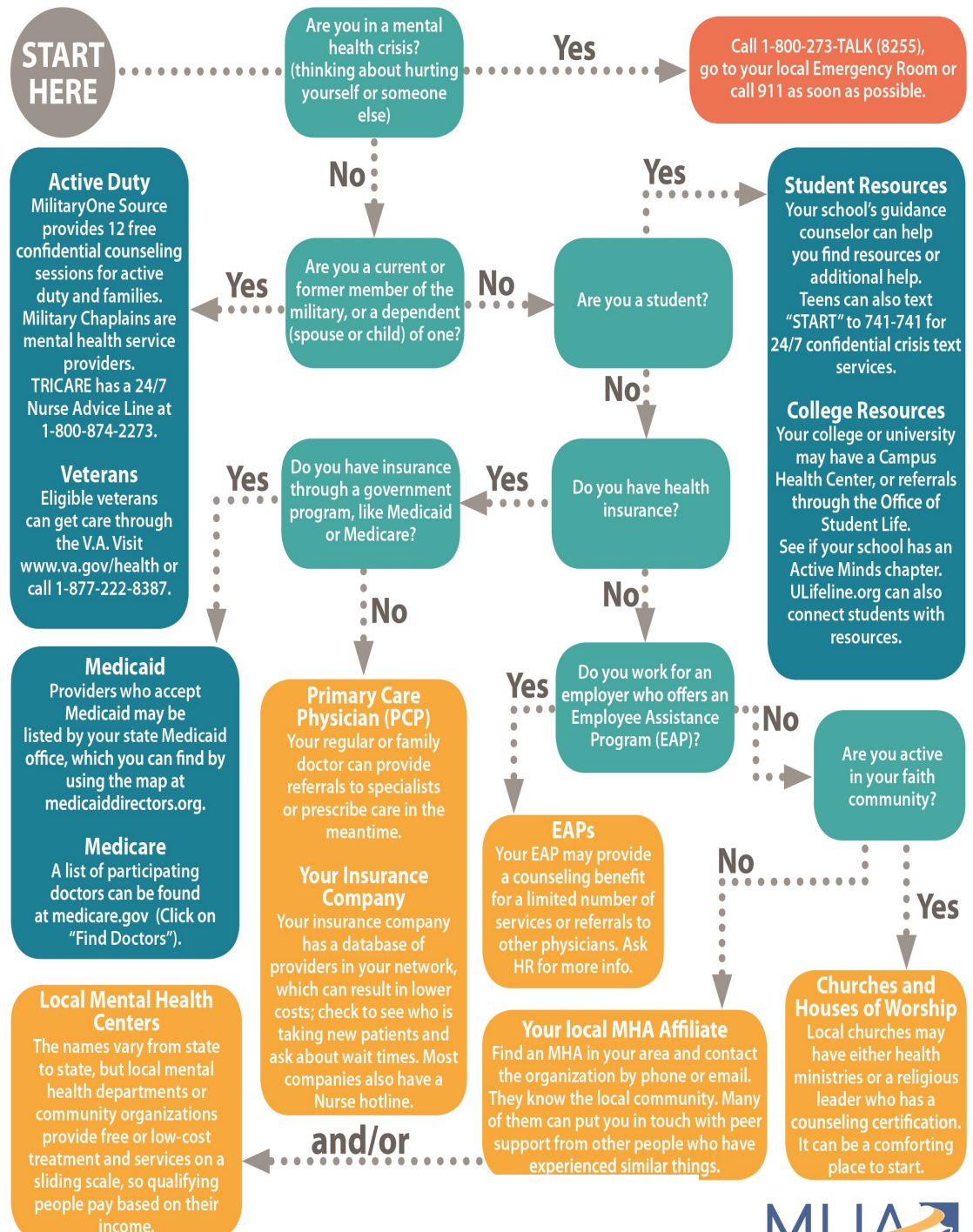


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Where To Get Help

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use the decision map below to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.



May is Mental Health Month!

Get informed.

Get screened.

Get help.

mhascreening.org

"1 in 4 people, like me, have a mental health problem. Many more people have a problem with that."



Mental Health Resource Listing

The May and June issues are dedicated to listing non-profit mental health resources. A compiled list of private providers will be published in our July newsletter.

2-1-1 Cortland

2-1-1 is a free helpline that connects callers to critical health and human services in the community. Speak with a real person anytime for assistance by phone or www.211cortland.org/.

Catholic Charities of Cortland County

CCOCC is dedicated to helping those suffering from mental illness and substance abuse, people living in poverty, and delinquent and at-risk youth. Basic services include case management for children and adults, residential services, a peer recovery center, summer lunch program for children, and emergency assistance. For more info call 756-5992, email info@ccocc.org, or visit our www.ccocc.org.

With support, between 70 and 90 percent of individuals with mental illness have a significant reduction of symptoms.

Cayuga Medical Center Behavioral Services Unit

The Behavioral Services Unit goal is to provide services for people who are temporarily unable to cope with the stresses of everyday living. 24-hour comprehensive psychiatric care, and medical and social evaluation during times of crisis and stabilization. Daily group psychotherapy and cognitive discussion groups, as well as individual care and comprehensive discharge planning. For more info call 274-4304 or visit www.cayugamed.org/.

Co-Dependents Anonymous

A fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. For more info visit <http://www.coda.org/>.

Cortland County Coordinated Children's Services Initiative

CCSI works to ensure that families are supported in staying together and that children with emotional and behavioral challenges remain at home and in their communities. CCSI brings families and service providers in their community together to create a coordinated, comprehensive and strength-based family plan that utilizes multiple systems. For more info contact Chris Driscoll at 428-5487 or visit <http://www.cortland-co.org/dss/CCSI/>.

Cortland County Mental Health Department

The Mental Health Department is dedicated to reducing the impact of mental illness and substance abuse by providing screening, assessment and evidence based interventions to residents with mental health and co-occurring conditions.

Contact the 24-Hour Emergency Hotline at 758-6100. For more info visit www.cortland-co.org/mhealth.



Cortland Mental Health Association

MHA improves residents mental health and emotional well-being through advocacy services, educational presentations, prevention programs, as well as information and resource referrals. Alongside the Mental Health Stigma Taskforce (TAG), MHA supports and assists efforts to combat the stigma associated with mental illness. For more info visit <http://www.mhacortland.org/>.

Cortland Regional Medical Center Grief/ Loss Support Group

The grief/loss support group meets monthly in the CRMC Chapel and is open to anyone interested in learning about issues related to grief recovery. The sessions feature a topic related to grief, with discussion to follow. Participants who wish to share from their grief experience are welcome to do so. For more info call 756-3179.



Cortland-Chenango Rural Services, Counseling

Provides information, referral, emergency services, advocacy, networking and community action. It coordinates the human service outreach for the community, networking with area churches and other service providers. Individual Counseling and a Grief Support Group are provided by Sister Pat Poulin, CSJ. For more info call 863-3828.

Family and Children's Service, Ithaca

Clinical Treatment and Support Services offers primary treatment resource for children, adolescents and adults by licensed professionals. Services include assessment/referral and short term clinical counseling for EAP. Diagnostic, treatment and consultation services as well as psychiatric evaluations for medication treatment are available. Specialized crisis and mental health outreach/support services are available to children and families in need of intensive mental health support. For more info visit www.fcsith.org or call (607) 273-7494.

Individuals with mental illness are at risk for a variety of challenges, but these risks can be greatly reduced with treatment.

Family and Counseling Services Mental Health Clinic

FCS offers professional counseling and prevention services. Mental health and chemical dependency counseling programs are available for youth, adults and families who are experiencing emotional, personal, and alcohol or drug-related problems. Services are available at multiple locations in Cortland and Madison counties and through our school-based counseling programs to help clients regain and maintain their emotional health. For more info call (607) 753-0234 or visit www.fcscortland.com.



The Franziska Racker Centers, Inc. Counseling for School Success

The Franziska Racker Centers, Inc. operates day treatment programs. Social workers and other mental health professionals provide individual and group counseling, integrated with BOCES educational programs, or children and direct counseling and support for families. For more info call 257-2353.



Hope for the Bereaved

HOPE FOR BEREAVED provides support and hope to thousands of grieving children, adults and families each year by offering one-to-one counseling, 10 support groups, telephone helpline, and HOPELine newsletter free-of-charge to the bereaved. Visit <http://hopeforbereaved.com> or call (315) 475-9675 for a schedule of monthly meetings.



Hospicare & Palliative Care Services

Hospicare & Palliative Care Services offers support and care to those who are dealing with end-of-life issues or who are grieving the death of a loved one. Hospicare provides physical, spiritual and emotional bereavement support to anyone who has suffered a loss through individual counseling, support groups, programs and workshops, and a library of books. Hospicare offers support groups on the first Tuesday of each month 10am-11:30am, and the third Thursday of each month from 12pm-1:30pm at 11 Kennedy Parkway. For more info call 607-272-0212, email info@hospicare.org, or visit www.hospicare.org.

This listing of non profit resources will be continued in the June newsletter.

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

Addressee

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

Community Events & Support Groups

MHA Annual Dinner

Wednesday, May 13

5 - 8 pm

Ramada Inn, Cortland

Program and Speakers:

- ♦ Sharing our Stories (SOS) Project. Students from the Cortland Alternative School who have had successful journeys in dealing with their own mental health share their stories of hope, help-seeking, and choices. Their goal is to encourage younger students to feel comfortable asking for help.
- ♦ Garra Lloyd Lester, Youth Suicide Prevention Specialist, Suicide Prevention Center of NYS

Registration required. To RSVP contact Mike Pisa, 607-756-5992, ext. 142 or mpisa@ccocc.org



"May is Mental Health Month" Walk

Wednesday, May 27

11:15 Meet at Wishing Wellness, pick up T-shirts

11:45 Walk from WW to IHO, Riverside Avenue



Lunch provided. RSVP to Wishing Wellness at **423-7472**

Parents & Change Support Group



This NEW support group is for parents and caregivers of children, teens and adults with mental health conditions. The first meeting will be held May 18, 6-7:30pm at 90 Central Avenue in Cortland. For more info please contact Beckey Tipp at parentsandchange@yahoo.com



If you have an upcoming community event you would like considered for admission to the MHA Newsletter, send your announcement to 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.