

THE VALUE OF EDUCATION

What is the purpose of education? The great, beat generation writer William S. Burroughs said, “the aim of education is the knowledge, not of facts, but of values.” Author W. E. B. Du Bois put it a different way saying, “Education must not simply teach work. It must teach life.” Marian Wright Edelman, the President of the Children’s Defense fund, stated, “Education is for improving the lives of others and for leaving your community and world better than you found it.” And lastly, the great cynic Diogenes of ancient Greece said, “The foundation of every state is the education of its youth.”

While we all may differ slightly as to the purpose of education, there remains a similar theme: education must be aimed not only at the mind but also at the heart. Education’s chief purpose must be to make the world a better, more moral, place.

New York State is a trailblazer toward this end. As of July 1, 2018, a new law went into effect requiring school districts to provide mental health education as a part of its curriculum. New York State is the first in the nation to pass such a law and they have funded a “school mental health research and training center,” in order to help schools comply. Glen Liebman, the CEO of the Mental Health Association in New York State, states, “this groundbreaking law lays the path to better health for all New Yorkers,” according to the Democratic Chronicle in Albany.

What, precisely, does the law do? That is not yet well-defined. According to the New York State Assembly website, memo A06046-A, states, “This bill does not mandate curriculum. Students are already required to take health classes in order to graduate. Instead, this bill codifies in statute what state regulations already recognize that health is multidimensional.” They go on to state that the bill ensures, “that their [schools] health education program recognize the multiple dimensions of health by including mental health and the relation between mental and physical health in health education.”

How, then, do our schools view this new law? I interviewed Judi Riley – the Assistant Superintendent of Cortland City School District.

“We feel good about where we are at this point,” Riley said, “Cortland has already met many of the requirements –

We focus on mental health in the curriculum – but not enough. The need has been there for a long time and Cortland has always strived to meet it.”

I asked her if the state has pushed any changes since July 1st. She said that there have been no changes – no specific changes – yet. She said that the Cortland School District has a District Health and Wellness Coordinator, Jill Pace, who, in partnership with administration, ensures there are a variety of different curricular





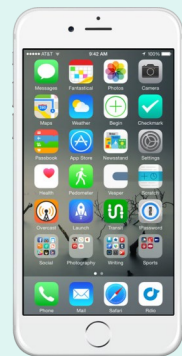
APP OF THE MONTH: What's Up?

When you're feeling apprehensive, use this app as a quick check-in tool to get perspective on your thoughts and feelings. This app offers plenty of grounding techniques and other mindfulness tips to bring you into the present. From there, you can have more power over your emotions and your body's reactions stress.

What's Up? is a fantastic free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!

iPhone: <https://apple.co/2PuhvKt>

Android: <http://bit.ly/2Oeq33B>



to

NATIONAL HOSPICE MONTH: LIGHT OF MY LIFE

NATIONAL HOSPICE AND PALLIATIVE CARE MONTH – NOVEMBER 2018



MyComfort



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MyHospice

MyHospice

A Program that Works. A Benefit that Matters.

Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand all that hospice and palliative care offer.

In recent months, a number of notable Americans have died. They include Senator John McCain, the queen of soul Aretha Franklin, and former first lady Barbara Bush. In many media reports, they were described as having "given up" on curative care late in their lives. Ms. Franklin opted for hospice care; Mrs. Bush received what was described as "comfort care."

It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying," said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. "Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed.

In Cortland, you are invited to attend the *Light of My Life*



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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GRIEF AND LOSS: WHEN SEASONS CHANGE

A very real part of living with or dealing with an individual with a severe or untreated mental health disorder is loss and grief. For the rest of us, unexpected change can usher in feelings of loss and grief.

Life is change. I heard an elderly friend recently say, “life is a trip, watch your steps.” It takes many levels of awareness, insight, and introspection to understand where we are and where life has positioned us in our individual lives.

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areas in classes, such as health class, which pertain to mental health. A group of people, including Pace and District administrators, determine the curriculum and how it pertains to mental health. She explained how the Cortland School District also partners with other entities to develop a curriculum that will both satiate the law, and enrich students via mental health education.

“For instance,” Riley said, “Cortland School District partnered with SUNY Cortland to pilot a skills based mental health curriculum at a 5-6th grade level,” and continues to partner with Cortland Prevention Resources.

According to Riley, school social workers and mental health counselors play key roles in mental health education. In addition to direct services for students, they provide professional development through training the teachers on mental health education and providing resources.

Governor Cuomo talked about ‘school mental health resource and training centers’ as entities that will be formed to show schools how to perform in terms of mental health. When asked if New York State had sent these training teams to Cortland to guide the curriculum being geared toward mental health, Riley stated, “No, we have not received visits or outreach yet” New York has also not provided any additional money. Riley said this could all be coming down the road.

According to Riley, faculty and all school staff recognize the need for increased mental health education and are receptive to it. “There is absolute need for this,” she concurred. “It is grounded in what is good for kids and what is good for families. Emotional health needs to be in partnership with academics. When talking, mental health issues need to be normalized in conversation with the students. Our goal is for the students to feel open to talk to peers or others about mental health.”

Cortland School District is actively working as a team to implement the changes and Riley is optimistic these changes will continue to flourish in the District.

The new mental health law in education enacted July 1st, 2018 is in its infancy. But it is obvious it is already having a beneficial effect on the education of our children. “Helen Keller said, “The highest result of education is tolerance.” The mental health education law moves us toward that goal.

By, Kurt Warner, MSW, Catholic Charities, Cortland County MHA Board of Directors

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NATIONAL HOSPICE MONTH: LIGHT OF MY LIFE

memory tree dedication on **Friday, December 7, 2018 at 6:30 pm** on the Village Green in Homer. A donation of \$5 or more will place a symbolic "light" on the tree in memory or honor of a loved one. The tree provides an opportunity to remember friends and family, and honor those special people in our lives while helping the efforts of Hospicare and Palliative Care Services all year long, including Bereavement support which is extended to family members and loved ones of Hospicare patients for 13 months following the death. Hospicare's Bereavement support programs are also open to all community members, regardless of whether your loved ones used hospice services.

The tree will remain lit throughout the holiday season as a shining tribute to those that are remembered or honored. If you wish to have names displayed for the December 7 dedication, please [click to contribute online](#) or complete the [printable form](#) and return it to the Cortland office at 11 Kennedy Parkway, no later than November 28. Donations will be accepted throughout the holiday season and the display boards and website will be updated December 15.

Article provided by www.nhpco.org and www.hospicare.org

BOOK SHARE PROGRAM CONTINUES

The Mental Health Association of Cortland County offers a book share program, developed for Mental Health related readings only. (Fiction or non-fiction.) It's *free* - your client gets to *keep* the book, and therapists can send multiple requests for books for multiple clients! Please note, there is a cap on funding, so be mindful of your requests. For more information or to make a request, email us at: mhacortlandny@gmail.com



COMMUNITY EVENTS AND SUPPORT

Food for Thought

Wednesday, November 14th, 12:00—1:30pm
Cortland Elks, 9 Groton Ave., Cortland

With Kathryn Simons, LCSW of the Greater Binghamton Health Ctr. Adolescent Crisis Respite and the film, "Resilience: The Biology of Stress & The Science of Hope"
Please Preregister at:

FoodforThoughtRSVP@gmail.com

607 Healing Hearts

Monday, November 19th, 6:00 - 8:00pm
*****165 Main St., Cortland**

Grief support group for parents/guardians who have experienced the death of an adult child.

For more info: 607healinghearts@gmail.com

Cortland LGBT Men's Group (Monthly)

Cortland LGBT Resource Center, 165 Main St. Suite B
For more information: (607) 756-8970

Parents & Change Support Group

November 19 December 17 January 21
6:00 to 7:30 PM

Community Center, 90 Central Ave. Cortland

Contact: Becky Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, November 29th, 3:00—4:00pm

Conf. Rm. B, Basement of CRMC, 134 Homer Ave., Cortland

For those who provide support for someone aged 60 or older.

For more info: Caregivers Resource Center (607) 753-5060.

If you have an upcoming community event or article you would like considered for inclusion in the MHA Newsletter, send your submission to susan@sevenvalleyshealth.org by the 14th of the month prior, or subscribe to the newsletter via email.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.