

Mental Health America of Greater Indianapolis



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Mental Health America of Greater Indianapolis is Indianapolis' leading nonprofit dedicated to helping ALL people live mentally healthier lives. Mental Health America represents a growing movement of Americans who promote mental wellness for the health and well-being of the nation — every day and in times of crisis.

Our mission is to provide education, advocacy and service through programs designed to promote health; positively affect public

June 2010

Upcoming Training Opportunities

Register Today!

For Both Mental Health Professionals and Consumers!

OCD AND HOARDING

Featuring Megan O'Bryan, Ph.D.

St. Vincent Hospital and Meridian Youth Psychiatric Center

\$40, 3 CEUs

Wednesday, July 14

1:30 to 4:30

United Way of Central Indiana

3901 N. Meridian

This training will focus on Exposure Response Prevention, the type of Cognitive Behavior Therapy that is most successful w/ OCD. Treatment for Hoarding will also be discussed.

AGING AND ALZHEIMER'S: BURDEN, PROGRESS AND HOPE

Mary Guerriero Austrom, PhD

Wesley P Martin Professor of AD Education, Department of Psychiatry

Director, Education Core, Indiana Alzheimer Disease Center

Indiana University School of Medicine

\$40, 3 CEUs

Wednesday, August 18th

1:30 to 4:30

College Ave. Branch Library, 4180 N. College Ave.

This workshop will provide an overview of aging with an emphasis on dementia, Alzheimer disease, and other mental health issues affecting the elderly.

Objectives of this training include:

attitudes and perceptions of mental illness through support and knowledge; and improve care and treatment of persons with mental illness.

IN CRISIS?

Reach Out.
Get Help.
Confidential. Wherever
You Are.
24 Hours a Day.

- Stress
- Substance Abuse
- Depression
- Suicide Intervention
- Relationship Issues

Call 251-7575 or
1-800-273-TALK

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- Review the impact of aging and Alzheimer disease (AD) on the population and health care systems in the US
- Describe AD, related disorders and other mental health issues affecting the elderly
- Explain the impact of such disorders on caregivers and describe effective coping and management strategies
- Present current research strategies to find preventative strategies and potentially disease modifying treatment
- Discuss the importance of getting involved in clinical research trials in order to accelerate the science

PAIN AND ADDICTION

Featuring Dr. James Gaither
Valle Vista Health System
\$40, 3 CEUs

Tuesday, September 21st
Location TBD
1:30 pm to 4:30 pm

Objectives of this training include:

- Understanding the complex nature of the "Chronic Pain Syndrome" and how it differs from the experience of acute pain
- Understanding the nature of the disease of addiction and how it complicates the treatment of chronic pain conditions
- Learning new strategies to deal with treating chronic pain in the presence of addictive diseases

THE HEALING POWER OF ART: AN INTRODUCTION TO ART THERAPY

Featuring Rachel Feldwisch , M.A., M.S.,
LMHC

Community Psychological Consultants and
MDS Washington Township
\$40, 3 CEUs

Thursday, September 30th
College Ave. Branch Library, 4180 N. College
Ave.

1:30 pm to 4:30 pm

The therapeutic value of art has been recognized since ancient times. Today, art is used in a variety of mental health settings with children, adolescents, and adults. This workshop will provide an introduction to the field of art therapy and the therapeutic use of art in clinical and

**OBAMA
ADMINISTRATION
ISSUES RULES
REQUIRING
TREATMENT OF
PARITY IN MENTAL,
SUBSTANCE USE
DISORDERS -- Paul
Wellstone, Pete Domenici
Parity Act Prohibits
Discrimination
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**Mental Health
America of Greater
Indianapolis**



educational settings. Case studies, sample artwork, and an experiential component will enhance learners' understanding and appreciation for art therapy.

DUAL DIAGNOSIS

R. Andrew Chambers, M.D.
Associate Professor of Psychiatry
Director, Laboratory for Translational
Neuroscience of Dual Diagnosis & Development
Institute of Psychiatric Research, Indiana
University School of Medicine
\$40, 3 CEUs
DATE AND TIME TBD

MENTAL HEALTH AND THE MILITARY

**Sydney Davidson, Director of Psychological
Health, Indiana National Guard
Siluan Green, Service-Disabled US Marine and
Developer of The Ladder Program
\$40, 3 CEUs
DATE AND TIME TBD**

**Call 251-0005 ext. 1008 or email
atobias@mhandy.net to register for any
of the conferences. Mail checks made
payable to Mental Health America of
Greater Indianapolis
to 301 E. 38th St., Indianapolis, IN
46205**

**THESE TRAININGS ARE SUPPORTED BY
LILLY USA, LLC.**

**Celebrate 40 Years of
MHAGI's
Crisis Line**

\$40 for 40 Years!

Since 1970, our 24-Hour Crisis Line has served the citizens of Greater Indianapolis who have had crisis situations such as contemplating suicide, mental illness, substance abuse, rape, abuse, bereavement, relationship

issues, stress and many others. Two Staff and 25 Volunteers (referred to as Clinical Associates) field nearly 4,000 calls per year.

We are here for anyone who has a life situation that they consider a crisis, and we provide a safe, non-judgmental environment to express concerns or get referrals.

Your \$40 Donation Will:

- Provide Training for One Clinical Associate Volunteer
- Provide Assistance, Referral and Peace of Mind to Two Callers in Crisis

Donate Online Today at www.mhaindy.net or mail your donation to Mental Health America of Greater Indianapolis, 301 E. 38th St., Indianapolis, IN 46205

Army One Source Offers Free Course: Treating the Invisible Wounds of War

Army OneSource has launched a formal campaign to encourage civilian health and behavioral health providers to complete an online course in the series titled, "Treating the Invisible Wounds of War." This series of courses was designed to help primary care physicians, case workers, mental health providers, and other professionals - who may see a veteran or family member on an unrelated issue - develop a better understanding of the culture in which Service Members and Veterans, as well as their families, live and work. The courses also provide best practices for identifying, assessing, and treating behavioral health problems that result from the trauma of war.



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