", on June 8th. The film is about one family's struggle with mental illness and suicide. The well attended was presented in as part of with the Saratoga Film Forum's "In The Public Interest" film series. This award winning Independent film has won film festivals worldwide.

"Here One Day" was made by Kathy Leichter, a seasonal resident of Essex County who also lives in New York City. She shares a deeply personal and intimate story about her mother Nina who had taken her own life in 1995, sparking a wider conversation about mental illness and suicide.

The film begins after Nina's suicide when her daughter Kathy Leichter had moved back into her childhood home to surround herself with her mother's belongings. These objects helped Kathy feel more connected to her mother. The most significant of these things was a box of audio diaries she had found in Nina's closet. At the time she could not listen to these audio diaries until 16 years later when she found the courage to hear her mother's voice. She unearthed details that her mother had recorded every aspect of her own life, from challenges of her marriage to a State Senator, to her son's estrangement and to her struggles with bipolar disorder. This inspiring film was made after Kathy realized how they could help others to cope under similar circumstances with a better understanding of mental illness.

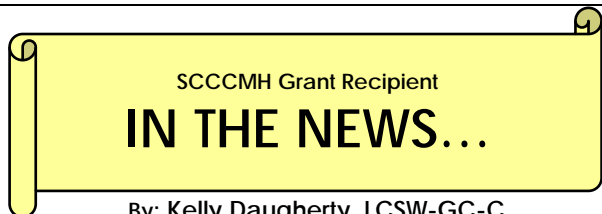
SCCCMH provided mental health practitioners on hand following the showing to facilitate and help moderate discussion. The author of the movie and filmmaker Kathy Leichter held a question and answer period via Skype following the showing. Everyone was welcomed and it was open to the public at no charge.

Newsletter Submissions

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

Please send your articles to:

Lorraine Gardephe
Unlimited Potential
P.O. Box 4656
Saratoga Springs, NY 12866
(518) 587-2851
(518) 587-4367 FAX
or email them to me at
lgardephe@upsaratoga.com



By: Kelly Daugherty, LCSW-GC-C

Saratoga Center for the Family strongly believes in using evidence based therapeutic models to provide mental health therapy to our clients. We place a great deal of importance on continued education and training for our therapists so they can stay current with best practices in the mental health therapy field. We were fortunate to receive a grant from Saratoga County Citizens Committee for Mental Health to fund Trauma Focused Cognitive Behavioral Therapy (TF-CBT) training and certification for our mental health therapists who work with children who are victims of abuse. TF-CBT is a structured, short-term treatment model that effectively improves a range of trauma-related symptoms in 8-25 sessions with the child/adolescent and caregiver.

Saratoga Center for the Family was incorporated in 1978 as the Saratoga County Task Force on Child Abuse and Neglect and was started as a grass roots response to concerns about child abuse and neglect in Saratoga County. In 1993 the Task force changed its name to Saratoga Center for the Family to reflect the centers commitment to serving not only those who have been abused but to build stronger families and empower individuals with a goal of preventing abuse before it starts. Today the Saratoga Center for the Family provides abuse prevention programs, mental health services, victim advocacy and is home to the Harriet M. West Child Advocacy Center. **continued on page 5, see "Grant"**

**"MENTAL HEALTH MATTERS" BENEFIT
A SUCCESS**

by Melodie Masterson

"Mental Health Matters Benefit" held at Longfellows Restaurant on May 13th was a huge success. The Saratoga County Citizens Committee for Mental Health (SCCCMH) annual event not only is to raise funds to further their mission, but also to recognize the SCCCMH Citizen of the Year. Peggy Lounsbury, Chairperson of the SCCCMH, was the Master of Ceremony for the event.

In addition to a silent auction and raffle drawings, the guests were entertained by Annie and the Hedoists. Green "Mental Health Matters" ribbons were provided to all guests.

Lounsbury presented Beverly Lazar, a licensed clinical social worker at the Saratoga County Mental Health Center, with the 2015 SCCCMH Citizen of the Year. Lazar was recognized for over 30 years of dedication to serving, promoting and advocating for the needs of people living with mental illness, especially children. In addition to her work at the Center, Lazar has spearheaded a number of programs in the community. In 1976, she co-founded, with Judy Ekman, the Saratoga Task Force on Child Abuse and Neglect, which is now the Saratoga Center for the Family. She also founded Youth2 – Youth Helping Youth, a foundation that helps young people learn the art and practice of community volunteering and philanthropy. Lazar has also been involved with the Living in Harmony Festival, World Quilt Project of the Saratoga Mentoring Program, and the Dance Flurry. She has also served on the boards **continued page 5, see "Success"**

SCCCMH Newsletter is the official publication of the Saratoga County Citizens Committee for Mental Health,
P.O. Box 820, Saratoga Springs, New York 12866
www.SCCCMH-Saratoga.org

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

The SCCCMH 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 Editor's e-mail address. Articles not submitted electronically can be mailed to the address above.

THE VIEW FROM HERE

by Mark Porteus

This article is an argument for the idea of the mentally ill forming a separate culture and community within the larger community with the purpose to promote greater economic and social self-sufficiency for the mentally ill as individuals and as a class of citizens. Like military veterans, the mentally ill share a common experience and a common understanding of that experience among themselves. In both cases, that experience and understanding are beyond the grasp of outsiders. Most veterans, but not all, do eventually "come home" and move on.

Some of the mentally ill also recover enough to lead close to normal lives. Others do not. The idea behind this article is to create an environment where those who do not recover to lead almost normal lives can, despite their limitations, live full, unrestricted lives free of stigma, subtle discrimination and that feeling of being different. In other words, a home community where people know and accept you as you are. Among your own, you can breathe more easily.

This idea of a separate culture and community within the larger community may seem, to some, to be the makings of a mental health ghetto, but this idea hinges on the good will, willingness and expertise of agencies, private and governmental, that do their work on behalf of the mentally ill to create and administer the framework necessary to make the idea a reality. None of this means absolute withdrawal from the larger community and society, but something more like creating a neighborhood somewhat set apart.

There is nothing radical in this idea. Each family has, in its way, a particular culture (way of being and doing); different ethnic groups have their own unique cultures, as do businesses, cities (just as Saratoga is different from Schenectady), major regions (the Northeast and the South), and countries. The aim behind this idea of a separate culture and community for the mentally ill is to foster the emotional comfort, satisfaction and success of the mentally ill as individuals and a class of citizens.

Tried and proven plans exist and are in use in the U.S. for the forming of communities where the mentally ill can live among themselves in self-governing groups and be economically self-

Continued...

sufficient. The Vermont and the Pennsylvania Office of Mental Health have established such communities using the ideas put forward by George Fairweather Ph.D., an American psychologist, who did extensive fieldwork and research, and created the Fairweather Lodge system, a self-governing group living arrangement for the mentally ill living and working together with informal, as needed, professional supervision. This arrangement does not eliminate mental health professionals, it does enable the mentally ill to largely determine the circumstances of their daily lives and life direction. The group self-policing itself is a principal resource for individual mental health since those most familiar with each other are most likely to notice changes and to be able to intervene quickly.

The Fairweather lodge system has a good track record, and has been in use since at least the 1960s. The advantage for the mentally ill is greater self-determination and economic self-sufficiency; for the mental health support system it is less dependency and less reliance on benefit payments.

This was written with the hope of causing some discussion, a debate, about the direction of mental health planning and policy. In a society that, seemingly, cannot come to terms with the experiences of its veterans, especially combat veterans, and that has, too often, given harsh criminal sentences to veterans known to suffer severe ongoing psychological trauma as a result of their service who committed crimes, I question to what extent that same society-at-large can come to terms

with the facts of mental illness, which like the military and combat, is an experience largely unknowable to those who do not know it firsthand. For many of the mentally ill, a direction other than trying to "fit in" in that society, might lead to more open doors and greater personal freedom.

For more information about Fairweather Lodge, to to:

<http://www.thecccl.org/FairweatherLodge.aspx>

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

Join SCCCMH Today!

“Grant”, continued from page 3,

In March one of our therapists, Tracy M. Gilbert, ATR, LMHC attended a 3 day long intensive TF-CBT training in Olean, NY and will participate in monthly supervision calls for one year. At the end of the year, Tracy will be eligible to take the TF-CBT Therapist Certification Program Knowledge-Based Test and apply for certification in TF-CBT. This will allow Saratoga Center for the Family to have two certified therapists in TF-CBT and increase the number of child abuse victims that will receive the most effective evidence based program available for the treatment of childhood trauma as a result of physical abuse, sexual abuse and/or neglect.

Thank you to Saratoga County Citizens Committee for Mental Health for their support of our mission and grant donation to our Mental Health program. For more information about Saratoga Center for the Family, please visit our website at www.saratogacff.org.

“Success”, continued from page 2

of the SCCCMH, the Waldorf School of Saratoga Springs, and Children and Nature Saratoga. Assemblyperson Carrie Woerner attended the benefit and presented Lazar with a citation recognizing her contributions to the mental health community.

In her acceptance speech, Lazar shared the stage with “Annie and the Hedonists” who helped to express her sentiments and gratitude through song.

Apply for Grants from SCCCMH

The Saratoga County Citizens Committee for Mental Health awards monetary grants to not-for-profit organizations that provide services or assistance to people living with mental illness in Saratoga County.

Awards are generally up to one thousand dollars and are distributed three times a year. Contact Peggy Lounsbury or visit our website for more information and an application. Applications for the next award cycle are due June 1st.

SCN-MHPA Fall Meeting

The Saratoga County Network of Mental Health Professionals and Advocates met on November 19, 2015 at the Saratoga Center for the Family.

The Center staff provided an overview of all the services offered by the agency. Also, there was a discussion about legislative priorities for the 2016 NYS Legislative Session.

If you would like more information, contact Peggy Lounsbury at plounsbury@saratogacare.org or 583-8371.

JOIN NOW!

Consumers, family and friends, mental health professionals and others, please join the SCCCMH now for the new year. As a member of SCCCMH, you will get our newsletter, and more important, you will help SCCCMH carry-out our mission to be 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.

Also, consider a charitable gift to SCCCMH. You can honor or memorize someone and help make a difference in the mental health community, too.

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



This publication was prepared with the assistance of Four Winds –Saratoga



Collette Fox
Compassionate, Respectful, Genuine Advocate
for the Mental Health Community

**Dedicated, Long-Term SCCCMH
Board Member, Passed Away**

Collette Fox passed away peacefully on October 25, 2015. Collette was born on January 24, 1943 in Hammond, Indiana, the daughter of Matthias and Margaret Hafner. She graduated from Hammond High School and the University of Iowa. She worked twenty-seven years in the Friendship House Day Treatment Program before retiring in 2006. Collette helped both individual clients and groups and for years managed Friendship House's lunch program.

Survivors include husband Bill, son John and daughter-in-law Barbara of Alexandria, VA, daughter Jennifer of Washington, DC, sister Kathy and brother-in-law Fred Hammond of Hammond, IN, sister-in-law Audrey Hafner of Pittsburgh, PA, and sister- and brother-in-law Phyllis and Mike Hriso of Bloomington, IN. Collette also leaves twenty-five nieces and nephews and their families. Passing away before Collette were siblings Pat Paulik, Tom Hafner, Mary Pouch, Jim Hafner, Jack Hafner, Jeanette Markley, Peggy Krygier, and Matt Hafner.

Collette served for many years on the board and as treasurer of the Saratoga County Citizens Committee for Mental Health. She was especially active arranging its annual dinner. The Citizens Committee recognized Collette's efforts to help the mentally ill by choosing her as its Citizen of the Year in 2012.

Collette was a member of St. Peter's Church. She was a charter member and treasurer of the Womens Investment Club of Saratoga Springs. Collette enjoyed the Tuesday Night Womens Bocci League and was the league's treasurer for many years.

Collette helped many people over the years, typically in ways not apparent to others. She was quietly generous to those in need; she helped behind the scenes at celebrations; she oversaw affairs when friends died. Collette was there for others; others could count on Collette.

Collette was most at home in kitchens. She loved to cook and was mighty good at it. She took a cooking courses at the CIA but could have taught CIA chefs a thing or two. Collette got requests for her specialties like a scrumptious cheesecake. Her chili—Hoosier Heat—lived up to its name and won a Best Chili Award.

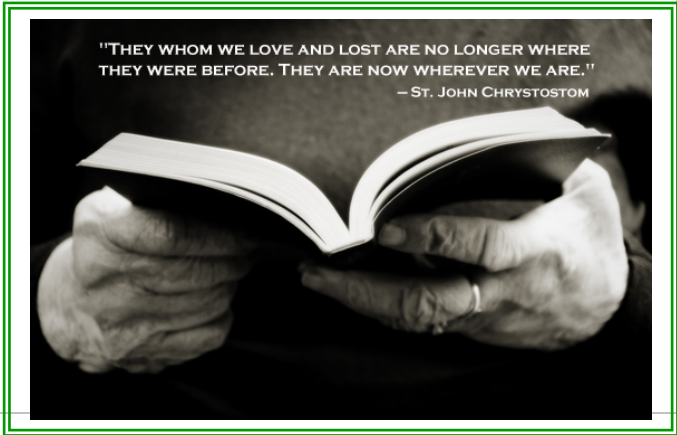
Collette enjoyed a wide range of music, especially Americana. She camped at numerous festivals (though preferring hotel "camping" to tenting). She especially liked Del McCoury, Chris Smither, and John Prine. Collette once heard John Prine three times in eight days . . . "and in three different states," she'd add with uncharacteristic immodesty.

Collette loved to travel, visiting Mexico and Europe many times. She especially enjoyed a couple of longer stays in London. Collette liked sudoku and crossword puzzles, family reunions and get-togethers, birds and gardens, museums and old houses, Saratoga and Sarasota. She watched Antique Road Show and Big Bang Theory with guilt-free pleasure. Win or lose, Collette enjoyed casinos with friends, sisters, nieces.

Most of all, Collette loved and enjoyed her family and friends and was immensely proud of her children.

Collette dealt with her long illness with courage and without complaint. As throughout her life, she was honest and intelligent, brave and stoic. Collette and Bill deeply appreciated support from family and friends and the care and compassion of her doctors, Alex Frank and Desmond DelGiaccio.

Memorials may be made in Collette's name to the Saratoga County Citizens Committee for Mental Health, P.O. Box 820, Saratoga Springs, NY 12866 or to the DelGiaccio Intensive Care Unit, Saratoga Hospital, 211 Church Street, Saratoga Springs, NY 12866.





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, 2015 to March 31, 2016

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 and 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. For example, 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(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, 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 **increases public awareness** of the needs of people living with mental illness.*

**Saratoga County Citizens
Committee for Mental Health**

P.O. Box 820

Saratoga Springs, NY 12866

RETURN SERVICE REQUESTED

Non-Profit Organization
US Postage
PAID
Saratoga Springs, NY
12866
PERMIT NO. 69