

MHA RELEASES BACK-TO-SCHOOL TOOLKIT FOR 2018-2019 SCHOOL YEAR

In recognition of the challenges a new school year presents for children and adolescents, Mental Health America (MHA) is providing new resources on student mental health (<http://www.mentalhealthamerica.net/back-school>), with an emphasis on web-based tools that can be easily shared across social media platforms.



This year, MHA has developed tools and resources to help increase understanding of how traumatic events can trigger mental health issues and is providing materials on the topic for parents, school personnel, and young people.

“Half of all mental health disorders begin by the age of 14. About 75 percent begin by the age of 24. Early identification and early intervention in children and young adults is essential to their current and future mental wellbeing,” said Paul Gionfriddo, president and CEO of MHA. “As students head back to school, they can be dealing with a host of emotions. MHA wants to remind them that mental health issues are common and treatable and should be

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TRANSPORTATION PROGRAM DESIGNED TO MAXIMIZE HEALTH FOR HIGH-RISK MEDICAID RECIPIENTS

A new transportation voucher program, Supports-for-Health, is being piloted in Cortland, Chemung, Schuyler, Steuben, and Tompkins Counties thanks to funding from Care Compass Network’s Innovation Fund. Cortland County’s program is being administered locally by Seven Valleys Health Coalition under its Way2GoCortland program.

This program targets Medicaid recipients by providing a cost-free ride to get to a pharmacy, to buy recommended foods after a hospital stay, or to participate in a class to learn to manage chronic illness, to name just a few. These are rides that are typically not covered under the Medicaid Transportation Benefit. The goals of the program are to reduce hospitalizations or readmissions for high-risk patients, while introducing people to low-cost services and transportation resources that they can use beyond the duration of the grant. Statistics will be kept to assess effective interventions for replication and continuation.

Seven Valleys’ local partners include Cortland Regional Medical Center, Family Health Network, Family Counseling Services, Access to Independence, Catholic Charities, and CAPCO. These health care providers and select community-based organizations now have this new resource for referrals to local transportation services that can help high-risk Medicaid recipients.

More details of the program, and how to make a referral, can be found online at www.Way2GoCortland.org.

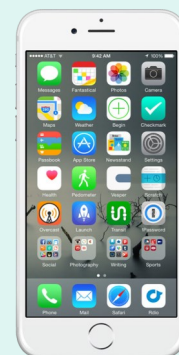


APP OF THE MONTH: Verena

Verena is a personal security system for the LGBTQ+ community, giving you the tools you need to keep you safe while you live as the person you were meant to be. Create an account, and develop a network of emergency contacts, who can be alerted without leaving a trace on your phone. Verena can also record incidents of abuse and find, then direct you, to community resources such as hospitals, shelters and police stations. Verena was created by a 15-year old who has survived seven suicide attempts and has put her challenging experiences to good use by creating apps to help herself and others like her.

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

Android: N/A



NY Connects
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Services and Supports

of CORTLAND COUNTY

(800) 342-9871 (607) 756-3485



NY CONNECTS RESOURCE FAIR



Featuring Emergency Preparedness
In partnership with Cortland County Mental Health

YOUR LINK TO LONG TERM SERVICES & SUPPORTS

MEET LOCAL
AGENCIES THAT
PROVIDE LONG-TERM
SERVICES & SUPPORTS
FOR OLDER ADULTS,
CAREGIVERS AND
PEOPLE WITH
DISABILITIES OF ALL
AGES!

3:45PM: SUICIDE PREVENTION WALK

*Comprising only 13% of the U.S.
population, individuals aged 65 and
older account for 20% of all suicide
deaths.*

Cortland County Gym

60 Central Avenue
Cortland, NY

September 6th, 2018

12:00pm - 3:30pm

3:45pm: Suicide Prevention
Month Proclamation by a local
government official

Door Prizes!

FREE!

MHA
Mental Health Association
OF CORTLAND COUNTY

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



The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office for the Aging under Title III of the Older Americans Act of 2016, as amended.





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addressed as soon as possible - before Stage 4." It's important for parents, caregivers, and school personnel to know the signs that a young person is struggling with his or her mental health and be willing to help. While we can't completely shield young people from all the traumatic situations they may face, we can help them learn to manage their emotions and reactions in ways that cultivate resilience.

The toolkit is designed for MHA affiliates, advocates, and organizations of all types to use with parents, youth and school personnel to raise awareness of the importance of proactively addressing issues related traumatic events.

This year's toolkit includes fact sheets pertaining to:

- Understanding trauma
- Recognizing Anxiety
- Recognizing Psychosis
- Recognizing Depression
- Preventing Suicide

Taking a mental health screening is one of the quickest and easiest ways to determine whether you or a loved one is experiencing symptoms of a mental health condition. Free, confidential, and anonymous screening tools are available at MHAScreening.org for parents and youth to find out if a young person may have symptoms of a behavioral, emotional or cognitive disorder. MHA's website also has additional material on children's mental health available [here](#).

Originally published by Mental Health America.

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



RECOMMENDED READING ON SUICIDE PREVENTION

[A Mother's Reckoning: Living in the Aftermath of Tragedy](#)

By: Sue Klebold

On April 20, 1999, Eric Harris and Dylan Klebold walked into Columbine High School in Littleton, Colorado. Over the course of minutes, they would kill twelve students and a teacher and wound twenty-four others before taking their own lives.

For the last sixteen years, Sue Klebold, Dylan's mother, has lived with the indescribable grief and shame of that day. How could her child, the promising young man she had loved and raised, be responsible for such horror? And how, as his mother, had she not known something was wrong? Were there subtle signs she had missed? What, if anything, could she have done differently?

[How I Stayed Alive While My Brain Was Trying to Kill Me](#)

Blauner, S.R., 2002, HarperCollins Publishers Inc.

The book, [How I Stayed Alive When My Brain Was Trying to Kill Me](#), is a "how to" guide on coping with suicidal thoughts by Susan Rose Blauner, someone who struggled for years with suicidal thoughts and behavior of her own.

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RECOMMENDED READING ON SUICIDE PREVENTION

[The Noonday Demon: An Atlas of Depression](#)

Solomon, A., 2001, New York: Scribner

The author shares his story of depression, brought to light by his mother's ovarian cancer leading to her suicide. Depression causes Solomon to contemplate death while avoiding all pleasures in life such as friends, family and food. He attempts to define this complicated disease through interviews with researchers, doctors, patients, and politicians. Throughout his exploration, he clearly shows depression as an illness without class, geographical or timely boundaries.

[Reducing Suicide: A National Imperative](#)

Goldsmith, S.K., Pellmar, T.C., Kleinman, A.M., Bunney, W.E., 2002 National Academies Press

Rich in data, this book strikes an intensely personal chord, featuring compelling quotes about people's experiences with suicide. It explores the factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion, and other social and cultural conditions. This new volume will be of special interest to policy makers, administrators, researchers, practitioners, and journalists working in the field of mental health.

For a more comprehensive reading list, visit the [American Association of Suicidology website](#).



COMMUNITY EVENTS AND SUPPORT

Food for Thought

Wednesday, September 12th, 12:00—1:00pm

Cortland Elks, 9 Groton Ave., Cortland

“Suicide Prevention is a Community Effort”: Lee-Ellen Marvin, Ph.D., of Suicide Prevention & Crisis Service will talk about how community members can make a difference.

Please Preregister at:

FoodforThoughtRSVP@gmail.com

607 Healing Hearts

Monday, September 17th, 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, 73 Main St.

For more information: (607) 756-8970

Parents & Change Support Group

September 17 October 15 November 19

6:00 to 7:30 PM

Community Center, 90 Central Ave. Cortland

Contact: Becky Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, September 27, 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.