



# Saratoga County Citizens Committee for Mental Health

# NEWSLETTER

Spring 2017

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## SCCCMH 2017 Citizen of the Year Hon. James E. D. Doern



Honorable James E. D. Doern has been selected as the SCCCMH 2017 Citizen of the Year!

Judge Doern's community commitment dates to the early 1990s, beginning with his work with Rotary and continuing through the present with his dedication to a number of advocacy and human services organizations. As Saratoga Springs City Court Judge for 18 years, he recognized the impact of unmet mental health, addiction, housing, transportation, and employment needs on people's ability to function happily and productively in our community. As a result, Judge Doern has worked tirelessly to improve the scope and collaboration of the community's services.

Most notably, in 2015, he was the force behind the establishment of a monthly gathering of human service providers. The purpose of this group is to identify and then rectify gaps in the continuum of care. With his focused leadership, additional treatment services were introduced in the County Correctional Facility; public transportation allowing access to essential addiction services was restored; steps to improve public health and safety during the summer entertainment season have been initiated; and the Suicide Prevention Coalition was established.

It is because of his enthusiastic dedication to meeting the unmet needs of our community that so many more people living with mental illness or substance abuse have been helped in Saratoga County, making Judge Doern worthy of the Saratoga County Citizens Committee for Mental Health 2017 Citizen of the Year.

(Continued on p. 2, Judge)

### SCCCMH Board of Directors

**Peggy Lounsbury**  
Chairperson  
[plounsbury@saratogacare.org](mailto:plounsbury@saratogacare.org)  
518.583.8371

**Leslie Ives**  
Vice Chairperson  
& Annual Benefit Co-Chair

**Robert Lounsbury**  
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**Amanda Blodgett**  
Secretary, Chair, Bon Ton  
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**Lorraine Gardephe**  
Newsletter Chair  
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**Chrissy Hechemy**  
Social Chair,  
Annual Benefit Co-Chair,  
Fundraising Committee

**Melodie Masterson**  
Public Relations, Webmaster, &  
Social Media Chair, Legislation  
Chair

**Dawn Daum**  
Grants Committee Chair

**Michel Prezioso**

### **Chairperson's Notes**

By Peggy Lounsbury

The SCCCMH is pleased to welcome our new board members, Michael Prezioso and T. Dawn Daun. Michael is Director of the Saratoga County Community Services and Commissioner of the Saratoga County Department of Mental Health and Addiction. Dawn works for Transitional Services Association. We are fortunate to have these two volunteer their time for our Board of Directors.

Our Mental Health Matters Benefit is coming up fast. It is on Wednesday, May 3<sup>rd</sup> this year. We have added a new opportunity for supporters and businesses to be a sponsor of the benefit. For more information about being a sponsor, please visit our website ([www.SCCCMH-Saratoga.org](http://www.SCCCMH-Saratoga.org)) or call me at 518-583-8371. Supporters and businesses can also donate items for the raffles and silent auction. Call Leslie Ives at 518-932-7398 for more information or to make a donation.

The Mental Health Matters Benefit is our major fund raiser. It is a fun time and nice dinner. Register using the form is in this newsletter, or you can visit our website. Even if you are unable to attend, consider making a donation. For information how you can make a donation in memory of, or in honor of, someone, visit our website or call me.

Please consider maintaining your membership by completing the form at the back of the newsletter. Also, the more members we have the stronger our voice when we represent you in our lobbying efforts.

See you at the Mental Health Matters Benefit. Please be sure to seek me out and introduce yourself if I don't catch you first!

Judge, Continued...

**Judge Doern will be honored at the SCCCMH Mental Health Matters Benefit at Longfellows Restaurant on Wednesday, May 3, 2017, 6 to 9 pm. The registration form for the event is included in the newsletter. Or, contact: Leslie Ives at 518-932-7398.**

### **Trauma-Informed Care**

by Eric Secard LMSW

On April 6<sup>th</sup>, 2016, I had an opportunity to attend training on "Trauma Informed Care". (TIC) Trauma informed care is an organizational approach to recognizing and responding to the impact of trauma on individuals. TIC is also a strength-based approach that emphasizes creating physical, psychological and emotional safety for individuals that have experienced trauma, to help those affected rebuild a sense of control and empowerment. Trauma-informed care is based on the understanding that many clients have suffered traumatic experiences, and the provider is responsible for being sensitive to this fact, regardless of whether a person is being treated specifically for the trauma.

This training enabled me to gain more of an understanding in recognizing behaviors that have been triggered because of trauma, evaluate the consequences of exposure to trauma on the developing brain, utilize screening tools to rule out co-morbid conditions and make an informed and differential diagnosis, including outline interventions used for integrated trauma. Adopting a trauma-informed care approach also allows social workers to think differently about their potentially traumatized clients by asking "What

(Continued, pg. 6, TIC...)

### **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  
[loriqards199@gmail.com](mailto:loriqards199@gmail.com)

THE VIEW FROM HERE

Dream State by Leif Kapp

When I can't sleep
I wander the walls of my mind
like a caged beast pacing,
longing for change,
longing to escape
the struggles of this life.

When I close my eyes
to the world,
opening my senses
seeing both beauty and terror
all around me.

There are moments of joy
I savor each time I wake
and nightmares encountered
that make me desire
to never wake again.

Death I don't fear,
for her shrouded blanket
covered me once before
and I long for her embrace
evermore. She waits for me in the night,
though I cry out to her...
She will not answer
my call.

One day She will come
for me and when
that day comes
I will accept
her endlessly.

I Lobby Because
Mental Health Matters

By Amanda Blodgett

I remember once making a speech for school
saying that 2020 would be when I would be
elected for my second term as president. Many
things have happened since then. One of the
major events is that I was diagnosed with a
major mental illness. That is what brought me to
the old "Friendship House," which evolved into
Reflection Pros. My therapist there made a very
good point she said to think of what we wanted
to be and why did we want to be that when we
were young!

Well, as you can tell, I wanted to be president.
But the big question was why? The answer is
rather simple. I wanted to make a difference.
And when I got on the mega phone at Mental
at Mental Health Matters Lobby Day this year
and said, "Mental Health Matters to me
because I waited 3 years and 10 months for
supportive housing." I felt I was making a
difference.

Also later, while meeting with Senator Kathleen
Marchione's aide, I found he was very attentive
to what the other clients and I had to say. I felt
like he genuinely was listening to what we were
saying and would bring it to the Senator for
serious consideration. Marchione's aide took a
particular interest in our problems with Medicab,

(Continued, pg. 6, Politics...)

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

## **IN THE NEWS...**

### **Mental Health Matters Lobbying Makes a Difference!**

A group from Saratoga made their presence known at the Mental Health Association of NYS (MHANY) Mental Health Matters Legislative Day at the Capitol in Albany on March 8th. Consumers, family members, and advocates were transported to Albany via a charter bus provided by the Saratoga County Citizens Committee for Mental Health (SCCCMH).

SCCCMH Chairperson, Peggy Lounsbury, briefed the Saratoga group on SCCCMH's 2017 legislative agenda, encouraged the group to express their own needs, concerns and stories, and provided instruction on how to effectively communicate their message to legislators. At the MHANY Mental Health Matters Legislative Day, participants listened to legislators, mental health professionals, and other guest speakers discuss important mental health issues during the morning agenda. At noon, nearly 100 people gathered on the Capitol building steps for the Mental Health Matters Rally. Participants, like SCCCMH Secretary, Amanda Blodgett, took turns talking into a blowhorn to share why mental health matters to them individually. Then the group marched around the capitol building chanting loudly, "Mental Health Matters", hoping that Governor Cuomo could hear the message. The group of fifteen participants from Saratoga County also held signs provided by SCCCMH which said "Mental Health Matters in Saratoga County." Later in the afternoon, the Saratoga group met with the legislative aides for Senator Kathleen Marchione and Assemblywoman Carrie Woerner. The representatives seemed genuinely moved by the struggles told by the

(Continued...)

people who are living with mental illnesses. The legislative aides were receptive to considering support for legislation that:

- Increases access to affordable, supportive housing.
- Provides funding for semi-structured day programs (e.g., low to moderate demand social and skill building activities) and intensive outpatient treatment programs that provide several hours of treatment a day and several days per week.
- Supports the Mental Health Workforce Investment to reduce the disparity between workers employed by the state and those employed by non-profit community agencies.
- Funds Mental Health Literacy in order to actualize a community trained in Mental Health First Aid.

(Continued, See Lobbying, Page 5)



**Mental Health Matters Lobby Day  
participants listen to legislators speak.**

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

***Join SCCCMH Today!***

**Lobbying, continued...**

All participants from Saratoga County felt that grassroots lobbying during the Mental Health Matters Legislative Day was worthwhile. In addition to empowering people living with mental illness to speak for themselves, this experience helps overcome the stigma often associated with mental illness. Ultimately, it is hoped that the participants will be able to generalize the lessons learned on advocating, and better advocate for their individualized care or support needs. Although lobbying does not guarantee that funding will be restored or provided for programs that were advanced on Mental Health Matters Day in Albany, for those that participated, it was powerful to participate in the political process and have our voices heard!



**Amanda Blodgett raising her voice on behalf of all people living with mental illness in Saratoga County**



**Grassroots lobbying by our group from Saratoga**

**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!**

**SCCCMH Website and Facebook Page**

To keep up with SCCCMH news and activities visit our website on a regular basis:

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

And follow our Facebook page by searching for: **Saratoga County Citizens Committee for Mental Health** and then be sure to "LIKE" it!



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





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)

**ANNUAL MEMBERSHIP REGISTRATION FORM FOR YEAR: April 1, 2017 to March 31, 2018**

**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](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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