

## DEAR MHA MEMBERS:

I have been at the MHA for just about two months now and I am learning so many things. There is so much fantastic work happening here and yet, so much to be done. But before I can talk about the future I would like to take this opportunity to thank everyone for their help and support in the MHA transition and my assuming the leadership role here. And most importantly, I would like to thank all of our members for their support, especially those of you who have renewed at this time.

As many of you know, the MHA took a substantial budget cut this year of almost 55% from government and private sources. While funding is cyclical and there will be an upturn in the future, this is still a challenge for the MHA. Yet, within that challenge there is an opportunity for us to strategically plan for our future. This will result in a more vibrant and effective agency that will be providing enhanced programs and services throughout the county. In addition to our programs, we'll be analyzing our administrative structures, board governance, the membership services we provide, and all other aspects of our agency.

(Note: Be sure to see our *MHA Announces New Executive* article on Page 5)

**EDITOR'S NOTE:** Following are excerpts from a letter sent to Sharon Carpinello, Commissioner of the New York State Office of Mental Health, in response to the situation regarding inpatient beds for Syracuse area children.

### Dear Commissioner Carpinello:

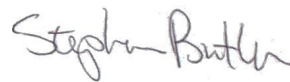
We have been asked by our constituents to contact you about the very public issue of inpatient beds for children in Central New York with serious psychiatric disabilities.

We agree with you that inpatient care is not always the answer. We applaud your commitment to develop outpatient services for children. We certainly agree with your statements that providing quality services to some children in their natural settings at home, in school and in the community with their friends is preferable to inpatient hospitalizations. We also appreciate the Onondaga County Depart-

ment of Mental Health's development of Youth Emergency Services. And we are very appreciative of Senator DeFrancisco's consistent efforts on behalf of persons with mental illness, including his efforts to foster dialogue and consensus in our community.

However, we are now in a crisis situation in Central New York. Between January and June of this year, 68 children and adolescents were sent by CPEP to hospitals out of town. If these numbers continue, by the end of 2005 136 young people will have been removed from their community and their families.

Warm regards,



Stephen Butler  
Executive Director

As you are aware, our community lost 64 beds for youth when Four Winds Hospital closed in March of 2004.

*Continued on Page 5*

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## FIRST ANNUAL MHA COMMUNITY CLAMBAKE

The Mental Health Association of Onondaga County invites the Central New York community to its **First Annual Community Clambake** on **September 25, 2005**, to be held at **Arrowhead Lodge**, Oneida Shores Park, in Brewerton, from **1-5 PM**. The event is designed for everyone- singles, couples, or families- and will feature music by *Todd Hobin* and catering by *Cathy's Corner Café*. The afternoon will also include recognition of community volunteers (see award list below), as well as outdoor games, sports, and children's activities.



Tickets are \$50 for Adults, and free for children under 10 years of age. A Family of Four Pack is available for \$125, and a Clamdiggers Pack (party of eight adults) can be purchased for \$360.

Sponsorship information is also available – give us a call at the office. Proceeds benefit the programs and services of the Mental Health Association.

**For more information, or to reserve tickets, call (315) 445-5606.**

### 2005 Award Recipients

#### President's Award:

Ron Heilmann, DCSW, BCD & Jean Erickson, Esq. (Children 1<sup>st</sup>!)

#### Mental Health Professional of the Year Award:

Dr. Ellen Barnes, Jowonio School

#### Volunteer of the Year Award:

Kathryn Martini

#### Corporate Angel Award:

Excellus BlueCross BlueShield

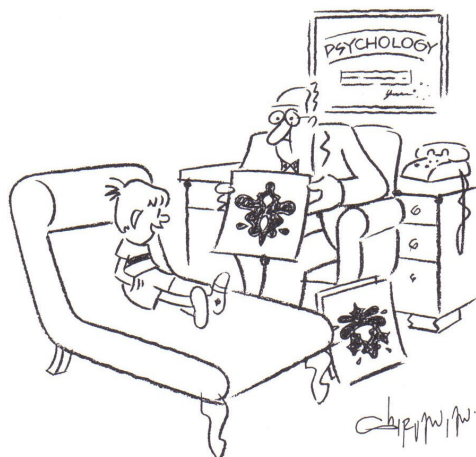
#### Jerome Wayne Advocate of the Year Award:

Judge Robert J. Rossi

#### Special Thanks:

Sarah Wall-Bollinger

Fred Fusco



"Your dog's paper trained too, huh?"

## 2005 EATING DISORDERS CONFERENCE

In association with Excellus BlueCross BlueShield of Central New York and the Central New York Psychological Association, we are presenting two conferences this fall – one designed for professionals, and one designed for the general public. Read on for more information. We hope you can join us at these educational events.

The first conference is appropriate for **professionals and clinicians involved in the treatment of eating disorders**. The day long conference will feature **G. Terence Wilson, Ph.D.** who will present **Cognitive Behavior Therapy for Bulimia Nervosa and Binge Eating Disorder**, on **Friday, October 7** at Drumlins Conference Center, 800 Notting-ham Road, Syracuse, NY, from 9:00 AM to 4:00 PM.

Dr. Wilson has authored and edited a number of books, and also served as a member of the American Psychiatric Association's Eating Disorders Work Group, which developed the diagnostic criteria for eating disorders in the DSM-IV (Diagnostic & Statistical Manual of Mental Health Disorders Fourth Edition). He was also a member of the National Institutes of Health Task Force on the Prevention and Treatment of Obesity.

The cost of this conference is \$75 in advance and \$90 at the door. Student rate is \$40 with ID. NACSW Credits are available, and continental breakfast, lunch and snacks will be included.

**For more information, or to register, visit [www.cnypa.net](http://www.cnypa.net)**

The second conference is specifically designed for **those with eating disorders and the people who love them**, and **those who are first to notice the problem** – such as teachers, coaches, guidance counselors, and school nurses.

The conference will take place on **Saturday, October 8**, at Drumlins Conference Center from 8:45 AM - 12:30 PM.

Guest Speakers and Panelists will discuss: "*The light at the end of the tunnel: one woman's story of hope & recovery*"; "*Strategies for coping with the eating disorder of a loved one*"; and "*How to set up a treatment team for anorexia, bulimia, or obesity*". Speakers are local experts with extensive experience in successfully helping people recover from their eating disorders, and will include Hannah Davis, Kathleen Deters-Hayes, CSW, Timothy Hayes, Ph.D., and Kathryn Martini, among others.

Cost of the conference is \$30 which includes a continental breakfast. Certificates of attendance will be available.

**For more information, or to register, contact Anorexia Bulimia Support of the MHA at 315-445-1975**

# SUICIDE IN OLDER ADULTS: WE CAN ALL HELP TO PREVENT IT

*Editor's note: this year, our focus will be on the topic of suicide. This is a painful issue, as our lead article so powerfully explains. We welcome your feedback and reactions to this theme.*

*"Suicide is not chosen, it happens when pain exceeds resources for coping with pain."*

Adults age 65 and older account for 18% of all suicides. While teenage suicide continues to gain necessary attention in society, suicide in older adults can still be considered a "taboo" topic. Openly discussing and educating people about the warning signs of impending suicide, recognizing these signs in a loved one, and then acting immediately are imperative steps in decreasing suicide rates.

Depression is the primary risk factor leading to suicide. A common and serious misconception is that depression is a normal part of aging. This is absolutely not true! When depression is suspected, medical attention is warranted as soon as possible.

Identifying risk factors for suicide may aid in the early diagnosis of depression. The earlier it is recognized and treated, the more likely it is that there will be a successful outcome.

## Risk Factors for Suicide:

- Risk highest among:
  1. Divorced or widowed persons (particularly the first year)
  2. Males over age 75
  3. Older divorced and widowed men (the suicide rate in divorced men is 3.4 times higher than in married men and is 2.6 times higher in widowed men)
  4. Divorced or widowed women (the suicide rate in divorced women is 2.8 times higher than in married women and is 1.9 times higher in widowed women).
- Depression or other mood disorders
- History of substance abuse
- History of suicide attempts or self inflicted harm
- Presence of serious physical illness(es)
- Functional or cognitive impairment
- Separation, divorce, or recent death of a spouse
- Loss of independence or desired functional capacity
- Fear of financial ruin



## Suicide Warning Signs

- Talking about suicide or intent to die
- Preoccupation with death
- A cogent plan is present and lethal means available (e.g. prescription drugs)
- Preoccupied with thoughts of impending death /suicide
- Statements of hopelessness, helplessness, or worthlessness
- Suddenly happy and calmer after having symptoms of depression
- Expressions of despair, hopelessness, pessimism about future
- Making arrangements or getting affairs in order
- Giving things away

## How can I be Sure?

There is no way you or any other person can know for certain if a friend or loved one is going to attempt suicide. Asking the person directly if he/she is considering suicide often gets a "yes" answer or, at a minimum, gets them talking. Asking will not push the person to suicide but will let the person know you are concerned and will give them a chance to express their feelings. Some questions you can ask include:

- Are you thinking about hurting yourself?
- Are you thinking about suicide?
- Have you thought about how you would do it?
- Are you thinking about dying?

Again, there is no way to know for certain. If in doubt, it is better to seek help. Any person with warning signs of suicide should be taken to a medical provider or emergency room immediately. Elderly persons are more likely to commit successful suicide than attempt it as a cry for help. There is effective treatment available for persons who are depressed and suicidal. Outcomes for suicide and depression are better if identified and treated early.

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## RESEARCH TO REDUCE ALCOHOL USE IN SCHIZOPHRENIA

SUNY Upstate Medical University's Department of Psychiatry has received a four-year grant from the National Institutes of Health (NIH) to study the effect of Naltrexone on reducing alcohol use in people with Schizophrenia or Schizoaffective Disorder. Naltrexone has been shown to reduce alcohol use in other studies.



Participants will receive 12 weeks of research treatment consisting of study medication three times per week and weekly motivational counseling. Participants will have the opportunity to earn up to \$420 in incentives such as movie tickets, bus vouchers, and gift certificates for food and clothing, all designed to maximize participation in the study. For more information, call (315) 263-0421.

## SUICIDE COALITION

- Cathy Comer

On December 21, 2004, I became a suicide survivor. Suicide was a subject I knew very little about. I had never been close to or loved anyone who had died by suicide. Then it happened to me. My life changed and would never be the same again. The grief and pain I was experiencing was unique. I had experienced grief before - my father had died, my grandmother, who was like a mother to me, had died and I thought I knew what grief was about. This pain was different. When someone intentionally ends his or her life, it leaves you with a whole different grief. I thought of suicide myself; I was in so much pain and wanted it to stop. People asked me questions and wanted to know personal details of the suicide. I withdrew from society. I only went to work, and I only talked to my closest friends, who understood how traumatized I was. I kept searching for why, why should someone end their life when they had so much to live for. I read everything I could on suicide, searched the Internet and learned so much. I will never fully understand why, but I do know that when a person dies by suicide, that they are in deep pain and have hopelessness. They are looking at life through distorted eyes and their mind is not functioning right. They really don't want to die, they just want the pain to stop, and the only way they know to stop this, is to commit suicide. I learned what the warning signs are. If I had only known the warning signs before, (the what if's), a common thought with suicide survivors.



I started to look for help. I knew I needed help; I was not going to get through this without counseling. This was more than I could handle on my own. I was barely functioning. I asked my friends to help find me a therapist who had a personal or professional experience with suicide and a support group. Much to my surprise, there is only one support group for suicide survivors; it meets

once a month at Hope for Bereaved. I called the Mental Health Association looking for a therapist, and eventually spoke with Fred Fusco. Fred was working with Gregg Phillips, MHA's board president, on expanding programs and suicide was a topic they wanted to deal with. I met with Fred and we spoke about forming a coalition to deal with suicide. Fred agreed there is a need in the community for suicide prevention, awareness, & education.

In May of 2005 we started a suicide coalition. Members include Hope for Bereaved, The Mental Health Association, Contact, the CNY Field Office of the NYS Office of Mental Health, Onondaga County Department of Mental Health, Prevention Network, Onondaga County Department of Youth and Aging, Onondaga County Emergency Response Agency, Transitional Living Services, and several suicide survivors.

Our mission is to expand on public awareness, education, and prevention of suicide. We are assessing what is in place in Onondaga County and what needs to be added. Currently we are working on two brochures. One is intended for people who have lost a loved one to suicide. The other is intended for the general community as well as people who are having suicidal thoughts. I would like to see more education in the schools, and more awareness for the public. I would like there to be more support groups for suicide survivors, and the stigma attached to suicide be forever gone.

If you would like to help or be a part of this coalition please call the Mental Health Association at 445-5606.

### AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

- Portia Nelson

I

I walk down the street.  
There is a deep hole in the sidewalk  
I fall in.  
I am lost ... I am helpless.  
It isn't my fault.  
It takes me forever to find a way out.

II

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place  
but, it isn't my fault.  
It still takes a long time to get out.

III

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in ... it's a habit.  
my eyes are open  
I know where I am.  
It is my fault.  
I get out immediately.

IV

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

V

I walk down another street.

## MHA ANNOUNCES NEW EXECUTIVE

On June 13, 2005, the Mental Health Association announced the hiring of Stephen N. Butler, MAPA as Executive Director. Board President Gregg Phillips stated, "Our Search Committee reviewed more than 30 applications for this position. Among the highly qualified finalists, Steve stood out in the minds of every member of the committee as the person we wanted as Executive Director. He possesses a broad set of skills that we believe are essential for the MHA not just to survive, but also to grow, in these challenging times. We are also extremely grateful to Fred Fusco who stepped out of retirement to head MHA while we conducted our search."

A native of CNY, Mr. Butler brings over 20 years of experience and expertise as a not-for profit leader in service organizations and non-profit management to the Mental Health Association. Working primarily in New York City, his most recent position before coming to the MHA, was as the Executive Director of Creative Alternatives of New York. The complimentary mental health therapy organization attached to the Department of Psychiatry at Mt. Sinai Medical Center serves the tri-state area and utilizes therapeutic theater groups for those experiencing significant mental health issues. Under his leadership the organization was recognized by the New York

Foundation for the Arts as a Community Asset which came with substantial funding from the Rockefeller Foundation and an Eureka Mentoring Award for Community Service. Mr. Butler has also served as the Executive Director of Nyack Community Center and while there the organization received the Rockland County Award for Best Youth Services and a Rockland Historical Society Award for Adaptive Re-use of a Historical Space. Stephen has also been awarded a Fellowship in Advancement (strategic planning) at the National Endowment for the Arts and Oswego Alumni awards to travel and study in Russia, among others.

Mr. Butler returned to Syracuse last year to obtain his M.A. in Public Administration at the Maxwell School of Citizenship and Public Affairs at Syracuse University. While there he received the Max Baker Assistantship in Healthcare in recognition of his work experience. After his degree was completed, he decided to resettle in Syracuse.

"I am pleased and proud", Mr. Butler stated, "to have been selected by the Mental Health Association to lead the organization and help serve the community. I am also very happy to be back in my home town."

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### LETTER TO COMMISSIONER CARPINELLO, continued from pg. 1

A comparison of data from CPEP before and after the closing shows a dramatic increase in out of town admissions. The percentage of children ages 0-12 sent out of town increased from 1% to 45% after Four Winds closed. And the percentage of adolescents ages 13-17 went from 0.09% to 50%!

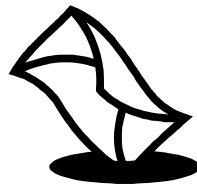
At present there are *only 24 inpatient beds for children in the entire Central New York region*. Our local advocacy and provider organizations are receiving almost daily complaints from parents about the long waiting list for residential beds, the long stays at CPEP for children (as well as for adults), and the hardships imposed upon families when their children are transferred out of town for inpatient treatment. If there was adequate inpatient capacity this situation would not be so critical.

We would also like to raise our serious concerns that there are not sufficient outpatient supports currently in place to deal with the children who are in danger or endanger others. Many of the families we are in contact with have exhausted their emotional and financial resources and still must hospitalize their children. These families have worked long and hard with their local schools, they have provided therapists for their children, many have paid private psychiatrists – they have tried everything they could and yet these interventions have not been sufficient to prevent their children from endangering themselves or others. A recent letter that appeared in the *Syracuse Post Standard* from a mother whose daughter eventually required 2.5 years of hospitalization after 8 years of failed community treatment states that "despite the best efforts of very dedicated social workers, clinicians, physicians and advocates, the system of community-based care simply could not meet her needs."

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### The current reality is that adequate outpatient services for children are not in place at this time.

We ask you to help us as a community to develop an adequate response to the number of children presenting at our emergency and crisis services. We would also request that the state allocate financial resources to ensure that the outpatient services referred to in your plan become a reality. In the meantime, we respectfully ask that you reconsider your decision and add eight additional temporary beds to Hutchings Psychiatric Center to ensure that children in need of care have a safe place to be. In a community the size of Central New York it is reasonable for families to have their loved ones treated in the locality in which they reside.



We seek your assistance in developing a rational plan for our community. Thank you for your consideration.

Sincerely,

Stephen Butler, Executive Director, *MHA of Onondaga County* (200 institutions, clinicians and consumers)

Judy Bliss Ridgway, President, *NAMI-PROMISE Syracuse* (500 members)

Teri Wasilenko, President, *NAMI Cayuga Co.* (40 members)

Carol Niveau, *NAMI/PROMISE*, Madison Co. (30 members)

Cathy Munson, Founder, *Family Tapestries*

Sheila Le Gacy, Director of Family Support & Education, *Transitional Living Services*, Onon Co. (serving 300 families)

CC: David Brownell, OCDMH Commissioner  
Senator John DeFrancisco  
NAMI and MHA Membership

## MENTAL HEALTH ASSOCIATION PROGRAMMING INFORMATION & UPDATES

### STRIVE PROGRAM FOR PARENTS

STRIVE continues to grow despite our financial cuts from the United Way. Since June we have had thirteen new parents join the program. One of the many wonderful things about running this program is seeing the progress that each parent makes as they actively participate in the group. With that in mind, we'd like to share with you the story of one of our parents (all identifying information has been changed):

Darlene is a single parent in her early thirties who is embroiled in a custody situation that calms down for a while, and then emerges with renewed intensity. When she first joined STRIVE, Darlene was completely focused on retaining full custody of her child and moving to Oregon to be with her family. Over the 4 years Darlene has been with the STRIVE program it has become apparent to her that moving so far away is not in the best interest of her child. Recently she decided to accept things as they are, and to focus on other things. As Darlene expressed it "I don't think moving away would be good for my daughter at this point. She has good friends here, and her dad is here. I want to determine where the best schools are located, and buy a house & a dog."



Through STRIVE, parents' skills are enhanced and their understanding of their children's needs are expanded. Some parents are mandated by the courts to attend the groups, yet they frequently stay on to participate long after they are no longer required to do so. Other parents come because they want to raise their own children better than they were raised themselves. At STRIVE we have only one requirement - you must be a parent to attend. You don't even have to have custody of your child.

For additional information about the STRIVE program call Carol at the MHA at 445-5606

### COMMUNITY COMPANIONS

Firstly, **congratulations** to **Dick McCarthy** for receiving a **blue ribbon** and two third place ribbons for his artwork submitted at this year's NYS Fair! We're proud of you!

Secondly, thanks to everyone who came out for our Annual Picnic on July 12. We enjoyed delicious food and great conversation. Special thanks go out to Cathy Comer for her generous donation of great food and grill skill, Fred Fusco for the much appreciated Wegmans run(s), Adam Phillips for expert photo captures, and everyone else who could make it out to enjoy a special afternoon with a great group of people.

Events like the Annual Picnic are just one fun thing to do in the Community Companions Program! Matches are set up on the basis of common interests, and spend time doing the things friends like to do. More volunteers - especially males - are always needed. All you need to commit is 4 hours a month to make a real difference in someone's life - and your own. Call Jennifer at the MHA at 445-5606 for more information

### ANGER MANAGEMENT

Our newest program has helped over 40 people acknowledge, accept, and alleviate their anger issues since September 2004.

Taught by local Certified Social Workers Kathy Tryon and Joe Gerace, the program has received rave reviews. A participant was overheard at the end of the last session remarking that the class flew by because it was so interesting. Participants expressed their sincere gratitude to the presenters for such a helpful class.

Our next class starts September 8, 2005, and continues for 6 consecutive Thursdays. For more information, to register for the class, or to request program brochures, call Rosalie at the MHA at 445-5606

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### INFORMATION AND REFERRAL

We are currently in the process of developing a new & improved therapist database. We are aiming to make it more intuitive and more user friendly, for both the public and staff.

If you are currently in our database, take a minute to check your listing and contact us with any changes to your information. Please call the office and speak with Jennifer, who will be more than happy to send you a copy of your current record, or a simple form to fill out if you'd like to be included in our database. It is important to keep the information up to date, so we can better assist our callers.

We receive close to 2000 callers annually through our Information & Referral service and have a variety of materials available to the public. If we don't have the information at our fingertips, we know where to go to get it. We pride ourselves in helping our community learn that help is available and who to call and where to go to get that help. Please contact us if we can help you or someone you know



### CHILDREN 1<sup>ST</sup>! CELEBRATES 10<sup>TH</sup> ANNIVERSARY

The Children 1st! program of the MHA will mark its 10th anniversary on Saturday, September 10<sup>th</sup> with a luncheon and recognition ceremony beginning at 12:30 PM at Jowonio School - 3049 East Genesee Street, Syracuse.

Beginning at 9 AM on that day at Jowonio, Ron Heilmann, one of the founding professionals & chair of the Steering Committee, will conduct a training for current presenters and those wishing to become presenters in the program. The training is one requirement of the new guidelines under which Judge Judith Kay has empowered judges to mandate parent attendance at certified parent education programs. Children 1<sup>st</sup>! received provisional certification- the highest currently attainable- earlier this year. The guidelines require that classes be six hours and that the curriculum be expanded to include new material, necessitating the training. **Anyone interested in receiving the training, and/or attending the luncheon celebration please call the MHA at 445-5606**

## MEMBERSHIP

**Thank you to those who have joined or renewed as MHA members in the Second Quarter\* of 2005:**

### Advocate

Marvin Reed

### Benefactor

Joyce T. Bunce  
Hannah Davis  
Melissa Davis  
Peggy Flanders  
Michael McGuirl  
Cindy Ormond  
David E. Pasinski  
Diana Veith  
Jerome Rene Wilett, Ph.D  
Joanne Zinsmeister-Yarwood

### Family

Alfred A. & Judy Fusco  
Susan Hansen  
Pat & Harry Schwarzlander  
Kevin D. Wilson

\*April - June 2005. If your name has been omitted, misspelled, or incorrectly listed, please accept our apologies and bring it to our attention so we can correct the error.



### Supporter

Phillis Berman  
Ona Cohn Bregman  
Judge Minna Buck  
Grace DeMartino  
Evelyn Komanecky  
Joseph Lebediker  
David Listowski  
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Marylin Hubbard  
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Doris Sutliff, CSW  
Rosalyn Syp, DBA  
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Deborah Donahue  
John Warren

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Dr. Wendy E Gordon  
Beth B. Groff  
Eugene & Sandra Kaplan  
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Connie Marion  
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Martha B. Viglietta, PhD.  
Deborah J. Welsh

### Partner

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James D. Baxendale, Ph.D, CTS  
Roger Beer  
Maxine Block, PhD  
Audray A. Edwards, LCSW  
Mildred Ferris  
Loretta E. Lobbia  
Anna L. Remen  
Gretchen C. Tierson  
Susan Winkert  
Mitzi Wolf, CSW

**BECOME A MEMBER OF THE MENTAL HEALTH ASSOCIATION!** Now more than ever, we are counting on our members to assist us in providing the services we've prided ourselves on offering for over 40 years. You can support these valuable programs, and help them thrive. Donations are tax deductible, and many different levels are available.

**This is YOUR MHA, won't you help?**

I would like a new / renewal membership for:

circle one

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

I would like to make a donation instead of or in addition to membership at this time. Amount: \$ \_\_\_\_\_

My donation should be used for:

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Apply where it's needed most</b>  | <input type="checkbox"/> Anger Management                                    |
| <input type="checkbox"/> Anorexia/Bulimia Support             | <input type="checkbox"/> Children 1 <sup>st</sup> ! Parent Education Program |
| <input type="checkbox"/> Community Companions                 | <input type="checkbox"/> STRIVE Program for Parents                          |
| <input type="checkbox"/> Mental Health Education and Advocacy | <input type="checkbox"/> Information & Referral Service                      |

**Payment Enclosed** - Please make check or money order payable to the Mental Health Association of Onondaga County

**Charge my** (circle one) Visa MC Discover

Credit Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature (required): \_\_\_\_\_ **Total Amount Charged or Enclosed:** \$ \_\_\_\_\_

### MEMBERSHIP LEVELS

#### INDIVIDUAL

- Other \$ \_\_\_\_\_  
 \$250 Advocate  
 \$100 Benefactor  
 \$50 Family  
 \$30 Supporter

#### PROFESSIONAL/BUSINESS

- Other \$ \_\_\_\_\_  
 \$500 Benefactor  
 \$250 Provider  
 \$100 Leader  
 \$50 Partner

YOUR CONTRIBUTIONS ARE TAX DEDUCTIBLE TO THE EXTENT ALLOWABLE BY LAW

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**Rosalie Schotanus**



**The mission of the Mental Health Association of Onondaga County  
is to promote individual mind/body health  
and to advocate for its integration into all aspects of our community.**

## **CALLING ALL PSYCHIATRISTS**

The following text is from an email sent by David Brownell, Commissioner of the Onondaga County Office of Mental Health. Please pass this along to anyone who could assist in filling this need.

As you know the Comprehensive Psychiatric Emergency Service at St. Joseph's Hospital has been and is experiencing significant increases in service volume. An ongoing challenge is maintaining adequate physician capacity.

Please notify all psychiatrists you have contact with of this need, especially those who may be interested in doing part time work. Even those interested in occasional shift work are welcome.

Those interested should contact Mary Bishop, Director of CPEP at 315-448-6360 or Mary.Bishop@sjhsyr.org Thank you for your interest in assisting with this community need.

## **SHADES OF BLUE**

They're back, and better than ever! Just in time for holiday gift giving, we've brought back our unique scarf promotion! These silk scarves are hand dyed and start at just \$10 each. This season, we're proud to introduce a new hand dyed velvet burnout style you just have to see – and touch – to believe!

For her hours of hard work and dedication to this fundraiser, we've honored **Kathryn Martini** with our **Volunteer of the Year Award**.

Buy a scarf and have your gift give twice – once for the person you care about, and once for the Mental Health Association! Call us today at 445-1975 or 445-5606 to set up an appointment to view these masterpieces.

***Shades of Blue:  
scarves as unique as you are!***