

MHA NEWSLETTER

A CRY FOR JUSTICE

The great writer and muckraking journalist Upton Sinclair published a book entitled, “A Cry for Justice” in 1963. It is a compilation of social protest literature. Much of Sinclair’s work was aimed at just that: striving for social justice. If Upton Sinclair were alive today, he very well may be interested in a contemporary social justice issue that affects us: the lack of mental health care in rural areas. According to the Substance Abuse and Mental Health Administration’s 2015 data, individuals who live in rural places have similar rates of mental illness and suicide than those living in metropolitan places.

The rates of mental illness and suicide are the same, but, according to the Rural Health Information Hub, the services available to rural versus city dwellers are very different. In rural counties, mental health services are extremely lacking when compared with metropolitan counties.

There are three major reasons why this disparity exists according to the Rural Health Information Hub, which is sponsored by the federal government. First, the accessibility of the services varies greatly. In cities, mental health services are generally very close and accessible by car, bus, train, etc. In rural counties, like ours, the situation is very different. Transportation is a major issue and services are often made inaccessible due to distance. Furthermore, services are not as accessible in rural counties due to far lower rates of insured citizens. The lack of education in rural counties also makes it less likely for individuals to seek mental health services.

Second, the availability of services varies widely in rural versus metropolitan areas. In cities, there are many different types of mental health services that do the same thing. In rural counties like ours, there are generally only one or two clinics. There is a major shortage of mental health professionals in rural areas as well. According to a 2017 Health Resources and Services Administration report, 57.52% of primary health care shortage areas were in rural areas. This number is likely to only rise when it comes to mental health professionals. There are not nearly as many options for mental health consumers seeking treatment in rural areas.

The acceptability of services is a third reason for less mental health care in rural areas. By this,

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POWER OF CHANGE

Power of change is a project of the YWCA’s Aid to Victim of Violence (AVV) program. It is an evidence-based, interactive empowerment class that identifies what domestic violence (DV) is, explores generational domestic violence, examines the effects DV has on children, identifies healthy relationships, compares assertive vs. aggressive behaviors, and practices healthy communication skills to break the DV cycle!

**eliminating racism
empowering women
ywca**

This class provides participants with opportunities to discuss topics and contribute to peer support. Participants will also view the award-winning documentary, “The Children Next Door”, by Brian Martin.

The current class started in late October and will run 10-11 weeks. Pre-registration is required and the class is always free and open to anyone. Free child care may be available – inquire when you pre-register. If you are interested in finding out more about the class and the next opportunity to join, contact the Cortland YWCA’s AVV program at 14 Clayton Ave, Cortland, 607-753-3639.

By Theresa Olaf, Day Case Advocate, YWCA, Aid to Victims of Violence



App(s) of the Month: Grief Support Network

A free, proximity-based social network connecting and supporting people grieving or who have grieved. The objective is creating a global community who can be there for each other during one of life's most difficult times. Proximity-based feature enables you, if you wish, to see and connect with others who are grieving near you. Includes a Chat feature, Grief Wall where you can post messages to others in the app, Grief Meetup organizER, Calm Sounds, Healthy Grieving links, and more.



iPhone: <http://bit.ly/1ScxiXzGrief>

Android: <http://bit.ly/2ljd5bLGrief>

Parenting Wisely

Teen Version – Ages 10 to 18

Parenting is hard, but Parenting Wisely can help. This highly interactive course is designed to equip parents like you and their youth with the tools necessary to engage in difficult family scenarios. You'll learn constructive skills proven to lessen drug and alcohol abuse in youth. You'll learn how to handle school and homework problems, avoid delinquency and other problem behaviors, deal with family conflict, and more. ***This is a FREE Program.***

Family Session Starting Soon

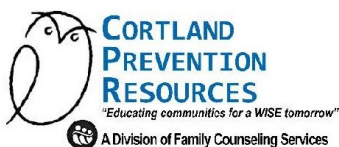
Thursdays 5:30 – 7:30 PM
November 2, 9, and 16, 2017

McEvoy BOCES Conference Building
(Behind Main Building)
1710 NYS Route 13
Cortland, New York 13045

Dinner Provided
Child Care for Younger Siblings Available

Topics Include:

- Helping children do homework
- Monitoring school, homework and friends
- Sharing the computer
- Sibling conflict
- Getting up on time
- Loud Music
- Incomplete chores
- Finding Drugs
- Curfew
- Criticizing



To register for this program contact:

Linda Barbin (607) 756-8970 x 256
Or email lbarbin@fcscortland.org

NARCAN: A LIFESAVING DRUG IN THE FIGHT AGAINST OPIOIDS

Last year, Dr. Vivek Murthy, the now former Surgeon General, named prescription drug abuse “one of the greatest public health crises of our time.” He further explains that many patients who become dependent on prescription opioids under medical treatment turn to the opioid heroin when their prescriptions run out. Heroin injections then lead to the spread of HIV, Hepatitis C, and deaths due to overdose. The opioid painkiller, fentanyl, a strong, synthetic opioid, is also a popular substitute for prescription drugs and is often mixed with heroin. This lethal mixture led to over 33,000 fatal overdoses in 2015 alone, making 2015 one of the most deadly years for drug abuse.

According to the New York State County Opioid Quarterly Report For Counties Outside of NYC, there was a total of 8 fatal opioid overdoses in Cortland County in the year 2015. Four of these deaths were due to heroin while the other four were due to opioid painkillers. In 2016, that number dropped to 4 (one due to heroin, three due to other opioid painkillers). While that might seem promising, the number

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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

Please join the
MENTAL HEALTH ASSOCIATION OF CORTLAND
in welcoming



Mike Veny

Veny is the founder of <http://www.TransformingStigma.Com> and a mental health speaker that shares his past and current struggles within the mental health community. His goal is to help as many people as possible feel a sense of hope, offer practical steps that people can take to get help, and educate families on the elements of their loved one's mental health challenges.

"I had more than my fair share of difficulties before I gained insight into my underlying problems," said Veny, "and once I was able to tackle my mental health challenges head on, I decided to give back and educate others on these issues. This is a critical part of my recovery."

November 15, 2017

12:00pm to 1:00pm / Cortland Elks Club

(9 Groton Avenue, Cortland, New York 13045)

FREE Event and Lunch will be provided

(Catered by the Sherman House)

RSVP by November 8th to Mike Pisa at:

(607) 756-5992 ext. 142



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A CRY FOR JUSTICE

I mean the willingness of people in rural areas to accept the mental health diagnosis and dismiss the erroneous stigma that so often goes with mental health. This stigma stops many people from going to get treatment. This stigma is far more prevalent in rural areas than in metropolitan counterparts.

Cortland County is, without a doubt, a rural area. All three of these barriers certainly can be applied to our community. However, all three can also be remedied. Whether we write letters to our local government or actively fight stigma by raising awareness in our society, we can play a role in this remedy. Rural healthcare should not always have to lag far behind urban healthcare. Upton Sinclair's plea is clear and resounding now as it was 54 years ago. The first steps to making the situation better is to make a cry for justice.

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

NARCAN: A LIFESAVING DRUG IN THE FIGHT AGAINST OPIOIDS

Continued ...

of ER visits due to opioid overdose continues to rise.

Beyond these deaths, there were also 18 opioid overdoses that required Outpatient Emergency Care and 12 hospitalizations due to opioid and heroin overdoses. 14 of the Outpatient Cases were the result of heroin overdoses and 10 of the hospitalizations were discharged for opioid prescription abuse.

In 2016, 326 people were admitted for any opioid to certified chemical dependence treatment programs. 260 of which were for heroin (the other 66 were for opioid painkillers). Lastly, in 2016, there were 16 instances in which Narcan (naloxone), an opioid antidote, was administered by law enforcement in order to reverse the effects of an opioid overdose. Another 54 by Emergency Medical Services (EMS).

To help combat this issue, more and more lawmakers, community members, doctors, and first respondents are turning to Narcan, or Naloxone. Narcan is lifesaving nasal spray that counteracts the life-threatening effects of opioid overdoses and allows for emergency services. This antidote reverses the effects of opioids for a half hour to an hour, allowing time to seek emergency care for the victim.

The Cortland County Health Department provides free Narcan kits and trainings to community members every Tuesday and Thursday between 12:30-2:30pm in the Jacobus Center for Reproductive Health, room 107. Community members learn both the risks of opioid prescriptions and the signs of opioid addiction and overdose. They also learn to administer Narcan and are provided with a free Narcan kit. Narcan has no negative side effects. For more info., or to register for Narcan trainings, call the Cortland County Health Department at 607-758-5523.

From a July 2017 blog: <http://bit.ly/2hcirRnNarcan> By Adonica Mancuso, a SUNY Cortland intern for Cortland Area Communities That Care

Community Events & Support

Caregivers' Support Group

Monthly, every 4th Thursday; 7:00-8:00pm

(November & December, meet the 3rd Thursday)

Cortland Regional Medical Center Assembly Room

The Caregivers Support Group is open to those who provide care and support for a loved one, friend or neighbor who is 60 or older. Walk-ins are welcome. Sponsored by the Cortland County Area Agency on Aging.

For more information, call the Caregivers' Resource Center at (607) 753-5060.

Living with Alzheimer's for Late-Stage Caregivers

Thursday, 11/16/17; 2:00-4:00pm

Rm. 302, County Office Building, 60 Central Ave.

Learn about the late stage of Alzheimer's disease and related dementias. Information offered on needs for providing optimal end of life care.

Call Cortland County Area Agency on Aging to register: 607) 753-5060

Cortland LGBT Men's Group (Monthly)

- Where: Cortland LGBT Resource Center, 73 Main St.
- Contact: (607) 756-8970

Parents & Change Support Group

Nov 13 Dec 11 Jan 8

(Monthly/2nd Monday)

- When: 6:00 to 7:30 PM
- Where: Community Center, 90 Central Avenue
- Contact: Beckey Tripp (parentsandchange@yahoo.com)

607 Healing Hearts

Monday, October 16th; 6:00 - 8:00pm

28 N. Main St., Cortland, NY

Grief support group for parents/guardians who have lost a child due to an overdose.

For more information: 607healinghearts@gmail.com



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.