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 learn more about the trials and projects that are available in your area.

www.clinicaltrials.gov

School Supply Drive
July 1 - Aug 1
Our goal is to provide 100 children with the supplies they need to succeed.
Visit www.mhasck.org for a list of needs and drop-off locations

NEW Women's Group
The Counseling Center @ MHA is proud to announce that beginning June 28, 2016 a new Women's Group will be offered at the Countryside location. The 10 week group, facilitated by Jenny Hardin, will utilize a variety of therapeutic techniques to suit all learning styles.
To get involved please contact 316.652.2590.

In-Touch Quarterly Newsletter
Protecting and Strengthening the Community's Mental Health

Mark Your Calendar
June 7
Parents as Leaders: Family Communication

June 14
Parents as Leaders: Parental Monitoring

June 15
Elder Abuse Awareness Day @ SG County Extension

June 17
Children's Mental Health Awareness Day Event @ Watson Park

June 21
Parents as Leaders: Signs of Substance Abuse

June 28
Parents as Leaders: Taking a Drug Free Stance

June 28
Women's Group begins at Countryside location

July 1
School Supply Drive Begins

July 30
Bearded Warriors Benefit event for MHA Veteran’s Housing Program @ Bulletstop

The Counseling Center @ MHA is proud to announce the opening of its third location! The new Countryside location (9415 East Harry, Suite 800) gives the Counseling Center the ability to expand services. Therapeutic services provided at this location will include counseling, Trauma-Sensitive Yoga and a new women’s group. Therapists that have moved to this location include Jennifer Hardin, Valerie Kreger, Stephanie Hinsdale and Sherida Valpoort-Jones.

MHA staff and Board of Directors were present for the Ribbon Cutting ceremony on May 3rd.

Medication Management services have also moved to the Countryside location at 9415 East Harry, Suite 705. These services had outgrown the former Woodlawn location and are excited to have the ability to expand in the new space.
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.

MHA’s employees benefit from:
- Competitive Pay
- Educational Opportunities
- Excellent Benefits

To get involved, visit www.mhasck.org or call 316.685.1821 for more information.

Sarah’s Journey to Recovery

Sarah was introduced to the MHA CABHI Program during homeless outreach efforts in February. She has been homeless for four years after being brought to Kansas from Texas as a victim of human trafficking. Sarah was struggling with addiction and coping with mental illness.

CABHI staff were able to work with MHA’s Residential Care Program to access supported housing and Tenant-Based Rental Assistance funds to get Sarah safe, stable housing as well as furniture. Her CABHI Case Managers are working to get her benefits reinstated and have linked with other resources in the community for assistance. Sarah was also referred to MHA’s Addictions program where she participated in specific, intensive sessions designed for individuals who have had trauma. Sarah is now able to attend group and individual sessions. Sarah was also referred to the Counseling Center @ MHA where her therapist is delighted to report that they have made tremendous progress in symptom reduction. Sarah recently told her therapist that “I didn’t know I was allowed to feel this way. I have never been allowed to feel before.”

Read more about Sarah at www.mhasck.org

Trauma-Sensitive Yoga

Anxiety, depression, relationship stress, behavioral and health issues are often the result of unresolved trauma. The goal of a trauma-informed yoga practice is to build resiliency and establish greater self-regulation. It is about feeling safe and at-home in our bodies so that we can feel stable, have good self-esteem, and healthy relationships and ease mental and behavioral issues.

8 week class begin June 30th
Thursday Evenings 5:30-7:00 pm
at the Counseling Center
Countryside location
Call 652-2590 for more information

MHA is Proud to be Tobacco Free

As a health care provider, MHA is committed to providing a healthy and safe environment for all individuals and to promoting positive, healthy behaviors; effective 1/1/2016 all MHA properties became 100% tobacco-free environments.

Did you know:
- Smoking related diseases are the #1 preventable deaths each year
- Individuals with mental illness are 70% more likely to smoke
- Individuals with mental illness die 25 years earlier

To help transition our culture and to further assist our consumers to achieve their tobacco cessation goals, MHA applied for and was awarded funding through the Kansas Health Foundation to begin the Tobacco Treatment and Recovery Program. This funding will enable MHA to have several staff trained as Tobacco Treatment Specialists; train all staff to identify those individuals who wish to cease tobacco use and how to help them achieve this goal; implement 1:1 and group interventions targeting tobacco addiction; and raise awareness of the dangers of tobacco addiction and use.

Elder Abuse Conference

Throughout our community, abuse and neglect of seniors goes largely undetected. The true number of elder victims is largely unknown, due to lack of education and understanding of the signs of elder abuse and underreporting by the abused for fear of retaliation. It is estimated that only 1 in 15 cases are reported to authorities. In Sedgwick County alone there are more than 63,000 individuals over the age of 65; national estimates would indicate that more than 6,000 of these seniors are being neglected or abused today. Financial abuse of seniors is the most underreported of all crimes with estimates of 15% of older adults facing financial victimization each year.

Through education and awareness, we are trying to change this. The MKSIO program in conjunction with the TRIAD council hosts the annual Elder Abuse Conference in May. This year’s event was held at the Sedgwick County Extension office where more than 160 law enforcement, social workers and seniors gathered to learn more about fiduciary crime, technology safety, community resources, investigation and prosecution of crimes.

Meets Ms. M

The goal of MHA services is to assist individuals in their road to recovery, to help them actualize their goals and become as independent as possible. This is just one of the wonderful stories of achievement that we see at MHA each day:

“My name is Ms. M. I had attended the budgeting groups at MHA for several months. Before this group I struggled with my goal of becoming my own payee. I first had to learn how to budget my finances before it would be okay with my payee to trust that I could do it on my own. However, after attending the group I now have learned how to spend more wisely. I’ve learned how to determine my wants and my needs. I’ve also learned how to write checks and record my spending in a check register. During the course of the budgeting group I was able to reach my goal which was to become my own payee.”

Did you know?:
- 100% tobacco free environments.
- 1/1/2016 all MHA properties became tobacco-free environments.
- 25% of all staff to identify those individuals who wish to cease tobacco use and how to help them achieve this goal; implement 1:1 and group interventions targeting tobacco addiction; and raise awareness of the dangers of tobacco addiction and use.

Meet Ms. M