



# In-Touch Quarterly Newsletter

Protecting and Strengthening the Community's Mental Health

## Mark Your Calendar

**October 26**  
**12:00 - 2:00**

Adverse Childhood Experiences (ACEs): The Link Between Childhood Trauma and Outcomes in Health, Mental Health and Addiction  
~Daryl Handlin

**2:00-4:00**

Physiology of Addiction  
~ Dr. Sosunmolu Shoyinka

**November 10**  
**8:00-5:00**

Mental Health First Aid, Veteran's Focus  
~United HealthCare

**November 18**  
**2:30**

Works for Success Personal and Professional Development Graduation

**November 24-25**  
MHA Offices Closed

**November 29**  
Don't forget to include MHA in your #GivingTuesday

**December 9**  
**8:30-4:30**  
Mindfulness  
~ Michael Duxler

**December 26**  
MHA Offices Closed



Sean and Larry with their new vehicles.

## Independence: A Vehicle on the Road to Recovery

Sean and Larry (pictured above) have come along way in achieving recovery. As participants in the Supported Employment Program they have been able to find and sustain competitive employment for several years. Now they have each completed another goal, one that leads to greater independence; they have been able to purchase their own vehicles. They both worked with their employment specialist to set up a PASS Plan and paid cash for their vehicles earlier this summer.

**“Having a car has been great! I feel so good about myself and have found that I do a lot more and see more people because I can get where I want, when I want.”**

Read more about Shawn and Larry's story at [www.mhasck.org](http://www.mhasck.org)

## JOIN OUR TEAM

Have you ever thought about having a rewarding career helping others through their Recovery journey? MHA is just the place for you. We pride ourselves with nearly 60 years experience helping individuals suffering from the affects of mental illness throughout our community. As a member of the MHA team, you will have the opportunity to work with a dedicated group of professionals who promote excellence in care. With the expansion of several programs, we have a variety of positions currently open.



Jobs Find your career

MHA's employees benefit from:

- Competitive Pay
- Educational Opportunities
- Excellent Benefits

Become a part of our team!

[www.mhasck.org](http://www.mhasck.org)

## Volunteer Opportunities

**Compeer mentor-** provide mentoring/friendship to a child, adult, or veteran with mental illness to help increase social skills, build self-esteem, and reduce isolation/loneliness.

**Senior Companion volunteer-** Must be 55 or older, provide companionship and in-home services to lonely and/or homebound seniors. Provide respite for caregivers. Paid stipend is available to those who meet income guidelines.

**Crime Victim Advocate-** Become a crime victim advocate for seniors who have been victimized by crime in our community. As an advocate you will be a support or listening ear; help complete paperwork such as compensation forms; share information about victim's rights; accompany the victim to court; and/or be present for support if talking with law enforcement.

To get Involved

Visit [www.mhasck.org](http://www.mhasck.org)

Or call 316.685.1821 for more information

## Welcome Aboard! Meet our New Counseling Center Staff



**Daryl Handlin, LCSW, LCAC**, joins the Counseling Center as Clinical Director of Outpatient Services. Mr. Handlin has extensive experience in mental health and substance abuse with all ages and backgrounds.



**Greg Crumley, LCMFT, KCGC**, has joined the Counseling Center therapy team. Mr. Crumley has extensive experience and indicates that his areas of primary interest include anger, emotion regulation, depression, anxiety, self-esteem, marital and relationship issues and problem gambling.



**Sarah Jian, PA**, has joined the Medication Management at MHA team. Ms. Jian has a broad range of experience in diagnosis and medication management of a variety of mental health diagnoses.

**Stacey Rodriguez, LCSW**, joins the Counseling Center therapy team Ms. Rodriguez comes to MHA with significant experience in providing individual, family and relationship counseling to those who want to overcome depression, anxiety, parenting, behavioral, anger management, grief, adolescent, ADHD, relationship and life issues.



Thanks to the generosity of our donors who participated in the annual BACK TO SCHOOL Drive, we were able to provide 98 brand new backpacks filled with required school supplies for children in our community. We are so appreciative of our partners and volunteers who donated to this initiative and helped our kids start back to school on the right track.

A special thanks to our Corporate Supporters!

- Professional Engineering Consultants
- UCI
- Wichita Country Club
- ProFillment, LLC

## In The News

### **MHA announces proud partnership with DCF on End-Dependence Kansas**

We are excited to announce that MHA's proposal was chosen by the Kansas Department of Children and Families Vocational Rehabilitation Division to provide employment services for persons with disabilities under the End-Dependence Kansas initiative. The goal of the project is to increase competitive, integrated employment; reduce reliance on public benefit systems, and develop effective support systems for participants. Utilizing research based employment practices, MHA's initiative is expected to serve 210 individuals with a behavioral health disorder over the course of the 5 year grant period. Staff for the project include Matt Angell..... (You might be able to get a picture)

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### **MKSO receives Attorney General's State CVAF grant funding**

MHA has received the honor of funding through the Office of the Attorney General State Crime Victim's Assistance Fund. This funding will expand MHA's Mid-Kansas Senior Outreach Programs ability to provide education throughout the community on the early warning signs of elder abuse and exploitation. The purpose of this program is to bring awareness to elder abuse and prevent further victimization of this vulnerable population.

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### **CABHI Program is a great success after First Year**

We are finishing up year 1 of our collaboration with the State of Kansas in providing services to individuals who are suffering from behavioral health disorders and are homeless. This program has exceeded our expectations and our stated grant goals. Through the efforts of our great staff, 43 individuals have received services; 22 individuals have been helped to secure housing, and 12 individuals have found employment. The program is comprehensive in its approach to ensure that participants are able to access community resources that are needed to help in their recovery.

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### **Works for Success is helping Fathers Reconnect and Find Employment**

The Work For Success program is beginning its 3rd year of operation. The program has served 131 fathers over the last 2 years with over 65% of those fathers giving back to our community through employment. Goals for the program include helping fathers reconnect and provide for their children through responsible parenting/fatherhood. Fathers attend a 3 week workshop which teaches skills in the following areas: finances, parenting, and conflict resolution and anger management, and co-parenting techniques. Following a next steps graduation, fathers are assisted through case management and employment interventions to access needed resources and in all aspects of finding, securing and keeping employment. (picture and testimonial)



TOBACCO  
CESSATION

## Tobacco Cessation Program

MHA was recently awarded a three year grant from the Kansas Health Foundation to implement an agency-wide tobacco cessation program. This grant allows us to continue our tobacco free initiative and expand our reach in cessation activities. Funding is provided for the program director and two peer specialists to receive training to become tobacco treatment specialists, an intensive 5 day course covering all aspects of the addiction and effective intervention. We were able to purchase carbon monoxide monitors, which not only measure current carbon monoxide levels, but show how quickly levels can change once nicotine use decreases. We also have purchased educational materials we can spread throughout the association.

Although smoking rates are decreasing throughout the country (current rate is approximately 16.8%), those with serious mental illness continue to use tobacco at high rates. Americans with mental illness account for 44% of all tobacco use and smoke at levels 2-3 times higher than the general population. Studies show, however, that those with mental illness are just as motivated to quit as the general population. Our goal is for each client/consumer affiliated with MHA to be assessed for tobacco use and be offered assistance to quit. The peer specialists will offer 1:1 counseling and groups for tobacco cessation. To date, 146 consumers have been asked if they would be interested in visiting with a cessation counselor; 42 have agreed. We are excited about the possibilities for our consumers and plan to expand services as the need grows; one possibility will be a tobacco cessation group for our staff.

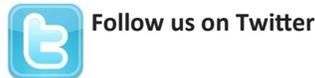


**Mental Health Association of South Central Kansas**

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## Give the gift of Christmas to children in need Adopt A Bell

Each year, MHA hosts the Adopt A Bell holiday drive where we match donors, like yourself, with children and families in need. If you are interested in becoming an Adopt A Bell donor:



Contact Bethany Anderson at [blippe@mhasck.org](mailto:blippe@mhasck.org)



### Have you ever thought about participating in a Research Study?

Each year the National Institute of Mental Health, in conjunction with their partners, conduct research studies and clinical trials across the country on a variety of topics. If you would like to get involved, please visit the site below to