Your gift to MHA will go a long way to ensure stability in families, that children at-risk have a shot at a bright future, and that those suffering from mental illness or substance abuse problems can get the help that they need.

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

The Art of Recovery
MHA featured the Art of Recovery as a part of Final Friday on September 25th at The Tobie Andrews Photography Studio. Many consumers utilize art as a means of therapy as well as expression. This exhibit featured two local artists, allowing them to showcase their talent while telling their story of recovery. For Pam, art has been a part of her story since she was a very small child.

“"My childhood was difficult and drawing is how I escaped."”

Pam says that her story begins when she was very young, probably about 18 months old. She believes that her mental illness most likely stems from this age and a feeling of banishment. She began drawing at the age of 2, vividly remembering how happy she was when she had pencil in hand. Pam says that she used drawing as a way to tell stories, escaping from the real world around her. She says that “sometimes children can’t talk about what they feel, but they can communicate by drawing.” For her, art has always been, and remains, a powerful outlet in her life.

PHONE EXTENSIONS
Please note that MHA has recently upgraded our phone system, thank you to funding from our Community Service Tax Credit Program, and our extensions have changed. All staff now have a four digit extension instead of a three digit extension. When calling, please listen closely to the menu options. If you do not know the extension of the individual you are trying to reach, please dial 0 to speak with the operator.
Back to School Essentials

Thank you to all of our donors and volunteers for ensuring that all children have the supplies that they need to be successful in the classroom this year. We were able to fulfill every single request for backpacks and school supplies this year.

Volunteer Opportunities

**Compeer Mentor**- Provide mentoring/friendship to a child, adult with a mental illness or veteran to help increase social skills, build self-esteem, and reduce isolation and loneliness. Call Shawna at 316-651-1261 for more info.

**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. Call Kathy at 316-685-1821 for more info.

**Fatherhood Mentoring**- Mentors support fathers in the Work For Success Program by sharing experiences in both social and professional ways. Mentors can engage in a variety of ways-group settings, one on one, or by providing a particular expertise to assist the father in moving forward. Call 316-685-1821 for more info.

MHA Spring 2016 Educational Offerings

- **February 5th** - Eating Disorders, presented by Dr. Beth Hartman McGilley
- **April 8th** - Stress and Resilience, presented by Gloria Hegge
- **May 16th** - Elder Abuse Conference

**Continued Education:**

- MHASCK is an approved provider of continuing education by the Kansas State Board of Nursing. These course offerings are approved for hours applicable for RN, LPN, or LMHT re-licensure. Kansas State Board of Nursing Provider #LT 0105-0127. Each program listed specifies the number of contact hours of credit provided. Each session must be attended in its entirety to receive credit. Partial credit will not be granted. No refunds given for cancellations, unless due to minimum/maximum regulations.
- MHASCK is an approved provider of continuing education by the Kansas Behavioral Sciences Regulatory Board for re-licensure of LASWSs, LBSWs, LMSWs and LCSWSs. Kansas Provider Number 15-006.

Visit www.mhasck.org for more information or to register.

Visiting Staff (left) show off their plaque of appreciation for their participation in this year’s school supply drive. The second floor won the company’s friendly competition by donated the largest number of backpacks.
Get Involved

Anyone can be a victim of a crime

11 Months- the average lifespan of a senior after making a report of abuse
300% Senior abuse victims are at a greater risk of serious mental and physical health issues

Advocate

You can help change these statistics, become a VOCA (Victim of Crime Act) volunteer victim advocate. The VOCA program, through the Mental Health Association’s Mid-Kansas Senior Outreach will provide support, counseling, and resources to help seniors recover.

What can a Volunteer Victim Advocate do?

- Be a support or listening ear
- Help complete paperwork such as compensation forms
- Share information about victims’ rights
- Accompany the victim to court
- Be present for support if talking with law enforcement

I am Paul Faber and have been at MHA since March 30, 2015. I am the Director of Finance and Chief Financial Officer. The accounting, billing and management information systems departments report to me. Our functions are to support the work of all MHA staff in the delivery of services to our various clients, customers and consumers.

MHA is my sixth job since college. I have worked in the finance departments of hospitals in Los Angeles and Bakersfield California, Bend Oregon, and Arkansas City Kansas. Previous to MHA, I work at Heartspring for twenty-six years.

I enjoy sailing and Porsche cruising. We have a sailboat at Ninnescah Sailing Association at Lake Cheney and we sail most weekends from April through November. I recently joined the local Porsche Club and enjoy their club functions including autocross racing in Yoder. I am active in our church and the Rotary Club.

Call MHA Today
316-685-1821

On-Site Pharmacy

MHA is delighted to have partnered with Senior Care Pharmacy to provide on-site pharmacy services to MHA clients. On-site pharmacy services offers convenience for consumers and increases the services array that MHA consumers can receive. The addition of pharmacy services directly working with us also provides an opportunity to improve communication about medication adherence.

Adopt a Bell

Thank you to all of our donors for making the holidays bright for our clients and their families. Each year we find so many of our families struggling and it is through the generosity of our donors that we are able to provide these individuals with the magic of the holidays. Thank you for continuing to make such a significant impact on these families!
Wellness in the Workplace

At MHA, we look at health and wellness with a holistic eye. We believe that for optimal health, everyone must look at their physical and mental health together. To better promote wellness with MHA staff, the agency has formed the MHA Wellness Committee. The committee, comprised of employees throughout the agency, focuses on the promotion of health and wellness across all facets of the agency.

One of the first steps of the wellness committee was a renovation of the HOP. The agency removed the old vending machines full of sugary sodas and unhealthy snacks and replaced it with the Avanti Market. The Avanti offers a variety of snacks, sandwiches, salads, and beverages.

Additionally, the Wellness Committee has encouraged staff to get active by arranging activities and competing with other agencies in city-wide challenges. These are some of those activities:

- **Walk @ Work Challenge**: MHA took 1st in Sedgwick County for medium sized organizations.
- **May-October**: Hosted walk at work on Wednesdays. Each Wednesday morning staff walked together and participants were allowed to wear jeans for the day!
- **Healthy Bingo**: Staff enjoyed healthy challenges to fill in their Bingo cards. The first to get a Bingo in each department won a $10 Avanti gift card.
- **Walk-tober**: Staff were supported and encouraged to walk, run, bike, geocache or engage in other physical activities for the entire month. We identified captains and staff reported minutes of activity weekly. Prizes were given to weekly winners.
- **Winter Wellness Wednesdays**: As the weather turned cold and less staff wanted to walk outside other activities were offered. In November, staff gathered each Wednesday to participate in one hour of Yoga.

MHA Veteran’s House moves to Wichita

MHA’s Residential Care is a proud partner with the Department of Veteran’s Affairs to provide temporary housing to homeless veterans. This program has been located in a 15 bed house in Newton. On November 2nd, MHA was proud to open a larger home in Wichita for these veterans. The newly renovated building will be the home for up to 30 veterans at a time while they secure permanent housing. Each unit is features a private full bathroom, kitchenette and living space. The building also boasts a large commons space, laundry facilities and commercial kitchen.

“The move to Wichita will open a lot of doors for our veterans that were difficult to navigate with the commute to Newton”

The move will be of great benefit to the residents as it brings them closer to the VA Hospital where they receive a majority of their services. As Michael Kress, Senior Director of Residential Care, states “The move brings them closer to employment and makes it easier for them to access ancillary veteran and homeless services provided within the community.” Prior to the move “we had some individuals who did not want to make the move to Newton; this will allow us to now serve those individuals as well.”