

- Workshops for Teens:**
- The Truth About Suicide
  - Depression 101
  - Stressed Out?
  - Workshops for All Audiences:
  - Applied Suicide Intervention Skills Training (ASIST)
  - Understanding Depression & Bipolar Disorder
  - Demythifying Schizophrenia
  - What are Personality Disorders?
  - Dispelling the Myths about Mental Illness
  - Mental Health/Mental Illness Overview
- Workshops for the Workplace:**
- How to REALLY Balance Work & Life?
  - Stress or Distress?
  - Dealing with Difficult People (and what if I'm one of them)
  - Exploring Your Personality Through Chocolate

According to the RAND Corporation, depression results in more "bed" days than many other medical ailments, including ulcers, arthritis, high blood pressure and diabetes.

- If you're feeling overwhelmed by stress, you're not alone. In fact a 2007 survey of Americans found that one-third of people are living with extreme stress.
- Each year, almost 5,000 young people, ages 15 to 24, kill themselves. The rate of suicide for this age group has nearly tripled since 1960, making it the third leading cause of death in adolescents and the second leading cause of death among college-age youth.
- Groups, organizations and businesses in the community can benefit from the workshops Mental Health America of Greater Indianapolis offers on mental health. These include workshops on common mental illnesses, suicide intervention, stress, and workplace mental health. Here is a listing of some of our workshops.

**Educational Workshops: Building Awareness and Understanding**

Did you know?

- Mental illness can strike anyone! It knows no age limits, economic status, race, creed or color. During the course of a year, more than 54 million Americans are affected by one or more mental disorders.
- Untreated and mistreated mental illness costs the United States \$150 billion in lost productivity each year, and U.S. businesses foot up to \$44 billion of this bill.
- Three out of four employees who seek care for workplace issues or mental health problems see substantial improvement in work performance after treatment.

**LEGISLATIVE UPDATE**

**House, Senate Negotiators Reach Agreement on Key Provisions in Party Bill**

It has been announced that Senate and House negotiators have bridged their differences on the requirements for health plans under a mental health parity bill. This compromise is a major step forward. Further deliberations are anticipated before any legislation would move to a vote. Nevertheless, excitement builds about this breakthrough and mental health advocates are cautiously optimistic about passage of a final bill. Mental Health America has been involved from the beginning in this historic effort and will continue efforts to push the legislation over the finish line.

The agreement provides that whatever mental health conditions are covered under a health plan must be at parity with medical coverage (except to the extent that a state parity law requires broader coverage). If a plan offers out-of-network benefits for medical or health and addiction treatment and provide services at parity. And, it preserves strong state parity and consumer protection laws.

Your strong support and commitment to the cause of parity are the reasons we have reached this milestone. We need your continued involvement to ensure we achieve victory in our fight.



**New Guide Helps People Select The Right Medication**

Mental Health America works with AHRQ to disseminate new research findings

A new guide by the Agency for Healthcare Research and Quality, and reviewed by Mental Health America, is designed to help people work with their doctors or nurses to choose the right medication to treat their depression. of charge, covers common common medicines for adults with depression, side effects and cost. For an electronic copy of this guide, visit <http://effectivehealthcare.ahrq.gov/reports/topic.cfm?topic=8&sid=39&type=1>. For a free print copy, call the AHRQ Publications Clearinghouse at 800-358-9295 and ask for AHRQ Publication Number 07-EHC007-2A.

**In Crisis?**

**24 Hour Crisis & Suicide Intervention Service**

**Hotline**

**(317) 251-0005**

**OR**

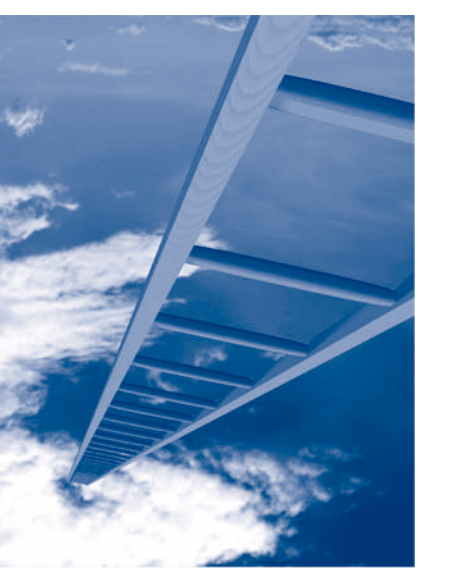
**1-800-273-TALK**

**A True Story of Success**

Ms. Susie Smith (name has been changed for confidentiality purposes for the client), a single parent, who resides in Marion County, Indiana had been struggling for most of her life. She had recently lost her Medicaid and she was having a hard time making ends meet for her and her two children.

Ms. Susie Smith was arrested in Marion County in 2006 for stealing a gallon of orange juice from a convenience store. Ms. Smith had been diagnosed in 2001 with depression and was prescribed medication previously but had never taken them. She didn't believe that medication would help with her depression and didn't have extra money to help pay for her prescription. Mental Health America of Greater Indianapolis first came in contact with Ms. Smith when she was being screened for our PAIR (Psychiatric Assessment Identification and Referral program) Diversion program. This program is designed to help individuals who have a serious mental illness and criminal charges pending in the Marion County court system. The program helps ensure that individuals placed remain in treatment with mental health providers by taking prescribed medications, going to regular therapy sessions/group sessions and any other requirements of their treatment plan. Ms. Smith was placed on the PAIR diversion program in January 2007. Throughout the year that Ms. Smith was on the PAIR diversion program she continued to show improvement. She started taking all prescribed medications, attended all group/therapy sessions and even became a peer support for another member at the community mental health center.

Ms. Smith continued all of her requirements for the PAIR program, going above and beyond her expected compliance for the program and graduated in January 2008. One of Ms. Smith's greatest achievements over the course of the year was being accepted and starting Nursing School at Ivy Tech Community College. She is still in classes at this time and plans on becoming a pediatric nurse very soon!



- We are wishing for...**
- For Adult Guardianship Services:**
- Lateral File Cabinets that lock
  - Inspirational note cards—blank inside (100)
  - Inspirational Birthday cards (100)
  - Digital camera with separate memory stick
- For Our Diversion Programs:**
- DSM IV books (2)
  - Business Messenger Bag
  - Small luggage suitcase on wheels
- For Educational Outreach:**
- Laptop computer
  - Business messenger bag
- For the Office:**
- New fax machine
  - New copy machine
  - Small Step-stool
  - Clear-view 3-ring binders
- For the Kitchen:**
- Stainless Steel dinner forks and teaspoons

Mental Health America of Greater Indianapolis

**A Primer on Medication Management for Therapists**

A MHAGI Mini-Conference

Wednesday, August 20, 2008  
1:40 p.m. - 4:30 p.m.

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

**Speaker:**

Andrew L. Morrison, M.D.  
Adult & Child Mental Health Center

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

CEUs: Available to social workers, marriage and family therapists, and mental health counselors.

Cost: \$15. 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 CEUs to Mental Health America of Greater Indianapolis at the above listed address or register over the phone at (317) 251-0005 to reserved your spot. Register early - space is limited.

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

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



2506 Willowbrook Parkway, Suite 100  
Indianapolis, Indiana 46205  
(317) 251-0005

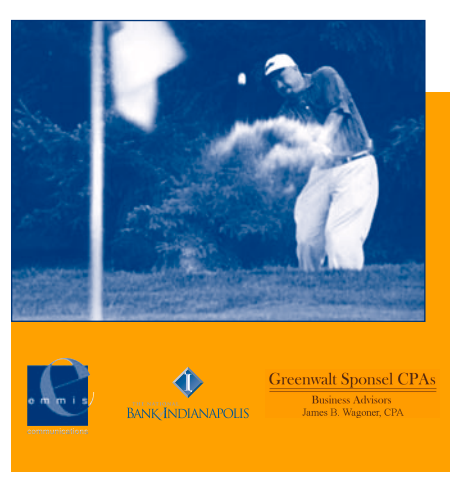
**Crisis Line (317) 251-7575**  
**(800) 273-TALK**

[www.mhaindy.net](http://www.mhaindy.net)

SUMMER 2008 ISSUE 1

# THE BellRinger

Mental Health America of Greater Indianapolis



**Buzzard, Bogey, Birdie!**

Support mental health by participating in our 4th Annual Golf Classic on September 29, 2008 at the Brickyard Crossing Golf Resort, 4400 West 16th Street, Indianapolis. Shot Gun start begins at noon. Fees for the Golf Classic are: Individual \$200, Foursome \$800 and Hole Sponsor \$250. Lunch and dinner are included.

Funds raised will provide program support impacting vital services for people in need - to get them back into treatment for their mental illnesses, to enable them to live and function within the community, to lend a hand when there's no one to listen, and to stand by their side in life's tough decisions.

To sign up, contact 251-0005 or [trice@mhaindy.net](mailto:trice@mhaindy.net)

Registration deadline is September 15, 2008.



## Gateways Turns 50!

Gateways House for women was the second residential group home for persons with a mental illness to open in the country, and will celebrate its fiftieth anniversary this year. What we envision is a community celebration on Wednesday, July 30 in the home and around the lawn of Gateways located at 4450 North College Avenue.

Gateways for women and Ferriday House for men make up the Residential Services Program of MHAGI. Each residence provides a supervised, therapeutic, homelike environment for adults who suffer severe and persistent mental illness.



Gateways, a pioneer rehabilitation residence for female patients, was started by MHAGI in 1958 to serve an increasing number of people being discharged from state hospitals as a result of the advent of psychotropic medications. The organization's programs expanded with the opening of a men's halfway house, Ferriday House, in 1967.

Gateways and Ferriday differ from traditional group homes in that all daily living skills training is done in-house by all staff rather than in a day treatment or partial hospitalization program. This increases the residents' ability to have daily "hands on" opportunities to apply learned skills.

Demand for MHAGI residential services is great. Lack of available group home facilities in Indiana often means a waiting list. Until an individual gets accepted into a MHAGI home, his or her road to stability and recovery may be stagnated. The individual may be forced to go to a homeless shelter or live with family; either way, they are often left in the care of persons unable, unwilling, or unqualified to provide adequate supervision and training to aid their progression and monitor the symptoms of their mental illness.

A celebration on July 30, 2008 will enable MHAGI to place a spotlight on this community resource - quietly tucked into an urban neighborhood - where opportunities exist for individuals with mental illness to improve the quality of their lives through greater interdependency and to be part of their communities. These individuals can go on to be active, productive members of their community, and continue their education and obtain employment in many cases.

It is our intent to use this historic moment as an opportunity to provide education about the history of treatment for the mentally ill - especially women, by providing displays and information at the site, including trivia in our staff-led tours.

And what would a summer celebration be without an ice cream social? We will serve up cool refreshment to guests that afternoon from 3 - 6pm. Join us for a short program on the lawn at 5:00 p.m.



## Thank you Eli Lilly Volunteers!

On May 15, 2008 twenty-nine Eli Lilly volunteers spent several hours at MHAGI's two group homes performing much needed yard work such as pruning bushes/trees and spreading the mulch they purchased. They also planted flats of flowers, painted an office and helped an elderly resident to sort and organize boxes full of personal home belongings that were stored in the group home attic. They brought a wonderful variety of side dishes for an afternoon cookout with our residents. Everyone enjoyed having them so much that staff is constantly asked, "When are they coming back?...they were so nice." Relationships were established by working together with patience and humor. This picture was taken at the Gateways Group Home. As you can see from the smiles – everyone had a great time. Thanks so much for your gift of service to our group homes and sharing time with our residents!

### Do we have a volunteer opportunity for you? Yes!

**Crisis & Suicide Intervention Service** – Volunteers are needed to take calls from individuals in crisis in the comfort and convenience of the volunteers' own homes. Availability on weekends and/or overnights preferred. Extensive training is provided. Must commit to six hours a week for one year.

**Guardianship Program** – MHAGI is currently responsible for the health care and medical decisions for over 50 persons with a mental illness or developmental disability. These individuals have no family or the family is unable to take that responsibility. Volunteers make visits to clients (once a month or more often if desired) to ensure that they are receiving proper care in nursing homes or other supervised care facilities.

**Community & Corporate Health Fairs** – MHAGI participates in numerous community and corporate health fairs throughout the year. Volunteers can assist with health fairs by staffing the table and providing mental health related information to attendees.

**Speaker's Bureau** – Our speaker's bureau consists of consumers, parents and family members of consumers, and mental health professionals.

**Residential Services** – Volunteers assist staff in various service projects at the group homes, or share special skills/talents with our residents. Each afternoon from 1-3:30 p.m. we provide information to our residents that will expand their interest in the world. This could be as simple as sharing what you love with others on a monthly basis. Leading an arts and craft project, engaging residents in board games,

sharing/discussing Reader's Digest articles with them or conducting an exercise class are just a few ideas that they would welcome.

**Gift Lift** – During the Christmas season, MHAGI provides gifts to clients who suffer from mental illness served by our programs. Volunteers are needed to sort through donations, wrap gifts, deliver gifts, and donate money or gifts.

**Events** – Volunteers are needed to help with various events.

**Office Help** – Periodically, MHAGI needs help with mailings, data input, word processing, and other clerical duties.

For more information, **call our offices at 251-0005.**

## TAKE ACTION

### Capitol Hill Update: Medicaid Victory, Movement on Reforms

Capping a busy week before the July 4th recess that saw action in both chambers of Congress on key Mental Health America agenda items, the Senate sweepingly adopted a bill that will halt long-threatened cuts to Medicaid mental health services. The Senate action blocking implementation of harmful Medicaid regulations came on the heels of House approval of a supplemental funding bill that included the regulation moratorium. Despite earlier veto threats, the President signed this legislation into law Monday, June 30th.

With your help, Mental Health America has fought these regulations since their inception. We hope for similar success in repealing Medicare's 50 percent copay on outpatient mental health treatment. While the Senate failed last week to muster the votes needed to bring up a House-passed Medicare bill containing that key Mental Health America goal, we expect further action on Medicare following a week's recess.

The week also saw the passage of important reform bills in the House, with approval of a long-sought measure to restore court-eroded protections under the Americans with Disabilities Act and adoption of legislation to stop abuses in teen residential programs.

### Walk To Prevent Suicide 2008 Out Of The Darkness Walk

Join Team MHAGI!

Saturday, September 13, 2008 at White River State Park, Indianapolis, IN. Registration begins at 8am at the visitors center, opening ceremony begins at 9am. The walk is for everyone that struggles with depression, other mood disorders or suicide loss. Join us to walk for yourself, a family member or a friend!

Help Silence the Stigma! Please join us on this special day of HOPE and Remembrance. Additional walk information can be found in the printable participation packet online after you register as an individual walker or a team captain/team member.



**MHAI**  
Mental Health America  
of Greater Indianapolis

#### Management Team:

Chief Executive Officer  
Gina Brooks  
gbrooks@mhaindy.net

Chief Operating Officer  
Mark Rozales  
mrozales@mhaindy.net

Chief Financial Officer  
Robin Disney  
rdisney@mhaindy.net

#### Other Management Staff:

Director, Adult  
Guardianship Services  
Marcia Brown

Director, Crisis &  
Suicide Intervention  
Elizabeth Boyle

Director, Education  
Joe Bartholomew

Director, Forensic Programs  
Lee Ann Jordan

Director, Residential Services  
Laura Druetzler

### Letter from the CEO Leader in the Field

As an organization, Mental Health America has been around for nearly a century. We began our work in 1909 when Clifford W. Beers, a young businessman who struggled with a mental illness, shared his story with the world in his autobiography "A Mind That Found Itself." His book spurred the creation of a national citizens' group to promote mental health and improve conditions for children and adults living with these health problems. It was a revolutionary act that attracted prominent national leaders of the time, including the philosopher William James and the Rockefeller family.

Mental Health America of Greater Indianapolis was founded in April, 1949 as the "Marion County Mental Hygiene Society" and in 1951, the organization became known as the Marion County Mental Health Association.

In November of 2006, we changed our name, along with over 300 affiliates nationwide, to Mental Health America of Greater Indianapolis - Indianapolis' leading nonprofit dedicated to helping all people live mentally healthier lives. Mental Health America chapters across the United States represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation - everyday and in times of crisis. Each chapter operates programs and finances independently so as to best meet the unique and individual needs of their community.

Our message is simple: Good mental health is fundamental to the health and well-being of every person and of the nation as a whole.

Our agenda is clear.

We want all people to understand how to protect and improve their mental health, and know when to seek help for themselves or someone close to them.

We want our nation's schools, businesses, healthcare system and other settings to have the knowledge and resources they need to respond to the mental health of their constituencies and achieve their missions.

We want all Americans to have access to high quality, affordable and personalized preventative, early-identification and treatment services, when and if the need arises.

We want persons with disabling mental illnesses to receive the support, treatment and services that they need to recover and live full lives in their communities.

We want more research and services focused on prevention, recovery and cures.

Our new name, Mental Health America, was chosen to communicate how fundamental mental health is to the overall health and well-being of every American. Our new logo is meant to convey Mental Health America as a forward-looking, vibrant movement. The bell image in the logo is a graphic representation of an actual 300 lb. bell, the Mental Health America Bell. The Bell was forged more than 50 years ago with iron chains and shackles that bound people in mental asylums. It serves as a vital reminder of our past and the progress we have made, and a powerful symbol of our vital mission.

We hope you enjoy our new look and we invite you to join our movement to help all people live mentally healthier lives. To learn more, find help or get involved, go to [www.mhaindy.net](http://www.mhaindy.net).

*Wendy Brooks*

**Save-The-Date!**  
MHAGI Holiday Open-House:  
Wednesday, December 17, 2008  
More information to come soon!



## MHAGI NEWS:

### Adult Guardianship Services:

Marcia Brown, Director of Adult Guardianship Services, is now a Registered Guardian. Becoming a Registered Guardian involves extensive studying of the legalities of guardian of estate and person. MHAGI is a member of the Indiana State Guardianship Association (ISGA) and Marcia is a Director at Large and the Membership Chair. MHAGI is also a member of the National Guardianship Association.

### Crisis & Suicide Intervention Service:

CSIS is a member of the National Suicide Prevention Lifeline, a 24-hour, national toll-free suicide prevention service available to anyone in suicidal crisis. Callers are routed to the nearest participating crisis center.

In addition, CSIS just finished a volunteer training class in June. This was the third training class in which we used the ASIST model for the suicide portion of the training. ASIST (Applied Suicide Intervention Skills Training) is a training model that emphasizes interaction more than lecture. The next training for volunteers to become Clinical Associates for the Crisis & Suicide Intervention Service begins Saturday, September 20, 2008. Contact Elizabeth Boyle at (317) 251-0005 for more information.

### Education:

The June 3, 2008 MHAGI Mini-Conference was a huge success. Dr. Joseph Smedley of the Midwest Psychological Center presented "Developing Culturally Responsive Clinicians and Organizations."

The next MHAGI Mini-Conference

### CSIS adds 2 to the Crew

Jacque Hoelzer, Elizabeth Boyle (Director of CSIS), and Chris Heffner review training information for MHAGI's Crisis and Suicide Prevention Service. The next training for CSIS volunteers begins Saturday, September 20, 2008. For more information contact: [eboyle@mhaindy.net](mailto:eboyle@mhaindy.net) or call our office at (317) 251-0005.



is scheduled for Wednesday, August 20, 2008. Dr. Andrew L. Morrison is our guest speaker. His presentation is titled "A Primer on Medication Management for Therapists." CEU's are available and the cost is \$15. Call (317) 251-0005 to reserve your spot.

### Forensic Programs:

MHAGI's PAIR Diversion program has been chosen as a study site for the MacArthur Foundation. The MacArthur Foundation has been in the process of studying a sample group of 100 PAIR clients for 1.5 years. It is designed to show the effectiveness of the PAIR program, client satisfaction, and who stayed in treatment after the 1 year diversion period is over. Recidivism rates and termination/graduates rates are also studied.

One last bit of great news in the Forensic Program is the Community Corrections contract, with Marion Superior Court 8, has been extended for yet another year!

### Residential:

Residential received a one year accreditation after its March 2008 survey. CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of persons served. CARF establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

Ferriday and Gateways Group homes would also like to welcome their new Resident Worker, Phyllis Moss!

MHAGI would like to thank the Hoover Family Foundation for their generous contribution of \$15,000 and the TJX Foundation for their gift of \$3,000.