



FALL 2016 

**Highlights:**

Wellspring offers Cross-Collaboration Trainings 1

SCCCMH is on Face Book! 2


Mental Health Matters Benefit 3

Fall Conference Review 3

The View From Here 4

SCMHC Open House 6

SAIL Mental Health Fair 6




**WELLSPRING**  
Ending relationship and sexual abuse in Saratoga County

**SCCCMH – Helping us Work Together**  
*By Maggie Fronk, Executive Director  
maggiefronk.blogspot.com*

Studies show that sexual violence, stalking, and intimate partner violence have increased adverse impact on the mental health of victims. Current and/or past abuse can play a significant role in the development and exacerbation of mental health problems, increases the risk for revictimization, and abuse influences the course of recovery from psychiatric illness.

Wellspring is the domestic and sexual assault services resource in our community. It is the role of Wellspring to assist people before, during, or after a crisis to obtain the resources that help them be safe from abuse. While Wellspring does not provide mental health services, people who utilize domestic and sexual violence services and have mental health symptoms tend to see diminished symptoms as a result of the increased safety and social support. But, for others, even after safety and stability is achieved, they would benefit from sensitive and appropriate mental health services.

To enhance the mental health services in our community, with the help of a grant obtained from the SCCCMMH, Wellspring will offer cross-collaborative training designed to enhance the knowledge of mental health service providers in our community regarding the dynamics of domestic and sexual violence. These trainings will provide information regarding the evidence based practices associated with providing treatment to victims of these types of abuse. Additionally, training will be offered designed to enhance the provision of trauma informed services by all social service providers. These trainings will occur over the next year.



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Grants Committee Chair

**CHAIRPERSON'S NOTES**

By Peggy Lounsbury

Every year the SCCCMH recognizes one member of the community who has made a difference in the mental health community. I'd like to take a moment to recognize the SCCCMH Board of Directors. This small group of volunteers organizes and implements all SCCCMH activities, supports and advocates for people living with mental illness, and faithfully carry-out their fiduciary responsibilities as board members.

Leslie Ives is Vice Chair and Co-chairs the annual benefit event with Chrissy Hechemy. As you can imagine, organizing this type of event and soliciting donations is a time-consuming job. Leslie and Chrissy do that extremely well. Bob Lounsbury is treasurer and has also filled in as grants chair when that position was vacant. He meticulously accounts for the SCCCMH funds and prepares easy-to-read financial reports.

Amanda Blodgett is secretary. She is diligent about keeping the minutes of the organization, as well as, maintaining our "To Do List" ...keeping us on task. She also is chair of our Bon-Ton Fundraising Committee and with Chrissy's help; they involve all the board in this successful effort! Lorraine Gardephe is our newsletter editor and gathers all the news you see in our bi-annual newsletter. Melodie Masterson organizes our lobby day in March as our Legislative Chair, and she is our webmaster and Public Relations Chair. Chrissy is also our "Social Chair" and makes the best brownies for our monthly board meetings. These special brownies help us get through the agenda! Jennifer Myers and Sybil Newell are the newest board members and already are making a difference. Jen created our Facebook page and Sybil is our Grants Chair.

This Board is not only productive and dedicated, they are a great team. On behalf of the mental health community in Saratoga County, I would like to express appreciation for each Board member's contributions that make a difference to many people.



Submitted by Jennifer Myers

Hello facebook! We would like to announce some exciting news; the Saratoga County Citizens Committee for Mental Health now has a facebook page.

We are so happy to have this new way of reaching people. SCCCMH will be posting upcoming events for both us and other relevant events in the community, interesting stories, and links to our newsletter as well as our amazing updated website [www.scccmh-saratoga.org](http://www.scccmh-saratoga.org). So check us out on facebook and like our page! Here is a little information about facebook...

Facebook is a social networking site that makes it easy for you to connect and share with your family and friends online. Originally designed for college students, Facebook was created in 2004 by Mark Zuckerberg while he was enrolled at Harvard University. Initially Facebook was limited to Harvard students, then other colleges. However, by 2006, anyone over the age of 13 with a valid email address could join Facebook. Today, Facebook is the world's largest social network, with more than 1 billion users worldwide.

**To find our Facebook page, type in Saratoga County Citizens Committee for Mental Health (not SCCCMH). Then please "like" and "share" our page!**

**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 February 1<sup>st</sup>.

**Mental Health Matters Benefit**

By Melodie Materson

“Mental Health Matters Benefit” held at Longfellows Restaurant on May 4, 2016 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 Ceremonies for the event.

In addition to a silent auction and raffle drawings, the guests mingled and personally congratulated, the 2016 SCCCMH Citizen of the Year, Laurie Nelson, former Deputy Director of Transitional Services Association (TSA).

Peggy presented Laurie with a plaque honoring her as the 2016 SCCCMH Citizen of the Year. Laurie was recognized for over 30 years of dedication to serving, promoting and advocating for the needs of people living with mental illness. Laurie began her career working for NYS OMRDD which is now OPWDD (Office of Persons with Developmental Disabilities). After joining TSA, she worked in the community residences and served as a Program Supervisor for Hammond House. She was the first Program Director for the Edgewood House after it was established.

(Continued on page 5, Benefit)

**Annual Fall Conference-  
Sex Offenders:  
Responding To Crimes Against Children**

By Monica D'Agostino, LCSW

On October 20, 2016, the Saratoga County Citizens Committee for Mental Health and the Youth and Family Services Team at Saratoga County Mental Health Center joined together to host their annual conference. This year's conference was held at the Saratoga Casino Hotel where sixty participants came to hear nationally recognized speaker and author, Cory Jewell Jensen.

In this full day training Ms. Jensen shared her experience and expertise with social workers, mental health counselors, law enforcement, child protective workers, victim advocates, and other professionals from New York State. Attendees were provided with invaluable information which focused on the techniques used by pedophiles to target, seduce and exploit children, and the mindset and traits that lead them to offend.

Ms. Jensen recently retired from her position as Co-Director of the Center for Behavioral Intervention in Oregon where she worked with adult sex offenders and their families for thirty-five years. In addition to her clinical work, Ms. Jensen has provided training and/or consultation to The National Center for the Prosecution of Child Abuse, The National Child

(Continued on page 5, Conference)

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[www.SCCCMH-Saratoga.org](http://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

### Game Plan

By Mark Porteus

For better or worse, the person who finally decides if you will be healthy mentally or not, is YOU! The doctor may be your chief partner in working toward mental health, counselors may help clear away the tangle and encourage, friends may be friends and offer a helping hand, but only YOU alone can choose to be mentally healthy and stay that way. For all the outside help, the choice is up to YOU alone.

In a very real sense, the mentally ill play the part of their own individual doctor (once the worst of the of illness has lifted), and they must learn their doctor-craft by careful watchfulness and study of themselves in much the same way a doctor learns to be a doctor. Except the student-doctor have instructors in a medical school and practice examples, the mentally ill have only their own self and their experience in daily life.

The idea of the mentally ill person being the chief person managing his or her mental health was first made known to me in a psychiatric rehabilitation program some forty years ago. In me, it took ten years for the idea to fully take hold.

For the professionals and mental health workers who help you be your own doctor, it's very important that you learn to speak to them in clear, plain language, and tell in clear, plain manner what is going on with you. Likewise, you should expect them to speak clearly and plainly with you. It is also very important for you to realize what you do not know, MEDICINE being the most important. You certainly do not want to be a Quack Doctor to yourself. At the same time, it is very important that you learn to pay close attention to your mind and body, how they feel and react to different situations at given times. This comes over time. This will help you learn to pace yourself, what to avoid and areas where you can grow.

A counselor I knew many years ago used to often say — you can be hallucinating (seeing

things) like crazy, and still play a great game of tennis. Meaning — you can be out deep in left field, but can still play a real game for win or lose. If you are psyched to play, that is more than half the battle right there, and you can play to win.

It is possible, with help and some luck, to make a job or life setting fit you; and for you to fit in at a place or at work. It takes thought, planning and action. With practice you get better at it. This is not to say that it is good or wise to practice this on professionals or mental health workers, it is not good or wise. They are your game coaches, they are there to help you put your game together, and the game only YOU can play.



**PLEASE SHARE MORE OF YOUR VIEWS !!**

by Lorraine Gardephe, Newsletter Chair

Wonderful articles like this one from our community mental health consumers encourage real and open discussion of what truly matters among our readership.

We want to invite more readers to contribute to our newsletter so we can continue to enrich, advocate, and educate! Help us reach out and share what really matters to you!

Thank you for supporting mental health causes by your sharing this newsletter and visiting our website [www.sccmh-saratoga.org](http://www.sccmh-saratoga.org) and our new Facebook page at this web address: [www.facebook.com/Saratoga-County-Citizens-Committee-For-Mental-Health/](https://www.facebook.com/Saratoga-County-Citizens-Committee-For-Mental-Health/).





(Benefit, continued from page 3)

Laurie then was promoted to Program Coordinator and then promoted to Deputy Director of the agency.

Laurie dedicated her work to creating and improving mental health services in Saratoga County especially housing and care management services. In particular, she is recognized and respected by mental health professionals and clients for promoting a client-centered approach to mental health services.

Speaking of Laurie's accomplishments and distinguished career were Peter Rogers, Director of TSA, Elizabeth Stockwell-Wheeler, clinical Director of TSA, Susan Roberts-McManus, former Care Management Director at TSA, and Chrissy Hechemy, SCCCMH's Social Chair and Annual Dinner Co - Chair.

Also recognized during the Mental Health Matters Benefit were SCCCMH 2015-2016 grant recipients, Wellspring represented by Maggie Fronk, executive director; TSA represented by Megan Welch and the Saratoga County Mental Health Center. The grant recipients described how the grant money benefited their organization.



## **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 make your gift in honor of or to memorize someone and help make a difference in the mental health community, too.

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

***Become a part of the Voice of Saratoga County Mental Health Community.***  
***Join SCCCMH Today!***

(Conference, continued from page 3)

Advocacy Center, United States Navy, The National Crime Victims Association, The Mark Mc Gwire Foundation for Children, US Marshall's Office, NYPD Special Victims Unit and a number of law enforcement, child advocacy, and Faith based organizations.

Special Thanks to our sponsors: the **Adirondack Trust Company, SEFCU, Saratoga Prime Properties, Saratoga County Capital Resource Corporation and Union Gables Inn** for helping to provide this important training to the professionals in our community.



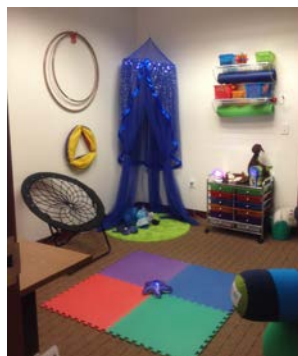
### Saratoga County Mental Health Center Hosts Open House

*Community Based.  
Stronger Together.*

The Saratoga County Mental Health Center (SCMHC) hosted a public open house on May 25, 2016. The Center consists of the Mental Health Clinic, Personalized Recovery Oriented Services (Reflection PROS) and the Alcohol and Drug Program. The Mental Health Center provides adult and youth services. The SCCCMH provided a grant to the Youth Services team so they could create a specialized pediatric sensory therapy room. Also, the SCCCMH had previously provided a grant to help make the family waiting room for youth services a "Make the Wait Count" area.

Rather than talk about these enhancements, the pictures below show how the grants were used:

Sensory Therapy Room



Make the Wait Count - Youth Services Waiting Room



### SCCCMH Grant Recipient from **IN THE NEWS...** by Amanda Blodgett

### Mental Health Wellness Fair

On a cold and rainy day, May 1st, Southern Adirondack Independent Living (SAIL) center presented a Mental Health Wellness Fair at the Moreau Community Center in South Glens Falls.

About 10 organizations participated and set up booths with everything from The Girl Scouts to Essential Oils. And there was of course, a booth for SCCCMH. It was run by our amazing Chairwoman, Peggy Lounsbury and our insightful Secretary, Amanda Blodgett.

The fair was open to the public and several people came to see what was going on. There were people from NAMI, Northern Rivers, and people in general from the mental health community. People were making stress balls, eating cheese and crackers, and of course, learning about SCCCMH. It seemed that half the people that stopped by our booth had never heard of SCCCMH. So it was an educational experience and got our name out there.

SAIL received a grant from SCCCMH to help support this mental health fair and another one that was held in February 2014 at the Saratoga-Wilton Elks Lodge #161.

We look forward to helping the mental health community grow and learn from each other.



SCCCMH Secretary, Amanda Blodgett, manning the SCCCMH booth at the SAIL Mental Health Wellness Fair at the Moreau Community Center.



For more information, contact:

Chairperson: Peggy Lounsbury  
E-mail: [plounsbury@saratogacare.org](mailto:plounsbury@saratogacare.org)  
Phone: 518-583-8371

Or visit our website: [www.SCCCMH-Saratoga.org](http://www.SCCCMH-Saratoga.org)  
and check out our **Facebook page!**

**ANNUAL MEMBERSHIP REGISTRATION FORM FOR YEAR: April 1, 2016 to March 31, 2017**

**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.**

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**PLEASE CHECK ONE:**

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

First Name \_\_\_\_\_ Last \_\_\_\_\_ Prefix/Suffix: \_\_\_\_\_

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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](http://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

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