

NAMI FAMILY TO FAMILY EDUCATION PROGRAM SLATED FOR SEPTEMBER

What is NAMI?

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Finger Lakes is an all-volunteer organization of dedicated people who work to raise awareness and to provide essential education, advocacy and support programs for people in our community who's loved one is living with mental illness.

Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a *free*, 12-session education program for family, partners, friends and significant others of people living with mental illness. The course is designed to help all family members understand and support their loved one, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and



...Continued to page 3

NATIONAL HEALTH CENTER WEEK

National Health Center Week (August 12th- 18th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.



Health centers serve 27 million patients, a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations. Each year we celebrate the work and services health centers provide to special populations within their community on designated days during the week.

This year, the [National Association of Community Health Centers](#) and the Health Center Advocacy Network invites you to celebrate these incredible health care heroes,

...Continued to page 4

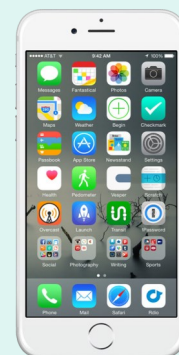


APP OF THE MONTH: Snug Safety

Snug Safety is a daily check-in service that provides peace of mind for individuals that live alone. Snug Safety checks in with you every day, and if they do not receive a response from you, they will notify your emergency contacts and send for help. The makers say to think of the app as a modern medical alert that is designed to be positive, proactive, and friendly. The free plan includes alerting emergency contacts if someone does not check in at their regular time, and an upgrade is available to a dispatch plan, wherein a personal dispatcher will call or coordinate a wellness check to the individual's last known location.

iPhone: <http://bit.ly/SnugSafety>

Android: N/A



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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To learn more about the Cortland MHA visit:

<http://www.mhacortland.com>

or contact:

mhacortlandny@gmail.com

Family Matters

4-H Camp Owahta

Enjoy a free, interactive, family fun day that includes a meal, emphasis on families spending time together, mental and physical wellness, positive messages, and activities that families can participate in.

Saturday
August 11th, 2018
11 AM — 2 PM

Cornell Cooperative
Extension's
4-H Camp Owahta
4826 Knecht Road
McGraw, NY 13101



Families will:

- Share a meal with our summer cook-out!
- Participate in fun activities that include low ropes course, hiking, face painting, and swimming!
- Learn how to use teamwork, trust, communication, and humor to overcome life's obstacles.
- Build self-esteem and promote mental health and wellness.

****Comfortable clothing and sneakers as well as swimming attire is recommended****

Space is limited and registration is required!

Contact: Linda Barbin (607) 756-8970 ext. 256 or email lbarbin@fcscortland.org

Family Matters is a program for youth ages 9—14 and their parents or guardians.



Sponsored by
Mental Health Association of Cortland County



...Continued from page 1

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other mental health conditions. The program is taught by trained family members who know what it is like to have a loved one living with mental illness. Thousands of families describe Family-to-Family as life-changing.



NAMI Family-to-Family Education Program

September 6th to November 29th
(no class on November 22th)

Thursdays from 6:30pm to 9pm

Clinton Hall, Suite 2, 108 Cayuga St., Ithaca NY

Offered by NAMI Finger Lakes
the local affiliate of the National Alliance on
Mental Illness

**Call 607-227-3110 to register for this NAMI
Family-to-Family class!**

For more information on NAMI Finger Lakes:

NAMI Finger Lakes

607-273-2462

namifl@hotmail.com

<http://namifingerlakes.org>

[facebook.com/NAMIFingerLakes](https://www.facebook.com/NAMIFingerLakes)



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



AUGUST IS NATIONAL BREASTFEEDING MONTH

According to the [World Alliance for Breastfeeding Action](#), about 40–80% of new mothers experience mild and transient mood disturbance, while 13–19% develop postpartum depression when symptoms last over 2 weeks. Major symptoms of postpartum depression include anxiety, guilt, hopelessness, irritability, low energy, and loss of concentration. It was recently proposed that breastfeeding can protect mothers from postpartum depression.

Breastfeeding mothers are at lower risk of depression than formula-feeding mothers. Mothers who are depressed benefit from the act of breastfeeding as well. Helping mothers learn what makes breastfeeding work, what signs may indicate a problem early on, and where to get help when needed may help ward off depression. Creating a culture in which breastfeeding is the norm provides role models for new mothers as they begin their parenting journey.

This decision to breastfeed is not always an easy one, especially for a mother who is taking psychiatric medications. Given the many benefits of breastfeeding, some women taking psychiatric medications may still wish to nurse their infants. [When making this decision, several variables must be considered.](#) This is an important choice to discuss with your doctor when planning a pregnancy or as soon as you learn you are pregnant. This decision should also include consultation with your mental health provider. Healthy moms make healthy babies.

understanding and responding to dementia-related behavior



An Education Program by the Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. **Tuesday 8/14/18 from 2-3:30 pm, Rm. 302 of the County Office Building. Call (607)753-5060 to register.**

...Continued from page 1

NATIONAL HEALTH CENTER WEEK

individuals who live and breathe the health center mission and exceed the call of duty to support health centers in providing quality health care for patients in the community.

In Cortland County, our Federally Qualified Health Center is Family Health Network (FHN), providing primary care, and many other health services. FHN accepts private insurance, Medicaid, Medicare, and provides sliding fee adjustments to those who are eligible. For more information on the services provided by FHN visit www.familyhealthnetwork.org

COMMUNITY EVENTS AND SUPPORT

Suicide Prevention Walk and NY Connects Resource Fair

Thursday, September 6th, 12:00—3:30pm

County Gym, 60 Central Ave., Cortland

Resource Fair: NY Connects and Emergency Preparedness. A suicide prevention walk to follow.

Visit the [Cortland County Mental Health Facebook event](#) for more information.

607 Healing Hearts

Monday, August 20th, 6:00 - 8:00pm

28 N. 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, 73 Main St.

For more information: (607) 756-8970

Parents & Change Support Group

August 20 September 17 October 15

6:00 to 7:30 PM

Community Center, 90 Central Ave. Cortland

Contact: Beckey Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, August 23rd, 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.