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**12 Tips to Support Recovery**

**Supporting Your Loved One's Mental Health**

When someone you love is struggling with a mental health condition, you may feel powerless to help or simply overwhelmed. Use these tips to support your loved one and yourself.



Learn as much as possible about your loved one's condition.



Don't push too hard. Remember that recovery takes time.



Ask your loved one for permission to interact with their medical team, so you better understand their treatment plan.



Stress is easier to handle when shared with people who understand.



Encourage your loved one to follow their treatment plan.



Offer verbal encouragements to help them focus on the positive aspects of their life. Let them know you want to help.



Assign 'support' duties to everyone in the family. NAMI's Family-to-Family support group is a great place to start.



Avoid becoming isolated and resume "normal" activities, like going to the movies.



Be a good listener and try to recognize and acknowledge their feelings as they open up to you.



Prepare a crisis plan that includes phone numbers, such as the local crisis intervention team.



Make safety a priority. Talk to your loved one about the point at which you would involve the police (i.e. threats to harm oneself or others).



Don't give up. A person with mental illness can benefit greatly from family and group support such as NAMI's Peer-to-Peer group.



## Mental Health Resource Listing

**The following are private mental health providers in Cortland County.**

### **Melissa A. Bramley, LCSW-R, ACSW**

17-29 Main St. Suite 202, Cortland  
607-662-0209x3  
Melissa@cortlandcounseling.com  
www.cortlandcounseling.com

Specialty areas: depression, anxiety, eating disorders, relationships, marital counseling, self-esteem. Insurance accepted: BCBS, Fidelis, Total Care, Value Options, NYSHIP, Aetna, and more.

### **Charlie Capanzano, PhD, licensed psychologist**

17-29 Main St. Suite 202, Cortland  
607-261-0024  
CTCCAP@aol.com  
Office hours: 10:30am-4:30pm

Specialty areas: Cognitive behavioral treatment of mood disorders, depression, bipolar, anxiety, PTSD, family, marital therapy, adolescents, adult, seniors. Accepts most insurance.

### **Copeland Ave Counseling**

24 Copeland Ave, Homer  
607-749-5711  
copeland\_ave@counsellor.com  
www.copelandaveassociates.com  
Office hours: M-Th 8am-8pm, F 8-5, Sat 8-2

Group of LCSW

Specialty areas: Individual, couples, group, family, children, teens, adults, cognitive behavioral therapy, ego state therapy, eye movement desensitization, and reprocessing. Accepts most insurance.

### **Karen B. Dugeon, LCSW**

17-29 Main St. Suite 208, Cortland  
607-527-0575  
karen@cortland.care  
www.cortland.care  
Office hours: M&Tu 9-7, Wed 9-6, Th 9-3, Sat 8-12  
Accepts most insurance.



### **Audray A. Edwards, LCSW-R**

16 Church St. Cortland  
607-756-0807  
Available by appointment

Specialty areas: Anxiety, guilt, anger problems, mood swings, self-image problems, fears, stress management, relationship issues, communication problems. Insurance accepted: Excellus, Medicare, Actna, Fidelis, Optum Health, Value Options, RMSCO, Pomco, Multiplan.

### **Coping Skills**



### **Matthew Franke-Singer, LCSW-R**

14 1/2 Townley Ave. Cortland  
607-279-5519  
mfrankesingerlcswr@gmail.com  
Office hours: M&W 5:30pm-8:30pm

Specialty areas: Family therapy, DBT, children & youth, trauma, transgender, Asperger's Syndrome, marital issues, anxiety, depression. Insurance accepted: RMSCO, Excellus, Fidelis, United Behavioral Health.

### **Anne Hunt, Licensed Psychologist**

64 Main St. Suite 213  
607-758-3316  
Available by appointment Monday-Thursday

Specialty areas: Veterans issues, depression, anxiety, assessment. Accepts most insurance.

### **Semra Kecelioglu, LCSW-R**

Dharma Center  
55 Port Watson St., Cortland  
607-745-5000  
semrakecelioglu@gmail.com  
www.brainworkwithsemra.com  
Available by appointment

Specialty areas: Trauma, dissociation, depression, anxiety, couples, life transitions and crises. Insurance accepted: Excellus BC/BS, Value Options, Lifetime Benefits Solutions, Aetna, Total Care



## Maureen Kiely, LCSW-R

55 Port Watson St. Cortland  
607-753-1228  
mkiely@twcny.rr.com  
www.maureenkielycounselor.com  
Available by appointment

Specialty areas: depression, anxiety, trauma, personal, family, relationship and work stress. Accepts most insurance.

## John Lombardo, PhD

64 Main St. Suite 213  
607-758-3316  
Available by appointment Monday-Thursday  
Specialty areas: veterans issues, depression, anxiety, assessment. Accepts most insurance.

## Lisa M. Loomis, LCSW

2 Wall St., Homer  
607-261-1858  
lisaloomis.lcsw@gmail.com  
Office hours: 8am-3pm Monday-Friday

Specialty areas: anxiety, depression, LGBTQ. Insurance accepted: most (except BCBS). Accepts cash and credit card.

## Gregory Moss, LCSW-R

North Main Counseling  
84 N. Main St. Suite 103, Cortland  
607-545-4532  
gmoss@northmain-counseling.com  
www.northmain-counseling.com  
Available by appointment  
Specialty areas: anxiety, depression, relationship challenges, trauma, abuse. Accepts most insurance.

## Relax with these Apps: Technology to Improve Mental Health

By: Jenna Kahn



I have compiled a list of the best mental health apps (in my humble opinion). I have personally used all of these apps, and while none of them have cured my bipolar (yet), they have significantly helped with some of the symptoms, improved my wellness, and allowed me track my progress. I hope you find at least one that you would like to try.

**Self Help for Anxiety Management (SAM)** (Free) I found this app on Tumblr, and I am so glad I did! It is basically an anxiety tracker that also can help if you are panicking. As often as you need to, you can check in and rate your current feelings of anxiety. You can also track triggers. My favorite feature is the Self-help with Sam portion of the app, where you can do short exercises to prevent anxiety. There is also a Help for anxiety NOW button that is perfect for those acute situations.

**DBSA Wellness Tracker** (Free) This app is a mood tracker from the Depression and Bipolar Support Alliance. It can be very intense if you want it to be, or you can use less of the features. For being a free app, it is incredibly comprehensive! Track your mood, medications, symptoms, lifestyle, and more. The symptoms and lifestyle tracking took a little too long for my liking, so the daily mood tracker is my favorite portion of the app.

**MediSafe Meds & Pill Reminder** (Free) I have been using this app for about a year now, and it is the most helpful when it comes to remembering to take my meds. It took a while to set up, but now I get discrete, personalized reminders at just the right times. The app simply sends you a notification, and no one can tell if I was just tagged in a Facebook picture or if I am being reminded to take my meds. There is also an option for having a buddy who is alerted if you do not take your meds, but I have not used this feature yet. This app makes going to the psychiatrist so much easier!

**Pocket Yoga** (\$2.99) I love to talk about the benefits of yoga for mental health, and I like to use this yoga app for changing up my practice. You choose a practice environments (Ocean, Desert, Mountain) and then you choose a duration (30, 45, 60 minutes) and a difficulty (Beginner, Intermediate Expert). You can also choose to repeat Sun Salutation A or B instead. The simple cartoon graphics are easy to follow, and the music is relaxing. You can unlock other practice environments by earning Karma Points in 15 minute increments.

**Simply Being – Guided Meditation for Relaxation and Presence** (\$1.99) This is the latest addition to my mental health app collection, and I love it! It is an easy way to relax after yoga, before going to bed, anytime really. I like to use it because the voice is soothing, and I have a lot of control of the settings so that I can craft just the right experience. You can choose relaxation increments of 5, 10, 15, 20, or 30 minutes, and you can listen to music or nature sounds in the background. You can also keep the sounds on for as long as you like after your relaxation practice. The ability to customize this app is one of its strongest assets.

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**EMAIL OPTION:**

If you'd like to begin receiving the MHA Newsletter electronically in color as a PDF, please send your full name and email address to: [jmartin@sevenvalleyshealth.org](mailto:jmartin@sevenvalleyshealth.org)

Addressee

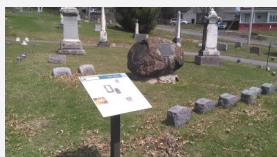
Questions, comments, or feedback on the MHA Newsletter?  
Let us know!  
Email [jmartin@sevenvalleyshealth.org](mailto:jmartin@sevenvalleyshealth.org)  
We appreciate your thoughts!

## Community Events & Support Groups

### Taking Time For Quietude

Cortland Rural Cemetery's new Cemetrail is open to the public from dawn to dusk for community members to spend time in nature and take a self-guided tour of the local history, geology, and art.

The rolling hills, winding roads and variety of tree species provide a peaceful retreat and respite from a busy schedule. Visit the cemetery at 110 Tompkins Street, Cortland to explore, relax, and take time for yourself.



### Parents & Change Support Group

This support group is for parents and caregivers of children, teens and adults with mental health conditions. Meetings are from 6:00pm to 7:30pm at 90 Central Avenue in Cortland. For more info please contact Beckey Tipp at [parentsandchange@yahoo.com](mailto:parentsandchange@yahoo.com)

#### 2015 Meetings:

July 20	October 19
August 17	November 23
September 21	December 21



**If you have an upcoming community event you would like considered for admission to the MHA Newsletter, send your announcement to [jmartin@sevenvalleyshealth.org](mailto:jmartin@sevenvalleyshealth.org).**

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.