



FALL 2018 

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plounsbury@saratogacare.org
518.583.8371

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518.587.2851

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CHARLTON'S EQUINE PROGRAM EXPANDS USING GRANT FROM SCCCMH

By Karen Mallia



We are so excited to introduce the arrival of our newest member of Charlton's Equine program, Nike! With the addition of Nike, we are ready to find and purchase a miniature horse driving cart. Thanks again to SCCCMH for your generous grant that makes this possible. The students are thrilled to have the opportunity to learn what horse driving is all about.

The cart that we plan to purchase with this generous grant is for use in our newly emerging therapeutic driving program. This program will focus on the work that goes into establishing a trusting relationship between our students and a mini horse, with the ultimate goal of the students being able to independently drive the Charlton mini horse.

Learning the skills necessary to drive an equine opens up a whole new arena within the equestrian world. It also incorporates the knowledge our students have gained in our proven therapeutic equine riding, horse care and ground work programs, thus providing a solid foundation upon which our students can begin this new venture.

Occasionally, students come to Charlton with physical problems that prohibit them from taking part in the riding aspect of our therapeutic equine program. By establishing a driving component, we have a vast area on which students in this population can focus.

There are not many facilities that offer therapeutic driving sessions so the ones that do are highly sought after. The addition of this program, and your help in making it possible by contributing the funds for the cart, enables us to reach even more students in novel and exciting ways.

Thank you again for your support and this year's grant from SCCCMH for our Equine Therapy Program. For more information about the Charlton School, visit our website: thecharltonschool.org

CHAIRPERSON'S NOTES

By Peggy Lounsbury

The SCCCMH had a successful Mental Health Matters Benefit on May 2nd at Longfellows Restaurant. We honored Lisa and Ed Mitzen for their dedication to helping address the unmet needs of people in Saratoga County living with mental illness, substance abuse, serious illnesses and other disabilities. There were raffles and silent auction, great food, and wonderful fellowship.

Instead of our annual fall youth conference, we are providing Youth Mental Health First Aid training in January 2019. Read all about Mental Health First Aid Training on page 5.

I want to take this opportunity to recognize our talented volunteer board. These dedicated people are the reason the SCCCMH is an organization that makes a difference.

JOIN NOW!

Consumers, family and friends, mental health professionals and others, please join the SCCCMH now for the new year. As a member of SCCCMH, you will get our newsletter, and more important, you will help SCCCMH carry-out our mission to be the voice of people living with mental illness in Saratoga County. The more members we have, the more power we have to influence local and state government.

Also, consider a charitable gift to SCCCMH. You can honor or memorize someone and help make a difference in the mental health community, too.

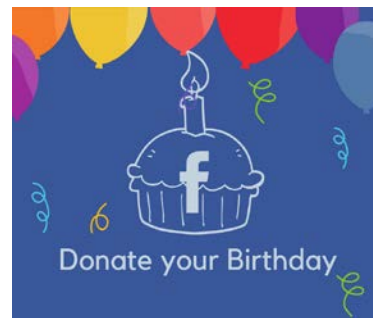
Give power and your support to the mental health community...join today!



**Help SCCCMH Fundraising:
Donate Your Birthday on
Facebook**



Using Facebook's fundraising tool, you can now donate your birthday to SCCCMH. In order to donate your birthday, simply click on the fundraising tab on your News Feed. From there, you can select SCCCMH as the charity you want to give to and set your fundraising goal as well as your fundraiser's end date. You can invite your friends directly to the fundraiser, so they can help you celebrate your birthday by helping the mental health community in Saratoga County. For more information, contact Melodie Masterson, Social Media Chair.



Visit our Facebook page at:

www.facebook.com/Saratoga-County-Citizens-Committee-For-Mental-Health/



Be sure to follow us and "Like" and share our Facebook posts, too!

Visit our webpage at:

www.SCCCMH-Saratoga.org

First Annual Trivia Night Fundraiser for Unlimited Potential Highlights!

By Jennifer Myers



Unlimited Potential's First Annual Trivia Night was a success because of our great local community members!!! Thank you all for the fun and the generosity!! We would like to send Heart Felt Thanks to all who came out to support Unlimited Potential with our First Trivia Night Fundraiser. The first round of "thank you" shout outs goes to the businesses that donated items for our raffle: S.E.T.S. Personal Training, In-Touch Massage, Saratoga Tea and Honey, Saratoga Olive Oil Company, Brooks BBQ, Embrace the Race, 99's Restaurant in Clifton Park, Gatherer's Granola, The Comic Depot, The Saratoga Automobile Museum, Curtis Lumber, Amicic Hair Salon and Lazy Dog Cookie Company. These local businesses with their generous donations made our raffle a huge success!!!! And The Thank You's continue with a special Thanks to the Adirondack Trust Company for being a sponsor and for the donations given by Unlimited Potential's Board of Directors.

What can we say? Our event was hosted by the Best, Most Wonderful and The Bee Knees of Master of Ceremonies Chris Onorato! He made it look so easy helping in making it a fun and memorable night. Thank you, Chris! To all the teams that came out to support our cause of providing employment opportunities for those who live with mental illness: The Amigos, Let's Get Ready to Rumble with Roohan Realty, Can We Get Meds for That? (Saratoga County Mental Health Clinic), We're Just Here For The Beer (Saratoga Eagle), Red Hair Don't

Continued – Triva, page 4

SCCCMH Newsletter is the official publication of the Saratoga County Citizens Committee for Mental Health, P.O. Box 820, Saratoga Springs, New York 12866
www.SCCCMH-Saratoga.org

The views expressed in this newsletter represent the opinions of the authors and do not represent the official position or opinions of the SCCCMH unless specifically stated.

The SCCCMH Board of Trustees reserves the right to decide the content of the newsletter, and reserves the right to review, revise, shorten or deny articles for publication. Articles submitted for publication consideration should not be longer than 250 words unless the author is specifically invited to do so. Also, submitting the copy as a Microsoft Word document or typed within the body of an e-mail message is preferred. Send articles to the Newsletter Editor's e-mail address. Articles not submitted

THE VIEW FROM HERE

Mental Illness

By Amanda Blodgett

Sick and tired of a sea of pills,
Swimming in appointments with doctors.
Land spotted, it's sanity.

Thoughtless Pain

By Leif Kapp

Handle the lives, drawing back the senses,
be swallowed by nervous energy bringing
forth an endless sorrow with waves of
heated confusion.

Souls lie deep within running waters while
stillness goes out of sight.

Whistling tale of songs speak of bodies litter
surrounding statues, burning grows inside
where lasting dusk clouds mushroom into
the Heavens.

SHARE MORE OF YOUR VIEWS !!

Please consider sharing your opinions, your
creative writing and news of community efforts
that address mental health issues in our local
area!

We want to invite more readers to contribute to
our newsletter, so we can continue to enrich,
advocate, and educate any and all that
happen to pick up a copy! Help us reach out
and share what really matters to you!

Thank you for supporting mental health causes
by your sharing this newsletter

For more information on how to contribute to the
newsletter, contact Lorraine Gardephe at

lorigards199@gmail.com 518.587.2851

Happy childhood memories linked to better health later in life

The findings were published in the journal
Health Psychology.

Date: November 5, 2018

Source: American Psychological Association

People who have fond memories of
childhood, specifically their relationships with
their parents, tend to have better health, less
depression and fewer chronic illnesses as older
adults, according to research published by the
American Psychological Association.

"We know that memory plays a huge part
in how we make sense of the world -- how we
organize our past experiences and how we
judge how we should act in the future. As a
result, there are a lot of different ways that our
memories of the past can guide us," said William
J. Chopik, PhD, from Michigan State University
and lead author of the study. "We found that
good memories seem to have a positive effect
on health and well-being, possibly through the
ways that they reduce stress or help us maintain
healthy choices in life."

"The most surprising finding was that we
thought the effects would fade over time

Continued, Memories, pg. 5

Trivia – Continued:

Care (Northern Rivers Family Services), Shark Side
of the Moon, RX for ED in Saratoga County(
SEDC), Toga Trivia Titans, Periodic Table Dancers,
The Six Svens, Limited Potential, SNB
Thoroughbreds (Saratoga National Bank), UPS-
Unlimited Problem Solvers, Team Smart As...?
Transitional Services Association Inc.- all we can
say are that you guys really are smarter than a
5th grader! We truly can't thank these groups
enough!

No one couldn't have asked for a better group
of people, who were fun, competitive and just
downright a blast to spend an evening with, so
... Thank You all again! We appreciate all your
support! Thank You to the Holiday Inn and their
staff for an amazing venue for our First Annual
Trivia Night! Everyone did a great job!!! Food and
Drinks were perfect and kept everyone's
strength up throughout the evening.

Mental Health First Aid

Mental Health First Aid is a public education program designed as an introduction to signs and symptoms of mental illness, their impact and typical means of providing treatment and ancillary support. The course, eight hours long, includes role-playing and simulation that will enhance the ability to engage someone experiencing symptoms and connect that person with the appropriate resource.

Participants become acquainted with the **ALGEE** action plan: **A**ssess for risk of harm to self or others; **L**isten without judging; **G**ive reassurance and information; **E**ncourage connection with professional help; **E**ncourage self-help and other support strategies.

Similar to CPR, Mental Health First Aid prepares participants to interact with a person experiencing symptoms not diagnose or provide counseling. Concrete tools to answer questions such as "What do I do?" and "Where do I get help?" are the focus, and certified instructors will make available local, regional, and national resources. All participants receive a program manual to supplement course material; this may serve as a reference tool following the program itself.

NOTE: This article draws heavily from information regarding Mental Health First Aid on the MHANYS website!

Apply for Grants from SCCCMH

The Saratoga County Citizens Committee for Mental Health awards monetary grants to not-for-profit organizations that provide services or assistance to people living with mental illness in Saratoga County.

Awards are generally up to one thousand dollars and are distributed three times a year. Contact Peggy Lounsbury or visit our website for more information and an application. Applications for the next award cycle are due February 1st.

Become a part of the Voice of Saratoga County Mental Health Community.

Join SCCCMH Today!

Youth Mental Health First Aid

**Co-Sponsored by
SCCCMH,
Saratoga County Mental Health Services
and
Saratoga Hospital**

**Thursday, January 17, 2019
9:00 am to 5:00 pm**

**Check-in and Continental Breakfast
8:30 am to 9:00 am**

**Lunch and Booklets Included
Class size limited to 30 participants
Free**

Donations to SCCCMH welcomed at check-in.

Instructors:

**Katelyn Brunet, LMSW
Jean Devlin, LCSW**

Saratoga County Mental Health Services

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

To register on line:

<http://saratogahospital.org/services/classes/>

**Or call the Saratoga Hospital Healthsource Line:
518-580-2450**



Take Action On Advocacy Issues

<https://www.nami.org/Get-Involved/Take-Action-on-Advocacy-Issues>

Date: October 29, 2018 National Alliance on Mental Health website

If you have a story, you have the power to influence policymakers.

Policy change is one major way we can make a difference in the lives of people living with mental health conditions and their families. NAMI advocates for an array of issues including:

- Protecting people's access to treatment and services
- Attaining mental health parity
- Securing better funding for research

We maintain an active presence in the U.S. Capitol on priority issues with relationships on both sides of the aisle. NAMI also has a strong presence in all 50 states, advocating for state laws, as well as county and local policies that will ensure that people get the help they need.

Advocate on Current Legislation

Become an advocate and help influence positive policy reform in your community and across the country.

Learn about the Issues

Mental health public policy is a complicated topic, learn more about the current issues impacting the lives of those living with mental illness.

Join our movement

Spread the word about why you vote for mental health.

#Vote4MentalHealth

SCCCMH 2019 Citizen of the Year Nominations Requested

Visit our website, SCCCMMH-Saratoga under "Grants and Awards" for a nomination form.

Nominations due by **January 31, 2019**.

For more information, contact SCCCMMH Chairperson, Peggy Lounsbury

IN THE NEWS...

How are Smart Phones Affecting Kids' Mental Health?

From WebMD and Psychology news, Science Daily

Recent studies show that the use of smartphones and tablets could be putting children as young as two at risk of mental health issues.

We have long been aware of the link between screen time and mental health concerns, but new research from the US has found just one hour of daily device use could cause symptoms in children between two and 17 years old. Now, new research suggests that when children at risk of mental health problems spend a lot of time on smartphones or other digital technology, they're more at risk of attention and disruptive behavior issues.

Effects include lower curiosity, lower self-control, a greater inability to finish tasks and reduced emotional stability. In turn, this can put children at a greater risk of depression, according to the study published in Preventive Medicine Reports. The findings discovered preschoolers (children aged between two and four) who had a high use of screens – more than seven hours a day – were twice as likely to lose their temper and 46 per cent more likely to be unable to calm down after getting excited.

But the news isn't all bad. The researchers also saw a positive benefit from screen time. When kids sent more text messages on any given day, they seemed less anxious and depressed. "These findings suggest that for already at-risk teens, high usage may amplify existing problems," said study co-author Candice Odgers. But, Odgers added, "we cannot say that technology use is causing these problems."



*This publication was prepared
with the assistance of
Four Winds –Saratoga*





For more information, contact:

Chairperson: Peggy Lounsbury
E-mail: plounsbury@saratogacare.org
Phone: 518-583-8371

Or visit our website: www.SCCCMH-Saratoga.org
and check out our **Face Book Page!**

ANNUAL MEMBERSHIP REGISTRATION FORM FOR YEAR: April 1, 2018 to March 31, 2019

SCCCMH Mission: The SCCCMH is a non-profit, charitable organization [501(c)3] whose mission it is to:

Program Development and Enrichment: Award grants of approximately \$1000 to agencies and programs in Saratoga County that provide services to people with mental illness or have mental and emotional needs so they can enrich existing programs or expand services.

Education: Provide affordable educational opportunities for mental health professionals and consumers of mental health services.

Advocacy: Advocate for improved mental health care and services by lobbying government and elected officials.

Increase Awareness: Increase public awareness of the needs of individuals with mental illness. For example, increase access to public transportation, decrease stigmas or stereotypes.

Member Benefits: Membership fees support the development of mental health services in Saratoga County through grants, educational opportunities, and lobbying, as well as the publication of the biannual SCCCMH Newsletter.

More Members. More Power. More Benefits.

PLEASE CHECK ONE:

New Member Membership Renewal Remove my information from the SCCCMH mailing list

First Name _____ Last _____ Prefix/Suffix: _____

Address Home Work: _____

City: _____ State: _____ Zip Code: _____

Phone Number(s): Home _____ Work _____

If you want to receive the newsletter and other notices from the SCCCMH via e-mail, please provide your e-mail address:

If you are a provider of mental health services and would like to be included in the Saratoga County Network for Mental Health Professionals and Advocates (SCN-MHPA), then check here:

If you would like to participate in a mental health consumer workshop, then check here:

Membership fee is based on a “pay what you will” basis (Check One):

- I want to be a member, but I am unable provide financial support.
- I want to be a member. I will consider a contribution at a later date.
- I want to be a member, enclosed is my tax deductible donation of: \$10 \$25 \$35 Other: _____

MAKE CHECKS OUT TO: SCCCMH. Do not send cash in the mail.

MAIL TO: SCCCMH, P.O. Box 820, Saratoga Springs, New York 12866

MAKE SURE THE VOICE OF THE SARATOGA COUNTY MENTAL HEALTH COMMUNITY IS HEARD.....JOIN SCCCMH TODAY!!



www.scccmh-saratoga.org

For more information about
the SCCCMH, contact
Peggy Lounsbury,
Chairperson,
at 518-583-8371
plounsbury@saratogacare.org

The Saratoga County Citizens Committee for Mental Health (SCCCMH) is a non-profit, charitable organization that **distributes grant money** to agencies and programs in Saratoga County so they can enrich existing programs or expand services for people with mental illness. The SCCCMH also provides affordable **educational opportunities** for professionals and consumers, **advocates** for improved mental health care and services; and **increases public awareness** of the needs of people living with mental illness.

Saratoga County Citizens
Committee for Mental Health

P.O. Box 820

Saratoga Springs, NY 12866

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