

THE SEEKER

A Newsletter of Mental Health Association of South Central Kansas



Mental Musings

As we charge undaunted into 2022 after two years of pandemic and the economic downturn in the Wichita area, MHA sees significant cause for hope and optimism. Why? Because 2022 will mark 65 years of service for south central Kansas!

65 years of education, prevention, treatment, and recovery for hundreds of thousands of Kansans.

65 years of helping our corporate partners address things like presenteeism and substance use disorders that have a dramatic effect on our region's productivity.

65 years of providing our children with healthy coping mechanisms to keep mental health issues from turning into mental illnesses later in life.

65 years of providing safe and stable housing to homeless vets, seniors with mental illness, and Wichitans of every stripe who just need a hand up from the unwarranted stigma that is still too often assigned to those living with anxiety, depression, and other illnesses that affect all of us from time to time.

As hard times often do, working together to find ways of keeping our 30+ programs available to south central Kansas has made the MHA family stronger. The changes made over the last 24 months have not only made us even more efficient with the time, talents, and treasure entrusted to us by you, but have also given us the opportunity to grow as an organization. Our Outpatient Counseling center houses not only a full compliment of therapists and counselors, but our Medication Management office and a pharmacy as well, all under one roof.

Our Residential Care division offers nearly 300 units of housing for those living with severe and persistent mental illness, and is poised to continue growing through a variety of strategic partnerships with both generous donors and the local corporate community. And our age-related divisions dedicated to Children, Adults and Families, and Seniors, continue to evolve to address gaps in local service offerings as well as issues that have risen to prominence as a result of Covid-19.

All of this success - and exciting plans for years to come - would not be possible without your on-going support of our mission, and for that we are so very grateful. Stay safe, and let's continue to model how a community can support public health when we all participate in finding solutions.



In these difficult economic times, MHA asks you to consider giving the nickels and dimes that would otherwise collect in your couch or change jar. We have partnered with www.RoundUpApp.com to allow you to round-up your credit card purchases to the next dollar, and send the remaining change to MHA. Your spare change makes a tremendous difference in our ability to serve thousands across south central Kansas each year.



Follow MHA on Facebook, Instagram and Twitter for the most recent updates!

Return of the Beautiful Minds Gala

That's right! After two years of absence borne of an abundance of caution, the Beautiful Minds Gala will make its triumphant return in 2022 just in time to celebrate our Blue Sapphire anniversary of service to south central Kansas. (For those wondering, 65 years is also the Castle Visit anniversary, so if you have any connections to a European castle or anything, please let us know!)

We are already in the process of considering amazing experiences for the live auction portion of the evening, with no dream too big! Travel packages, meet-and-greets with celebrities, you never know what our friend Charlie Moon will roll out next, but there is only one way to ensure that you get a chance to bid on it, and that is to **SAVE THE DATE!** Put October 8, 2022 on your calendar at Mark Arts and follow us on social media for teasers about the event as they become available.

The 2022 Beautiful Minds Gala is shaping up to be the biggest and best event MHA has ever hosted, and we can't wait to see you there to help us celebrate the increase in awareness of mental health in this community! If you or your business would like to be part of the event, call our Communications office at 316.651.1241 to learn how you can help.



Have You Seen Us?

MHA of South Central Kansas was founded in 1957 with an original charter to provide mental health education throughout the region. And while our mission has expanded significantly over the last 65 years, one thing that has not changed is the need to make sure that everyone knows the local resources that are available to address mental illness in the Wichita community.

Our media partners across television, radio, and newspaper - as well as our presence on Facebook, Twitter, LinkedIn, and Instagram - have been tremendously helpful in increasing awareness of our mission. Coupled with speaking engagements to local civic groups, corporate Lunch-and-Learn events, and church sermons, our hope is that we are reaching folks where they are.

But are we really? What media channels are meaningful to you? And is there a way of establishing a relationship with those outlets? Can you help us broaden our audience to reach more companies and business, and more minority groups who need to hear our message of hope and recovery?

If you can assist in raising awareness of mental health concerns - and remove the stigma - please call our Communication's office at 316.651.1241 and let's talk about how we can partner to address this public health issue that impacts so many in our area.

New Website

In October, MHA rolled out our brand-new website design! With such a wide array of programs and services for children, families, seniors, veterans, minorities, and more, creating a website that clearly and equitably outlined the offerings of our agency without overwhelming the senses has been a challenge. But we think we've nailed it! Check us out at www.mhasck.org and let us know what you think.



MHA would like to show our sincere gratitude to all of the supporters that have and/or are currently supporting our mission financially!



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