

The Bell Ringer

Mental Health America of Greater Indianapolis

Phone: 317.251.0005
Crisis Line: 317.251.7575

Issue 1, Spring 2010
www.mhaindy.net

Letter from the CEO

Spring Greetings!

The recession has hit everyone, including non-profits, and like many social service agencies, in 2009 Mental Health America of Greater Indianapolis saw a reduction in giving from individuals, foundations, and the United Way. Yet, despite the tough economy, we are ever-so-thankful that we were able to continue our five core services – public education, adult guardianship services, crisis & suicide intervention services and hotline, Gift Lift, and forensic services. We were able to provide support to nearly 5,000 individuals in need of assistance.

Stewardship of your generous gifts and support is our highest priority. As such, we have streamlined our quarterly news to you to be cost-effective and user-friendly. We hope you like it. Inside you will find information about how our Gift Lift program



brought holiday warmth to individuals with mental illness, news about our **nationally-recognized** P.A.I.R. program, and more.

To keep updated on the latest program information from Mental Health America of Greater Indianapolis and mental health news, please be sure that you also visit our website, <http://www.mhaindy.net> to sign up for our *monthly* E-news, and Mental Health Minute. Stay Well,

Gina Hays

Gift Lift Program Brightens Holidays for Consumers

Mental Health America of Greater Indianapolis' 50th Annual Gift Lift collected more than 700 gifts for individuals being treated in community mental health centers and hospital settings.

Thanks to the generosity of hundreds of Eli Lilly & Company employees who purchased gifts, in addition to the Indianapolis Motor Speedway for the free track apparel and gifts, these individuals experienced some joy in an otherwise lonely time. For many, this was the only holiday gift they received.

More than 40 volunteers gathered at The Hamilton

Center to wrap and organize the presents that were delivered to hospitals, group homes and apartments, community mental health centers, homeless shelters and nursing homes in Greater Indianapolis as well as Vigo, Vanderburgh, Cass, Hendricks, Boone and Johnson Counties.

Nursing home resident Michael H. asked for just one CD and was overwhelmed with joy when he received a CD player and a 12 disc set of classical music – he still spends his days enjoying these gifts.

We hope we can give even more gifts at this year's Gift Lift on December 15th. See you there!

*Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness
–Inscription on the Mental Health Bell*

Mental Health America of Greater Indianapolis Upcoming Training Opportunities

Mini-Conferences

3 CEUs, \$40 each

Understanding Autism Spectrum Disorder

Featuring Jennifer Jones

Meaningful Day Services, Inc.

Wednesday, April 14th

1:30 to 3:30 Training

3:30 to 4:30 Panel Discussion

College Avenue Library Branch

4180 N. College Avenue

Postpartum Mood and Anxiety Disorders

Overview, Assessment, and Treatments

Featuring Birdie Meyer, RN, MA

Clarian Women's Service

Wednesday, May 5th

1:30 to 4:30 pm

College Avenue Library Branch

4180 N. College Avenue

"Alzheimer's Disease: Burden, Progress and Hope".

Mary Guerriero Austrom, PhD

Professor of Alzheimer Disease Education

Department of Psychiatry, Director, Education Core

Indiana Alzheimer Disease Center, Indiana University School of Medicine

Wednesday, August 18

1:30 to 4:30 Training

Location to Be Determined

Applied Suicide Intervention Skills Training (ASIST).

14 CEUs, \$150 per participant

Commonly known as ASIST, Applied Suicide Intervention Skills Training provides practical training for those who want to learn how to prevent the immediate risk of suicide. ASIST workshops, which are two days in length, are intended for emergency service workers, counselors, teachers, ministers, mental health practitioners, community volunteers, and anyone who might be concerned about family or friends.

ASIST workshops use small groups of one trainer to no more than 15 participants. ASIST uses many different teaching processes to create a practice-oriented and interactive experience. The emphasis of the workshops is on suicide first aid and on helping the person at risk stay safe and seek further help. In the workshops participants learn to: recognize the invitations to help; reach out and offer support; review the risk of suicide; apply a suicide intervention model and link people with community resources.

April 16 & April 17 OR June 16 & June 17

Call 251-0005 ext. 1008 or email atobias@mhaindy.net for more information or to register for any of these trainings. Please include name, mailing address, phone number and email address. Mail checks made payable to Mental Health America of Greater Indianapolis, Attn: Amy Tobias to 301. E. 38th St., Indianapolis, IN 46205

MHAGI Grants and Awards

P.A.I.R. Program Receives Prestigious Mutual of America Award

The Psychiatric Assertive Identification and Referral Program (P.A.I.R.), coordinated by Mental Health America of Greater Indianapolis, was named Honorable Mention Award Winner of Mutual of America's 2009 Community Partnership Awards.

The Mutual of America Community Partnership Award recognizes outstanding nonprofit organizations in the U.S. that have shown exemplary leadership by facilitating partnerships with public, private or social sector leaders who are working together as equal partners to build a cohesive community that serves as a model for collaborating with others for the greater good. Only ten awards are given to organizations across the country that share a vision of the future in which collaboration, compassionate action and inclusion are the highest values.

In Marion County the P.A.I.R. Mental Health Diversion Program works to identify people with serious mental illness who have been arrested for minor offenses and release them from custody into community-based treatment as an

alternative to serving jail time. Eligible defendants include people diagnosed with schizophrenia, bipolar disorder and major depression, who are given an individualized treatment plan devised by a mental health provider and monitored by the court. If the defendant complies with the treatment plan for a year, the criminal case is dismissed.

P.A.I.R. members discuss defendant referrals weekly. The partners include the Marion County Public Defender Agency, the Richard Roudebush VA Medical Center, Volunteers of America, Midtown Community Mental Health Center, Midwest Psychological Center, Gallahue Community Mental Health Services, ASPIRE, Adult & Child Community Mental Health Center, the Marion County Prosecutor's Office and the Marion County Superior Court.

"This collaboration lets our jails be used for dangerous offenders while helping individuals with serious mental illness get on their meds and get healthy," says Gina Hays, Mental Health America of Greater Indianapolis CEO.

MHAGI Offices Renovated Thanks to Community — Renovations to the interior and exterior of our offices were made possible thanks to the support of the **United Way of Central Indiana**, the **Nina Mason Pulliam Charitable Trust**, **LISC Indianapolis**, and many caring individuals and corporations.

Adult Guardianship Program Granted \$3,000 from The Rotary Foundation of Indianapolis, Inc. - MHAGI's Adult Guardianship Services program provides guardianship of a person who has been judged unable to manage his/her own affairs due to a disability which causes incapacity and loss of the ability to make sound decisions.

Indiana Cares Youth Suicide Prevention Project - MHAGI received a \$4,000 mini-grant from Indiana Cares, a project of the IUPUI Ft. Wayne Behavioral Health and Family Studies Institute. The dollars will be used towards youth suicide prevention training.

Save the Date for MHAGI Open House!
Wednesday, May 12th
4 pm to 6 pm
301 E. 38th St.



**Mental Health America of
Greater Indianapolis**
301 E. 38th St.
Indianapolis, IN 46205

Phone:
317.251.0005

Crisis Line:
317.251.7575

Web:
www.mhaindy.net

*There is No Health
Without Mental Health*

**In Crisis?
Reach Out. Get Help.**

**Call 317.251.7575
Or
1.800.273.TALK**

**Confidential. Wherever You
Are.
24 Hours a Day.**



**Mental Health America of
Greater Indianapolis**
301 E. 38th St.
Indianapolis, IN 46205

NON-PROFIT
U.S. POSTAGE
PAID
INDIANAPOLIS, IN
PERMIT NO. 1277