



Annual Community Awards Clambake Sept. 15!

Since 1989, the Mental Health Association has been honoring those who raise mental health awareness, increase access to mental health care, sponsor mental health initiatives, and improve the well-being of Central New York's families. 125 local leaders, professionals, organizations, and volunteers have received awards over the years.

Last year, we presented these awards at our first Annual Community Awards Clambake. We invite you to join us again as this year's honorees are recognized for their generosity and dedication.

MHA's Annual Community Awards Clambake will be held on **Friday, September 15**, from 4 pm to 8 pm at Arrowhead Lodge on Oneida Shores in Brewerton. The event is open to all, so bring your family, friends, and co-workers. We thank our current sponsors: **Cathy's Corner Café**, **Atlas Health Care Linen Services**, **Laboratory Alliance of Central New York**, and **Central New York Services!**

Following are some of the 2006 honorees:

Bristol-Myers Squibb Co., Corporate Angel of the Year

ClearChannel Radio, Corporate Advocate of the Year

Ginger Andrews, CSW, Individual Advocate of the Year

Judy Bliss Ridgeway, Volunteer of the Year

Dr. Riaz Sibtain Syed & Dr. Nasri Ghaly
Mental Health Professionals of the Year

Cathy Comer, Individual Angel of the Year

Cathy's Corner Café will again serve an outstanding picnic buffet in the Adirondack-style Arrowhead Lodge. Bring your appetite for delicious Little Neck clams, Black Angus burgers, Hoffmann hot dogs, salt potatoes, salads, and dessert. Attendees can also enjoy live music, raffles, and outdoor games and sports for all ages.

MHA Community Awards Clambake Tickets

\$45 by Aug. 15 (\$50 after 8/15)

\$35 by Aug. 15 for a "no clams" ticket

(\$40 for a "no clams" ticket after 8/15)

\$320 group of 8 (Children 12 & under FREE)

Call (315) 445-5606 for tickets/details!

Nominations for MHA Youth Award Accepted until 8/15. . . see page 3

MHA Executive Director appointed to Human Rights Commission

Syracuse Mayor Matt Driscoll has appointed MHA Executive Director Stephen Butler as a Commissioner to the Onondaga County/Syracuse Commission on Human Rights. He will serve on the Commission until December 2008.

The Onondaga County/Syracuse Commission on Human Rights exists to foster the growth and development of the County and City in the area of human relations, and to create a climate in which all citizens can understand and respect each other.

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Judge Klim Will Be Missed

The board, staff, and volunteers at the Mental Health Association were saddened to learn of the death of Judge David G. Klim. Judge Klim had been an active MHA board member since 2005, and annually volunteered his culinary abilities as a Men Who Cook chef for many years before that.

“He was an extraordinary advocate, helping to reduce the barriers for those with physical and mental challenges, and we will miss him.” said MHA Executive Director Stephen Butler.

“He didn’t hesitate when first asked to join the Men Who Cook event.”, added MWC Coordinator Kara Greene, “He was a very good chef and a great volunteer—congenial, outgoing, and easy to work with. He always brought his children along and often won awards in the Best Chef competition.” 2006 was no exception. Judge Klim and his children, Peter and Stacia, won second place in the Best Dessert Competition for “Dave’s Nutty Apple Cake” during the April event at LeMoyne Manor.

It is evident that the entire community will feel the absence of Judge David Klim. Everyone at the Mental Health Association feels fortunate to have benefitted from his support and direct service.



(l-r) MHA Board President Gregg Phillips, son Adam Phillips, and Judge David Klim at the MHA 2005 Annual Clambake

A Tribute to John A. Carnevale

MHA Board Member Kate Moore recently told us of the passing of John A. Carnevale, LCSW. He was a past Mental Health Association member and a therapist on our referral database. Kate commented, “I met him during his battle with cancer—he was the Mental Wellness contact for Post Standard employees at the time. . . His integrity and compassion impressed me, and probably led me to accepting (MHA Board Member) Vickie Krisak’s offer to join the MHA Board.”

Longtime colleague Dr. Paul Pickett sent us this remembrance: “I knew John for close to 20 years as a colleague, mentor, and friend. He was, without question, one of the most intelligent, thoughtful, and compassionate individuals I have ever known. He was a genuinely principled man who believed deeply in the human

struggle for dignity, integrity, and self-respect. Always introspective and pushing himself to face his own humanness, John deeply loved being a therapist and had profound respect for his patients in their willingness to engage in such a difficult, yet potentially rewarding process.

Even in facing his own death, John was honest, direct, and humble. He spoke directly from his soul about how much he loved life, how sad he was to be dying, how much he would miss the people who were close to him, and the work he had committed his entire life to. He was a loyal and noble man. I have been extremely fortunate to have been his colleague, to be mentored by him, and to call him a friend.”

Paul F. Pickett, Ph.D., L.M.H.C.

MHA Executive Director appointed to Human Rights Commission *from page 1*

The mission of the Human Rights Commission is:

“To promote improved human relations, civic peace, intergroup understanding, and the full acceptance of all persons in all aspects of community life.

To reduce and eventually eliminate racially, ethnically and religiously motivated violence, intergroup tension and conflict, as well as discrimination and prejudice based on race, religion, sex, national origin, age, disability or any other arbitrary factors.”

Stephen Butler will serve on the Commission’s Community Service Committee, which works with individuals, institutions, and the public as a whole to expose social injustices, support efforts at seeking redress, and promote among the public the necessity for fairness and human rights under the law. The specific areas of concern to the committee include: medical problems, welfare issues and problems arising from community tension as well as law enforcement relations.

NAMI-PROMISE Educational Conference is October 4

COMMUNITY INTERVENTION IN PSYCHIATRIC EMERGENCIES

9:00 a.m. - 3:30 p.m.

New York State Fairgrounds, Syracuse

Presenters: Frederick J. Freese, PhD, Mary E. Bishop, Marla Byrnes, RN, BSN, Terrance J. Garahan, MSW, Donald A. Kates

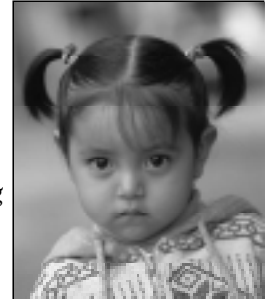
Call (315) 487-2085 for more information.

CNYMENTALHEALTH.ORG

A new way to find us online!

Just type in “cnymentalhealth.org” on your web browser, and you’ll go straight to mha’s website! Or, if it’s already in your “favorites” file, you can still use www.mha-oc.org.

CHILDREN 1st! Facilitators needed



Children 1st! is an educational program for separating and divorcing parents. By educating parents on how children are affected by divorce and separation, the program helps to reduce the potential for lasting negative impacts on children’s emotional health. Mental health and legal professionals trained as presenters give parents information on helping their children through this stressful time.

Children 1st! is certified by the New York State Parent Education and Awareness Program and is the only program of its kind in a 5-county region. Classes are held once a month throughout the year and are open to all interested parties. For information or to register call (315) 445-5606., ext. 200.

If you are an attorney or mental health professional and are interested in teaching classes, please contact us at the number above. We will provide you with training and get you started in helping those who cannot help themselves, the children.

MHA Youth Service Award Nominations due Aug. 15



MHA is looking for candidates for its Youth Service Award, which will be presented at the Community Awards Clambake on September 15.

The award honors youth who spend significant time serving as volunteers to improve the well-being of Onondaga County residents. Teachers, coaches, volunteer coordinators, family members, volunteer services recipients, and anyone acquainted with a youth’s volunteer work are encouraged to make a nomination.

Nominees must be Onondaga County residents between 12 and 18 years old. Call (315) 445-5606, ext. 205 or e-mail kgmail@twcny.rr.com for a nomination form. Completed nomination forms must be received at the MHA office by **Aug. 15.**



Record Number of Men Who Cook for 2006 Event!

A record 114 professionals, elected officials, and businessmen, plus 117 local businesses, a dozen local youth, and 40 more volunteers, collaborated on Men Who Cook XVIII, MHA's annual fundraiser.

It was held April 28 at LeMoyne Manor in Liverpool. Individuals and corporate teams prepared 58 specialty appetizers, main dish, and dessert samples for over 400 patrons, bringing in more than \$20,000 to the Mental Health Association. Price Chopper, Bristol-Myers Squibb Company, 93Q, BPA-Harbridge, Community Bank, N. A., Crouse Hospital, Syracuse New Times, Central New York Business Journal, and Atlas Health Care Linen Services were major sponsors.

The 2006 theme was *Men Who Cook, Women Who Judge, and People Who Love to Eat!* Women from **The Chocolate Truffle**, **BOCES**, **Women Business Owner's Connection**, **Onondaga County Legislature**, **Marble Hill Inn**, **The Mission Restaurant**, **Manlius Pebble Hill**, **Excellus BlueCross BlueShield**, **The Gingersnap Bakery**, **Syracuse New Times**, **Family Times**, and **Stellina** judged Best Dish and Best Decorated Table competitions.

Special guests included Culinary Institute alumnus **John Aliasso** of **Sysco Foods**, who presented a cooking demonstration, and **Ed Ponto** of **M & M Ponto**, who brought a chocolate fountain.

Many thanks to our planning committee volunteers: **Sarah Dam**, Chair, **Cathy Comer**, **Tim Hall**, **Martha Koelsch**, **Dave Pasinski**, **Gregg Phillips**, **Sylvia Pratt**, **Jackie Schiano**, and Donations Volunteer **Sally Attridge**. Thanks also to our sponsors, all of the event day volunteers, and the individuals, businesses, and organizations who donated products, services, and funds.

If you are interested in participating as a sponsor, volunteer, attendee, or man who cooks for Men Who Cook XIX in May, 2007, please call (315) 445-5606, ext. 205.

Men Who Cook XVIII Winners

BEST APPETIZER

- (1st place) Jeffrey Eades, **Key Bank**
Marinated Pork Tenderloin on Crustini with Greens
- (2nd place) Angelo P. Coppola, Don Rounsaville, Joel Brennan, **Aurora of CNY, Inc.**: *Greens Aurora*
- (3rd place) Stephen Maisto, **Syracuse University** & Dan Carroll, **Great Lakes Horticulture**:
Crab Cakes Deluxe

BEST ENTRÉE

- (1st place) Pedro Ramirez, Kenny Doles, Pat Boea, **Central New York Church of Christ**: *Tomate Relleno with Guava-Habanero Salsa*
- (2nd place) John Sopchak, **Catholic Charities & Michael Crinnin**, **AIDS Community Resources**
Cuban Turkey Stew
- (3rd place) Stephen R. Brechin, **Syracuse University**: *Chicken Marbella*

BEST DESSERT

- (1st place) Keith Flynn, Jim Sartori, Steve Raymond, Richard Mitchell, **Kilian Manufacturing Corp.**: *Kilian Krepes*
- (2nd place) David, Peter, & Stacia Klim:
Dave's Nutty Apple Cake
- (3rd place) Michael Cheney, Peter Lord, Joe DiBello, **Patisserie**: *Truffle Time*

BEST DECORATED TABLE

- (1st place) Keith Flynn, Jim Sartori, Steve Raymond, Richard Mitchell, **Kilian Manufacturing Corp.**: *Kilian Krepes*
- (2nd place) John Urban, Andy Roth, Terry Johnson, **Alterra Wynwood**:
Souper Bowl (4 soups)
- (3rd place) Gary Williams, **Price Chopper**:
Gary's Grandma's Gumbo

MHA Staff News

This spring and summer have been a time of welcomes and farewells at MHA.

CAROL ROTHSCHILD

After a 17-year relationship, the Mental Health Association of Onondaga County bids farewell to **Carol H. Rothschild, MS**, Child & Family Specialist. Carol is leaving to pursue other opportunities and possibilities.

In addition to her education in Child and Family Studies, Sociology, and Alcohol and Drug Addiction Counseling, Carol has recently obtained her license as a Marriage and Family Therapist. We wish Carol the very best in this transition.

If you'd like to say good-bye to Carol, drop her a line at the MHA, 6493 Ridings Road, Suite 112, Syracuse, NY 13206 and we'll be sure she receives it.

JENNIFER MARSH

Jennifer Marsh, Communications Specialist, has departed the MHA to take a position with a local area business. She tells us, "I appreciate the opportunities I have experienced as an employee of the MHA over the last four years. I leave with many memories and an appreciation for work in human services."

Jennifer was responsible for the Community Companions Program and Information and Referral, became the MHA newsletter editor and eventually became the Communications Specialist working on our website, brochures, statistical reports, and membership. We wish Jennifer the very best in her new endeavors and we know that our Community Companions participants will miss her.

If you'd like to write Jennifer care of the MHA (address above) to say good-bye, we'll be sure she receives your letter.

New Program Manager Welcomed

MHA recently welcomed **Lori Perrault** as the agency's new Program Manager. This is a brand-new position that will help provide specialized planning, development, and oversight to MHA's programs and services.

Lori holds a number of human services degrees and is working on her doctorate in Holistic Nutrition. Her most recent employment experience was in the field of substance abuse as the Team Leader of the Managed Addiction Treatment Services program.

Prior to this, Lori worked for over 15 years providing services to at-risk youth in school based settings. As the Program Director of the SUCO Liberty Partnership Program, she was cited by the State Education Department as exhibiting "best practices".

Lori is certified as a Youth Development Specialist, and is knowledgeable in Resiliency Theory. She utilizes an "asset building approach" to program development and service delivery. We welcome Lori and look forward to her contributions to the quality and effectiveness of MHA's programs.

SU Intern Provides Technical Help

Leland Green, a Syracuse University graduate student majoring in school counseling, has joined the agency as a summer intern. He is working on updating program statistics, creating data reports, and assisting with information and referral calls.

Leland is originally from Wilmington, Delaware. He plans to graduate in spring, 2007 and is not yet sure if he'll stay in the Syracuse area.

Information & Referral Services

For free, confidential referrals to mental health and related services, call MHA at (315) 445-5606 (press 1), Monday through Friday, 8:30 a.m. - 5:00 p.m.

Learning to Manage Anger

“I wish somebody had told me this in high school!”

(comment from a graduate of the MHA’s Anger Management Program)

Anger is a natural emotion that’s often channeled into destructive and unhealthy behavior. Some people’s anger can cause them trouble at work, and problems in a marriage or other relationships.

The Mental Health Association’s Anger Management Program, *Acknowledging, Accepting, and Alleviating Anger*, has made a tremendous difference in the lives of hundreds of people. This includes dozens of men and women from all walks of life who had a problem with their anger before taking the course, and their families, friends, and co-workers that are affected by it. Learning about anger management can give people who have never learned the skills to control and channel their anger a new lease on life.

“The people that enroll in our class may be age 18 to 60. Underneath their anger is hurt and fear. Because of past hurts, some have a hard time trusting anybody. They find themselves ‘stuck’ in cycles of reactivity that reinforce old hurts and fears,” says Kathleen Tryon, LCSW, a clinical social worker who has been coordinating the Anger Management Program since its inception.

Adds Joe Gerace, LCSW-R, the clinical social worker who assists Tryon, “When new participants come into the class, in many cases it’s the first time they’ve been able to publicly come out with the anger they feel. For some, their feelings have been bottled up for years and years. And if they hadn’t faced another life crisis—like an employer threatening them with a job layoff because of their angry outbursts—many of them probably wouldn’t have had the courage to step forward at all and admit they had a problem.”

It’s more than simply a class that teaches about the styles and stages of anger. The Anger Management Program helps participants learn what they need and how to tend to their needs through their felt,

physical experiences. It also helps them to understand how and where their anger gets stored up in their bodies—and what they can do to end the vicious cycle and start getting relief.

“We teach the participants how to get in touch with their bodies when they’re angry—how to listen to their anger. What does their anger have to teach them? Something in their lives needs to be different. What are their choices? How can they express their desires and hurts to others?”

“We teach them skills to help them change their responses. Positive actions like doing breathing exercises, practicing better communication techniques, working at listening, speaking in the first person, and talking to themselves in positive ways—all these things can help a great deal,” said Tryon. “When people experience anger, they need to know ‘how to share’ what’s going on with each other. It’s not as simple as you might think.”

Gerace adds, “I often feel like I could change places with anybody in the room. I’ve been there, so I know and understand what they’re feeling. It helps them to know they’re in a safe environment where whatever they say will be accepted and acknowledged respectfully.”

“There’s an ancient Chinese saying that ‘You will not be punished *for your anger*. You will be punished *by your anger*.’ It’s so true. People end up being punished by their own anger—and then they don’t know what to do about it to break the cycle”, said Gerace.

Anger Management Program

The next six-week session will begin September 7, 2006. The class will meet Thursdays from 6:30 pm to 8:00 pm, with a capacity of 15 people.

For more information, to register, or to request program brochures, call the Mental Health Association at (315) 445-5606.

(Domestic violence is not considered an issue of anger management. Individuals looking for education on this issue are referred to Vera House.)

Membership

Mental Health Associations are membership organizations. Members support the agency in many ways – advocacy, programming, needs identification, and financial support, to name a few. We are most grateful to the following for joining or renewing their MHA membership. If we've omitted anyone, please contact us and we will correct the oversight in our next newsletter. (To join, please see page 8 for a membership form.)

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St. Joseph's Hospital

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AIDS Community Resources
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Enable Inc
Forensic Consultants LTD
Hutchings Psychiatric Center
Laboratory Alliance of CNY
Onondaga Case Management
Psychiatric Consultants of CNY
Psychological HealthCare

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**The Mission of the Mental Health Association is to
promote mental health in the community through
advocacy, education, and access to mental health services.**



It's Always a Good Time to become a Member of MHA or Renew Your Membership!

MHA Membership/Renewal Form



- I would like to join the Mental Health Association of Onondaga County.
- Please renew my membership.
- I would like to make a donation to MHA (in addition to or instead of membership). Amount \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

(Optional) Please designate my gift to the following MHA program:

- Anger Management
- Children 1st! Parent Education Program
- Information & Referral
- Anorexia/Bulimia Support
- Community Companions
- Mental Health Education & Advocacy
- Apply where it's needed most

Payment enclosed (Please make check or money order payable to: Mental Health Association of Onondaga Co.)

Charge my (circle one) VISA MC

Credit Card #: _____ Expiration Date: _____

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

Please mail this form with your check or money order to: MHA, 6493 Ridings Rd, Suite 112, Syracuse, NY 13206

Your contributions are tax deductible to the extent allowable by law.

Thank you for your support!

Membership Levels	
INDIVIDUAL	
___ \$250+	Advocate
___ \$100+	Benefactor
___ \$ 50+	Family
___ \$ 30+	Supporter
___ Friend	\$ _____
PROFESSIONAL/BUSINESS	
___ \$500+	Benefactor
___ \$250+	Provider
___ \$100+	Leader
___ \$ 50+	Partner
___ Friend	\$ _____