

Director's Letter

HISTORY OF THE MHA BELL

Dear Friends,

Do you know the story of the Mental Health Association Bell that is used as our logo?

There really is such a bell. Not only does it exist, it is sent around the country as a symbol of hope and inspiration for all of those who have suffered from, and continue to persevere to overcome, mental health illnesses.

It's important to remember that it wasn't so very long ago that mental health treatment took place at asylums where patients were often restrained with iron chains and shackles. This brutal practice eventually was stopped as societies became more enlightened about mental health. In the early 1950s, Mental Health America (then the National Mental Health Association) had a bell forged from the shackles and chains collected from asylums from across the country to create a symbol of our freedom from this oppressive practice.

Now, 50 years later the symbol of Mental Health America, the 300-pound Bell, serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. The Mental Health Bell inspires hope for improving mental health and achieving victory over mental illnesses. *continued on page 2*



The MHA formally announced its military outreach project by inviting funders to the MHA offices for a press conference on September 23. From left are MHA Executive Director Stephen Butler, Excellus BlueCross BlueShield Regional President James Reed, and New York State Senator John DeFrancisco.

MHA Military Outreach Efforts Underway

"Be strong. Get help. Take charge of your life."

The MHA is hard at work getting this message out to soldiers who are returning from overseas service and finding that adjusting to life back home is much more difficult than they imagined. At a recent news conference, the MHA thanked **Senator John DeFrancisco** and **Excellus BlueCross BlueShield** for their recent grants of **\$20,000** and **\$60,000**, respectively, to make this long-term effort possible.

Recent and planned activities include:

The organization hired a certified social worker to survey and identify referral sources for veterans and their families seeking professional mental health services. The new list includes therapists who are veterans themselves, accept Tri-Care (insurance for active duty and recently discharged personnel) or provide pro-bono or sliding scale service. These services are listed in a new page on the MHA website (www.cnymentalhealth.org) devoted exclusively to the needs of military personnel.

The MHA has launched an educational campaign of its outreach efforts that includes public service announcements placed during sporting events on WAER FM, an advertisement on Syracuse.com, and posters distributed to area American Legions, VFW halls, churches, and other community spots. In the Spring of 2009, the MHA will offer a free conference to train clinicians to better serve active duty or discharged military personnel and their families.

For more information, call the MHA Program Office (315) 445-5606.

MHA Community Service Awards Friday, December 5, 2008

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Mental Health Association
of Onondaga County

Your Mental Health Connection

MHA-OC's new logo (above) and former logo (below).



DIRECTOR'S LETTER *continued from page 1*

Since that time MHAs from across the country have used the symbol of the Bell as part of their logo, including the Mental Health Association of Onondaga County. Using the Bell as our logo adds to the collective strength of the national movement to advocate for better mental health treatment, parity, and increased state, local and national funding. The Bell is recognized by mental health professionals and advocates from around the country and helps identify the organization using it as part of the national movement.

This year the MHA has modified the Bell logo to reflect recent changes in Mental Health America's logo. Mental Health America changed its logo to create an image of an "approachable, established organization that has an activist history and forward-thinking vision." The updated logo is a sleek 21st Century version of the Bell. It provides a link to the past while embracing a future of hope and wellness. It also represents the national mental health movement and all that we stand for.

The MHA is proud to be a part of this movement and we hope that you like the modifications that we made to our logo. We believe it will continue to inspire you and countless others in our quest for improved mental health and quality of life for each of us.

Sincerely,

Stephen Butler
Executive Director

Research and Development Initiative Advances Database

The Information & Referral Program (I&R) here at the MHA is experiencing many new and exciting changes.

Along with our Military Outreach Project to help identify service providers with expertise in treating military personnel and their families for the unique issues they face (*see front page story*), we are conducting a Research and Development Initiative. Thanks to funding provided by the **Central New York Community Foundation**, the MHA was able to bring on board a licensed social worker for the duration of the Initiative to identify mental health service providers in Onondaga County not yet in our referral database.

288 MEMBERS IN I&R DATABASE

A goal of the Initiative is to increase our therapist listings by 20% over the course of a year. At press time, we had already increased the I&R database to a total of 288 therapists, mental health clinics, and support groups.

NEW ONLINE DATABASE

The MHA is also pleased to introduce our new online 24/7 database, *Web Inform 211*®. The new database is accessible to our I&R Specialists as well as the general public. One of the new features of *Web Inform 211*® gives the user the ability to find a therapist, clinic, or support group for very specific issues. Also, MHA staff is now able to add and update information in "real time" via the Internet.

Children 1st! Fall Course Dates

Children 1st! is a 6-hour, certified course for parents who are separating or divorcing. The classes are led by experienced professionals and attorneys, and are held on Saturdays from 9:00 AM to 3:30 PM.

Upcoming dates are:

October 18 / November 15 / December 6

To get more details or register, call
(315) 445-5606, ext. 204.

Men Who Cook XX sets records in fundraising, chef participation

The Mental Health Association of Onondaga County (MHA) has recorded *a record total of \$24,000* raised through the organization's biggest fundraiser, the 20th Anniversary Men Who Cook event. The event also had the *highest chef participation* since its inception in 1988.

More than 500 people enjoyed appetizers, entrees and desserts prepared by 120 men who volunteered their culinary skills, either individually or in teams. **Assemblyman Bill Magnarelli and Dan Maffei, candidate for the 25th Congressional District**, led chef teams alongside **Honorary Chair and former Onondaga County Executive Nicholas J. Pirro, Post-Standard humor columnist Jeff Kramer, and NBC3 Weather Plus Meteorologist Peter Hall**, to name a few local celebrities.

A highlight of the evening was when MHA saluted Mr. Pirro for his many years of service to the MHA, which include volunteering with the Men Who Cook fundraiser since its inception in 1988.

The "Women Who Judge" the best dishes included **Assembly member Joan Christensen, Pastabilities restaurant owner Karyn Korteling, and TV personality Laura Hand.**

MHA Anger Management Program

Acknowledging, Accepting & Alleviating Anger

This educational program for adults meets in Syracuse on six consecutive Thursday evenings from 6:30 to 8:00 PM.

Call **445-5606, ext. 204** for fee information, start dates, and other details.

And the Winners Were...

BEST APPETIZER

1st Place - Peter Hall, WSTM-TV 3
Mexican Rollups

2nd Place - **Onondaga Hill Publishing**
Stuffed Chicken Meatballs

3rd Place - **CNY Church of Christ-Group 1**
Mike's Famous Stuffed Shrimp

BEST DESSERT

1st Place - **BPA Harbridge Consulting Group-Team 2**
Skor Chocolate Dessert

2nd Place - **Ridley Electric Company**
Almond Dream Cookies

3rd Place - **NAMI-Syracuse, Inc.**
Italian Cookies

BEST ENTREE

1st Place - **Wynwood of Manlius**
Stuffed Scallops

2nd Place - **Syracuse Real Food Co-op**
Overnight Pork Sensation with Risotto

3rd Place - **Nicholas J. Pirro and son, Nick Pirro III**
The Pirro Meatballs

BEST TABLE DECORATION WINNER

IAQ Technologies

"Captain Jack's Dirty Monkey"



Preparing for Next Year...

Men Who Cook XXI may look very different in 2009 and should be a lot of fun!

If you are interested in participating, call (315) 445-5606, ext. 205.

2008 Community Service Awards Scheduled for December 5

Please join the MHA again this holiday season as we honor the community's finest and most dedicated volunteers and thank them for their exceptional service.

The 2008 Community Service Awards Holiday Luncheon from **12:00-2:00 PM Friday, December 5 at the University Sheraton, 801 University Ave., Syracuse.**

Tickets are \$25.00 and \$160.00 for a table of eight. Parking is free. The deadline to purchase tickets is Monday, December 1, 2008.

For more details and to purchase tickets, call the **MHA at (315) 445-5606.**



Sponsorship Levels

Sponsors are encouraged to support the MHA's Community Service Awards at the following levels:

Leader - \$1,500: is named lead sponsor with company logo in promotional materials, event signage, and program; announced as lead sponsor during the event; named as sponsor on one of the community service awards with sponsor representative presenting the award; receives table at event for company display and brochures; receives three tables of eight (24 tickets).

Benefactor - \$1,000: is named a major sponsor with logo in promotional materials, event signage, and program; announced as a major sponsor during the event; receives three tables of eight (24 tickets).

Advocate - \$500: is named a sponsor in promotional materials, event signage, and program; announced as a sponsor during the event; receives two tables of eight (16 tickets).

Partner - \$300: is named a sponsor in promotional materials, event signage, and program; announced as a sponsor during the event; receives one table of eight (eight tickets).

Supporter - \$200: is named a sponsor in promotional materials, event signage, and program; announced as a sponsor during the event; receives two tickets.

Award Categories

The MHA is currently reviewing nominations for the following awards:

Volunteer of the Year: honors an individual for exceptional volunteer service in mental health or a related field.

Individual Advocate: honors an individual whose volunteer work promotes mental health care access and quality, educates the community, and/or reduces stigma.

Dr. Jerome Wayne Award: recognizes a professional or volunteer for leadership or pioneering work in mental health care or advocacy.

Mental Health Professional of the Year: is given to a professional in any field for extraordinary efforts to promote mental health.

Youth Community Service Award: honors youth (age 12-18) who spend significant time and effort serving as volunteers to improve the well-being of Onondaga County residents.

Advocacy News

MHANYS Voices Concern for Budget Cuts; Mental Health Parity Bill Passes

Recent state budget cuts have caused significant frustration for mental health professionals at all levels. In August, the New York State Senate and Assembly passed the updated budget, which followed the governor's recommendation for a six percent cut in funding for local assistance, which funds a variety of community-based programming including mental health services.

According to the Mental Health Association of New York State, the cut, although unfortunate, was not as severe as originally feared, and anti-depressants were not removed from funded mental health medications. However, the MHANYS added, the impact on the future of programs is not yet clear.

"People with psychiatric disabilities do recover and live productive lives in the community. The community based mental system has been lifeblood for many individuals," Glenn Liebman, CEO of MHANYS, said. "Cutting these programs will only end up being more costly for New Yorkers as an increased number of people could well end up in emergency rooms and jails and prisons."

PARITY BILL PASSES AT FEDERAL LEVEL

The U.S. House of Representatives recently passed an amendment that includes provisions for mental health parity. The Senate has also passed parity legislation.

The bill passed September 23 with 376 members voting in support, 47 voting against and 10 abstaining, while the Senate vote was 84-11. New York State Senators Hillary Clinton and Charles Schumer both voted in favor of the bill. Congressman James T. Walsh (R-Dist. 25) was unable to vote but is on record as supporting the bill. According to a coalition of organizers supporting parity, the new Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act will:

- ◆ Prohibit private insurance discrimination against mental health and substance use disorder benefits for over 113 million Americans, requiring

coverage at par with physical health benefits;

- ◆ Extend to all aspects of plan coverage, including day/visit limits, dollar limits, co-insurance, co-payments, deductibles and out-of-pocket maximums;
- ◆ Preserve strong state parity and consumer protection laws while extending parity protection to 82 million more people who cannot be protected by state laws due to their plans being covered by ERISA (the Employee Retirement and Income Security Act); and
- ◆ Ensure parity coverage for both in-network and out-of-network services.

At press time it is not clear if or when the two bills will be reconciled.



Anne Marie Mullin



Paul W. deLima



Maryann Winters

MHA Elects 2008-2009 Board

The 2008-2009 Board of Directors of the Mental Health Association of Onondaga County was elected during the organization's Annual Meeting, held May 21 at Syracuse Stage. The new board officers are:

President - Anne Marie Mullin, BS, MT, Vice President of Business Development and Marketing for Laboratory Alliance of Central New York.

Vice President - Paul W. deLima, retired Chief Executive Officer of the Paul deLima Coffee Company.

Treasurer - Maryann Winters, MS, CPA, CVA, a partner for Sirchia and Cuomo, LLP.

Secretary - Wendhel Elias, Manager of the Personal Lines Division of the James P. Reagan Agency (*photo not available at present time*).

New directors are Sarah Dam, FSA, EA, Constance S. Palumb, Susan Pietrantonio, Kevin Razawich, and Barbara Stachowski, MS, RN, CNA, BC.

Finding the Right Psychotherapy

By: C. Deborah Cross, MD, President
New York State Psychotherapy Association

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www.mhanews.org (Part 2 of 2)*

SUPPORTIVE PSYCHOTHERAPY

Supportive psychotherapy uses many of the same techniques described above in psychodynamic and cognitive psychotherapies – and the above psychotherapies all use elements of supportive psychotherapy. In psychodynamic and cognitive psychotherapies there is a major focus on personality and behavior change whereas in supportive psychotherapy the primary goal is to help the patient maintain or reestablish his/her best possible level of functioning given the limitations of the patient's illness and/or life circumstances. Patients who most benefit from this type of psychotherapy are those with life-long illness such as bipolar disorder, schizophrenia and recurrent major depression. The therapist works to maintain a reality-based relationship with the patient that is grounded in support, concern and problem solving. The therapist uses suggestions, reinforcement, advice, cognitive restructuring, reassurance, limit setting and reality testing to help the patient achieve and maintain his/her highest level of psychological functioning.

GROUP PSYCHOTHERAPY

All of the above types of psychotherapy can be utilized both in an individual setting (the patient and the therapist), in a group setting or in treating couples or families. Group psychotherapy is an extremely powerful form of psychotherapy in which not only the therapist but also the other group members interact and the individual patient can avail him or herself of the feedback of the group to either reinforce positive interactions or to challenge maladaptive interpersonal skills and coping mechanisms. Groups can be either long term or time limited; be focused on a specific topic, e.g., pain management or anxiety disorders, or have members with a number of different problems and diagnoses.

PICKING THE RIGHT PSYCHOTHERAPY

As discussed above, most forms of psychotherapy have criteria and work better for some illnesses rather than others. However, the single most important criteria for finding the “right psychotherapy” is finding the right psychotherapist! The therapeutic alliance is the most basic component in any psychotherapy and is responsible for the majority of successful psychotherapy cases. That does not mean that the patient and the therapist will always be in agreement about everything that occurs in therapy, nor does it mean that the patient will never get angry with his/her therapist. The therapeutic alliance is developed when the patient and therapist agree that they can work together in psychotherapy with a shared common goal and a shared belief that working together will bring a positive benefit to the patient. In that regard, when psychotherapy is considered, the prospective patient should try to meet with several potential therapists to increase the likelihood that he/she will be able to find one that will optimize the potential for development of the critical therapeutic alliance. It is also important, of course, to know what kind of therapy the therapist expects to utilize and whether that particular therapy is one that the patient will be comfortable with.

Once a therapeutic alliance has been developed the patient is responsible for helping the therapist monitor the progress of the psychotherapy and, if the patient's goals are not being met, even with repeated discussions with the therapist, then the possibility of finding another therapist should be explored.

CONCLUSION

Psychotherapy is a positive life altering experience. For patients who have difficulties in coping with physical and mental illness or with relationship problems, participating in psychotherapy can lead to a much improved and more satisfying life.

How You Can Help!

All donors are considered Mental Health Association members! Members provide funding that fuels the growth of our agency to help those we serve.

We know you have a wide variety of talent and experience! If you have a skill that may contribute to MHA's goals, and some time to donate, please contact us at **(315) 445-5606**. We would love your input in any area, like programming, needs identification, outreach, technology, research, advocacy, or fundraising projects.

To join MHA or renew your membership, please use the form on the back cover of this newsletter.

We thank our members who have joined or renewed since January 1, 2008:

Individual & Professional

FRIEND

Minna Buck
Chris Drozd
Stacey L. Lacik
Richard Liddle
William R. McPeak, PhD
Eileen Miller
Vittorio & Antoinette Perrotta
Margaret Rivito
Barbara Stratton
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Faith VanVoolen
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PATRON

Laboratory Alliance of CNY

BENEFACTOR

Thomas H. Dennison, PhD

COMMUNITY CALENDAR

October 8

NAMI-Syracuse Inc. Annual Conference "Update on Treatment & Wellness Self-Management" 9:00 AM-3:00 PM at the Empire Room of the NYS Fairgrounds. For more information call **(315) 487-2085**.

October 11

Walk to Prevent Suicide, Long Branch Park. Registration 9:00-10:00 AM, Opening Remarks, 10:00-10:45 AM, Walk 11:00 AM-1:00 PM. Presented by the American Foundation for Suicide Prevention. Register online: www.outofthedarkness.org.

October 17

"BMI: Moving Beyond the Numbers," 7:30 AM-3:30 PM, Liverpool Community Church, 800 4th Street, Liverpool. Day conference presented by Ophelia's Place. Registration \$40.00 (includes box lunch). For more information call **(315) 451-5544**.

October 17

"America the Beautiful: Is America Obsessed with Beauty?" CNY premier of the critically-acclaimed documentary. Proceeds to benefit Ophelia's Place, 7:00 PM at The Palace Theatre. Q & A to follow with Director Darryl Roberts and field experts. Tickets \$10.00. To order call **(315) 451-5544** or visit www.opheliasplace.org for ticket order form.

October 23

3rd Annual Underage Drinking Summit, 8:30 AM-3:00 PM, Drivers Village Conference Center. Advance registration required. Sponsored by Prevention Network, New York State OASAS. and Syracuse/Onondaga County Drug and Alcohol Abuse Commission. For more information call **(315) 471-1359**.

December 5

MHA's Community Service Awards Holiday Luncheon, 12:00-2:00 PM, University Sheraton. For more information call **(315) 445-5606, ext. 205**.



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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

- Yes, please add me to the Membership List
- Please renew my membership.
- Yes, please send me advocacy alerts/newsletters by email:

Donor Levels (Individual/Professional)	
Up to \$49.....	Friend
\$50-\$99.....	Supporter
\$100-\$249.....	Advocate
\$250-\$499.....	Patron
\$500 & Above.....	Benefactor

Name: _____

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

Information & Referral Services	Parent Partner Program (Eating Disorders)	
Anger Management	Children 1st!	Community Companions

Where the greatest need exists

Payment Enclosed (Please make check/money order payable to the Mental Health Association of Onondaga County)

Charge my (circle one): Visa MC

Credit Card #: _____ Expiration Date: _____

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

Please mail this form with your check or money order to MHA, 6493 Ridings Road, Suite 112, Syracuse, NY 13206, or fax with credit card information to (315) 445-1828.

Your contributions are tax-deductible to the extent allowable by law. Thank you for your support!