

History of the Bell

During the early days of mental health treatment, asylums often restrained persons with mental illness by iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, the National Mental Health Association issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1956, at the McShane Bell Foundry in Baltimore, MD, the National Mental Health Association melted down these inhumane bindings and recast them into a sign of hope: the Mental Health Bell.

Now the symbol of Mental Health America and its affiliates, the 300-pound Bell serves as a powerful reminder that the chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today the Mental Health Bell rings out hope for improving mental health and achieving victory over mental illness.

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Famous People and Mental Illness

Just around the corner is Mental Health Awareness month. Numerous famous people throughout history have suffered from mental illness. Their contributions to our world are limitless and their continued perseverance is a testimony to their resiliency.

Abraham Lincoln

The sixteenth President of the United States suffered from severe depression and had occasional thoughts of suicide, as noted in biographies by Carl Sandburg.

Ludwig van Beethoven

Written in "The Key to Genius: Manic Depression and the Creative Life" by D. Jablow Hershman and Julian Lieb it is learned that the composer suffered from bipolar disorder.

Brooke Shields

The popular actress discussed her Post Partum Depression in her book "Down Came the Rain: My Journey Through Post Partum Depression."

Patty Duke

In her autobiography and made-for-TV movie "Call Me Anna" and "A Brilliant Madness: Living with Manic-Depressive Illness", the Oscar winning actress documents her bipolar disorder.

Winston Churchill

Prime Minister of Great Britain stated in his own writings that he suffered from severe depression.

Jane Pauley

The former NBC broadcaster wrote about her struggle with depression and bipolar disorder in her book, "Skywriting: A Life Out of the Blue."

Georgia O'Keefe

The artist was briefly hospitalized for depression. After her hospitalization she created many of her famous paintings.

Mike Wallace

The 60 Minutes contributor has suffered bouts of depression throughout his life. Medication and therapy has kept his depression under control.



May is Mental Health Awareness Month

There is a social stigma associated with mental illness, and this stigma prevents the majority of people with mental illnesses from seeking help.

Mental Health Month occurs each year in May and is designed to increase awareness about mental illness to reduce stigmatized thinking.

Letter from the CEO Continued Learning



While attending a United Way agency executive meeting this week, we learned that generally speaking, any skills or information more than two years old is likely outdated. With that being said, we have a responsibility as individuals and an organization to continually challenge our skills, knowledge, and beliefs.

Despite our budget challenges, as an organization we encourage each employee to attend training workshops, seminars, and conferences. Not only does this broaden and update their skills and knowledge base, but it allows them to get outside of their day-to-day routine and share concepts, ideas, and challenges with other professionals. This networking is essential to grow and remain strong as an organization.

It is also part of our mission to assist our fellow professionals working in the mental health field, students studying mental health issues, and families coping with mental illness in getting answers and learning new information.

In February, we carried on our long tradition of partnering with the Indiana University School of Medicine Department of Psychiatry to offer their Arthur B. Richter keynote speaker to a lay audience. Dr. Rosemary Tannock shared her research on the causes and treatment of attention-deficit/hyperactivity disorder and how it overlaps with learning disabilities. Paul Ash from the Indiana Department of Education and Deborah Stamper and Claudia Dominik from the Midtown Community Mental Health Center, provided a panel discussion for additional questions and consideration of the topic. Some of the recurring "ah-ha's" we got from this session included "paying attention to inattention" in pre-school and elementary school children. Dr. Tannock found that inattention reported by kindergarten teachers was one of the strongest predictors of poor reading and math skills by 5th grade. Because inattention is not as noticeable as disruptive behavior, it was often missed. In addition, these kids were found to have normal to above average IQs, so we cannot let them slip through the cracks because they learn differently!

All in all, we had such a great response to this program that we've decided to host these small information sessions quarterly. We've dubbed them MHAGI "we pronounce this Maggie!" Minis. Watch for more information on our summer MHAGI Mini!

I couldn't close without a plug for our outstanding line up of conference speakers for May 2! This year's conference will focus on Trauma and will provide important knowledge and tools for all of us to better understand what happens after experiencing a traumatic event. See the insert for registration information and share with others!

A handwritten signature in blue ink that reads "Gina Brooks".

Management Team

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Mental Health America of Greater Indianapolis
(317) 251-0005

The Bell Ringer is a publication of Mental Health America of Greater Indianapolis. Story ideas, corrections, or submissions should be directed to the editor, Tracey Rice, Mental Health America of Greater Indianapolis, 2506 Willowbrook Parkway, Suite 100, Indianapolis, IN 46205, 317-251-0005 or trice@mhaindy.net.

Crisis and Suicide Intervention Service

Five new volunteers trained to become crisis assistants for CSIS program in February. MHAGI welcomes new volunteers Dale Carter, Jason Kersey, Thomas McDaniel, Julie Ochs, and Jeremy O'Connor. All are enthusiastic and dedicated about their new venture in volunteering and MHAGI is thrilled to add them to our corps of devoted volunteers.

Congratulations to Elizabeth Boyle for being promoted to Director of the Crisis and Suicide Intervention Service. Elizabeth has been with the CSIS program 8 years. Elizabeth's promotion is well deserved due to her high level of commitment and her background working in the crisis arena.

Adult Guardianship Service

Congratulations to Marcia Brown who is promoted to the Director of Adult Guardianship Services. Marcia has been with the AGS program since January 2007. Marcia brings a wealth of knowledge to this position and MHAGI looks forward to her leadership in the AGS program for years to come.

MHAGI rolls-out the red carpet for Rosie Carney. Rosie has joined our staff as a new case manager for the AGS program. Rosie is well known in the circle of mental health and is excited about her new position. Prior to coming to MHAGI, Rosie worked for the Indiana Division of Mental Health and Addictions as the first Bureau Chief for Consumer and Family

Affairs. Rosie received her BA in Sociology and Elementary Education from Nazareth College and received her Masters in Education in Counseling and Guidance from Indiana University.

Diversion Programs

Welcome aboard Laura Weaver and Kandra Sejas, MHAGI's new staff in the Diversion Program. Specifically, Laura has been named PAIR Coordinator and Kandra Mental Health Liaison for Community Corrections. Prior to joining MHAGI, Laura worked at The Leukemia & Lymphoma Society as Campaign Coordinator/Manager for Team in Training. Laura received her Bachelor's Degree from Indiana University majoring in Psychology and Criminal Justice. Currently she is working on her Master's in School Counseling at IUPUI.

Before becoming a member of the MHAGI staff, Kandra was a Clinical Behavioral Specialist with Cincinnati Children's Hospital. Kandra received her BA from Marian College in Psychology and Sociology and received her MA in Applied Behavioral Science from Wright State University.

Are you looking for a volunteer experience?

The Crisis & Suicide Intervention Service is looking for new volunteers to take phone calls from their home from individuals in crisis. The next volunteer training begins on Saturday, June 7, 2008.

- Volunteer duties include:
Comprehensive 40-hour experiential training
- Minimum of 6 hours a week volunteering for the first year
- Ongoing in-service training and field trips

Contact Elizabeth Boyle at (317) 251-0005 or eboyle@mhaindy.net for further information.



New CSIS Clinical Associate Jeremy O'Connor receives guidance from CSIS Director Elizabeth Boyle.



MHAGI's newest staff members, Rosie Carney, Kandra Sejas, and Laura Weaver

Mark Your Calendar for upcoming events of our friends!

NAMI FaithCep presents:
"The Mental Health of our Children and Youth" 7th Annual Mending the Mind and Minding the Soul

For clergy and congregational leaders of all faiths

Christian Theological Seminary
Thursday, May 15, 2008 /
9:00am - 4:00pm
1000 West 42nd Street,
Indianapolis
www.namiindy.com

The Central Indiana Chapter of the American Foundation for Suicide Prevention presents:
"Connersvine in Concert, featuring Hunter Smith & Chris Wilson"

Second Presbyterian Church
May 2, 2008 at 7:00pm
Available at the church desk and Counseling Center
(or) Lbrattain4AFSP@aol.com
pbrennan4afsp@live.com

Save Paper!

Would you like to receive the MHAGI BellRinger by email instead of snail mail?

Please send a note with your email address to trice@mhaindy.net



We are wishing for...

Adult Guardianship Services:

- Lateral File Cabinets that lock
- Inspirational note cards -blank inside (100)
- Inspirational Birthday cards (100)
- Lap covers (blankets) for individuals in wheelchairs
- Digital camera with separate memory stick

Our Diversion Programs:

- DSM IV books (2)
- Business Messenger Bag
- Small luggage suitcase on wheels

Educational Outreach:

- Laptop computer
- Business messenger bag

Residential Services:

- Lawn mower
- Gas-powered weed-eater
- Vacuum cleaner (2)
- Tupperware containers
- Pots and pans
- Flip Chart

For the Office:

- New fax machine
- New copy machine
- Scanner
- Small Step-stool
- Copy paper
- Colored paper
- Ink pens
- Highlighters
- Paper clips
- Paper binder clips
- Clear-view 3-ring binders

For the Kitchen:

- Stainless Steel dinner forks and teaspoons
- Paper service wear - plates, napkins, cups, utensils
- Coffee creamer
- Artificial sweetener
- Sugar
- Automatic dish soap
- Liquid hand soap
- 9x13 pans
- Cookie sheets
- Stock Pot
- Skillets, various sizes
- Sauté Pans, various sizes

Bird Houses

I love the outdoors
I have birdhouses all over the house
Even on the floor
To attract the birds outside by putting bird feeders on the porch
So I can watch the birds that come to my house

Written by: A Gateways Resident



Crisis and Suicide Intervention Service

(317) 251-7575
or
1-800-273-TALK

CONFERENCE - Register Today!

***A Mentally Healthy Community:
The Impact of Traumatic Stress***

**Friday, May 2, 2008
8 a.m. - 4:30 p.m.
Junior Achievement Center
7435 N. Keystone Avenue
Indianapolis, Indiana**

Speakers:

"Eternal High" - A Teenager's Experience with Depression and Suicide that will Change Your Life
Bryce Mackie, College Freshman & Filmmaker -
Battle Creek, Michigan

The Impact of Trauma at Virginia Tech
Tevya Zukor, PhD - Thomas Cook Counseling Center,
Virginia Tech

Post-Traumatic Stress Disorder:
History, Diagnosis & Treatment
David Tarr, PhD, HSPP - Richard L. Roudebush VA
Medical Center
& IU School of Medicine

Family Systems Approaches to Trauma:
Understanding the Impact When Trauma Hits
Home
Briana S. Nelson Goff, PhD, LCMFT - Kansas State
University

Cost: \$95 by April 23rd or \$120 after. Lunch is included.

Exhibitors are welcome.

CEUs and CRUs: 6.25 CEUs will be awarded from Mental Health America of Indiana to social workers, marriage and family therapists and mental health counselors. 3 CRUs will be awarded from the Indiana Department of Education.

Register at www.mhaindy.net or register over the phone at (317) 251-0005.

Information: jbartholomew@mhaindy.net or (317) 251-0005.

**Developing Culturally Responsive Clinicians and Organizations
A MHAGI Mini-Conference**

Mental Health America of Greater Indianapolis
2506 Willowbrook Parkway, Suite 100,
Indianapolis

Tuesday, June 3, 2008
1:40pm - 4:30pm

with
Joseph Smedley, Ph.D.
Midwest Psychological Center

A panel discussion with other mental health professionals follows Dr. Smedley's presentation.

CEU's have been applied for. Cost is \$15.00/person.

Checks or money orders may be made out to MHAGI. Please send your payment along with your name, contact information, and if you would like CEU's to Mental Health America of Greater Indianapolis at the above listed address or register over the phone at (317) 251-0005 to reserve your spot. Register early - space is limited! First-come, first served.

**Surf the Web...
Raise \$\$\$\$ for MHAGI**

Want to know how you can help MHAGI and search the internet at the same time? Just go to goodsearch.com and type in Mental Health America of Greater Indianapolis in the box "Who do you Goodsearch for?" Then...every time you research information just type in your request and MHAGI receives a penny per search! GoodSearch.com is powered by Yahoo!, so you get the same great results you would expect. Happy searching!

You can also donate while you shop! Buy all of your office supplies, gifts and other purchases through GoodShop.com and a percentage of your purchase can go to the charity of your choice...like Mental Health America of Greater Indianapolis!



TEE TIME!

Join us for the 4th Annual MHAGI
golf classic

Monday, September 29
Brickyard Crossing

Noon shotgun start
\$800 per foursome
Sponsorships available

Contact gbrooks@mhaindy.net



50 and Going Strong!

Gateways Group Home for Women
Golden Anniversary

Gateways Turns 50 this July 30, 2008

Save this date for a celebration
from 3 to 6pm!



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The Bell Ringer

bringing wellness home



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