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Mental Health Matters Annual Benefit: May 1, 2019 in Pictures



Our Benefit Sponsor & Mental Health Partner:



CHAIRPERSON'S NOTES

By Peggy Lounsbury

The SCCCMH has been busy with a couple of new projects: Boscov's Community fundraiser and a **mental health first response community education event**. Look for information about both in this newsletter.

It was sad to hear of Laraine Desmond's passing. However, how fortunate that the mental health community was able to honor her life work and demonstrate their appreciation to her at the SCCCMH Annual Mental Health Benefit twenty-three days before she passed away.

Awarding grants is an important part of the SCCCMH mission. Grants awarded during the 2018-2019 fiscal year: Saratoga County Department of Mental Health and Addiction Services for training and therapeutic resources, the Charlton School for their equine therapy program, and Transitional Services Association for a residential house fish tank and a Van Engel Music Fund grant.

In Memoriam

Laraine R. Desmond

1949-2019

Laraine "Rain" (Pacelli) Desmond passed from this life to the next on May 24, 2019 after a sudden, brief illness. Laraine was the 2019 Saratoga County Citizens Committee for Mental Health Citizen (SCCCMH) of the Year and was honored by SCCCMH at our Mental Health Benefit on May 1, 2019 for her dedication to the mental health community through her 30-year career at Transitional Services Association. Laraine was also "a daughter, sister, cousin, aunt, mother, grandmother, friend, writer, poet, artist, gardener, care-giver, trustworthy colleague, mentor and all around good one to have on your side."

Things Are Looking U.P. at Northern Rivers:

Unlimited Potential is now an Affiliate of Northern Rivers

Northern Rivers was founded in 2012 to ensure that the community would receive needed services in a rapidly evolving environment. That environment includes an incredible array of great organizations that provide services that are complementary. One such organization is Unlimited Potential in Saratoga Springs.

Unlimited Potential was founded in 1979 to help adults in recovery from mental illness find and keep meaningful jobs. Over the years, they evolved and added programming, including a fulfillment operation that provides packing, shipping, and mailing services to local companies, and a woodshop that crafts custom products like picnic tables and packing crates. In addition to providing employment for clients, these programs create revenue to support programming.

Therefore, more than a year ago, Northern Rivers began exploring ways to work more closely with Unlimited Potential. UP offers services that Northern Rivers did not have the capacity to provide and that can benefit the clients of the Northern Rivers and build Northern Rivers Family of Services capacity and strength.

On July 1, 2019, Unlimited Potential joined Northeast Parent & Child Society and Parsons Child & Family Center as an affiliate of Northern Rivers Family of Services. These organizations are already seeing increased

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Boscov's Adventure, A Fundraiser!

By Amanda Blodgett

SCCCMH board members had an interesting time selling Boscov's coupon flyers for "Friends Helping Friends" day, which was October 16, 2019. The flyers were good for different percentages off in store on the day of the sale costing donors \$5 and SCCCMMH receiving the whole donation of \$5. This a new fundraiser for SCCCMMH and Boscov's Public Relations representative, Paul Trnckik, was there to help. The flyers were picked up, from Paul, in September to give board members an opportunity to take some, at our September meeting, to sell to family, friends, and colleagues. Several of our board members did a really excellent job selling this way. Also, Boscov's gave SCCCMMH posters to hang up for advertising purposes, you may have seen them at such places like Unlimited Potential and the TSA offices.

In September, board members Peggy, Bob, Christine and Amanda had fun pre - selling flyers at different locations in store at Boscov's in the Clifton Park Mall. Then came the day of
(Continued...)

the sale October 16th. Fundraising co - chairs, Christine Hechemy and Amanda Blodgett had an awesome time selling for a three-hour time slot on the day of the sale.

Boscov's provided snacks and water. Some interesting people showed up to buy coupon flyers including Senator James Tedisco. In the end SCCCMMH's board members sold over 50 coupon flyers to happy Boscov's customers and did a little public relations ourselves. Many donors really enjoyed SCCCMMH's unique pens with our website on it and were interested in learning more about SCCCMMH.

(Looking UP - Continued from page 2)

opportunities for all clients, and the future is even brighter.

This affiliation marks a big change, with an important purpose -providing more and better services to communities in need. And the potential for things to get even better is unlimited!



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 SCCCMMH unless specifically stated.

The SCCCMMH 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

A fulfillment of life on all levels
is a human right.

Submitted by Mark Porteus

Psychiatry may appeal to the concrete void of the Catholic mind, or the formless void of the Jewish mind, but for the Protestant mind it is very thin gruel. America needs an American psychiatry, one congruent with the underlying culture of the country. America is informed and undergirded by two essential ethics — the Protestant ethic (clarity, rationality, logic) and the work ethic.

Work is the essential fact of life for most Americans. Even Freud acknowledged work as one of the two facts of life that give life dignity and meaning. It is time for a psychiatry that asks not “how do you feel, but how do you do”, as in what do you do. This seemingly polemical piece is an argument that psychiatry re-orient its practice to the active pursuit of re-integrating the mentally ill into the culture of productive work that psychiatry ceases to be a primarily palliative practice.

Otherwise the mentally ill will continue to remain a dependent class. New York State is 38th in the nation in the employment of the disabled, which is shameful for a state with its progressive history.

A counselor I knew forty years ago would sometimes remark, “You can be hallucinating like crazy, and still play a great game of tennis.” Not all the mentally ill can conform to the requirements of a conventional workplace (which is an argument for sheltered workshops), but work situations can be modified, and the mentally ill themselves can discover ways to adapt. This is not an argument for conquering disability

(Continued...)

through sheer will power, this is an argument for the ability of the human creature to overcome obstacles given time.

Life is more than simply being free of pain. Life is no life that does not have meaning or purpose. The dignity of work is a large part of life’s meaning. In my 52 years in the mental health system, very seldom has anyone mentioned work or any other productive activity or anything else other than ‘hanging out.’

As I wrote to the Saratoga Springs City Planning Commission Chairman in a letter supporting the new site for the Saratoga County Mental Health Center in response to the rampant bigotry by some against the mentally ill, a basic rule of American life is that everyone gets a ‘fair shake.’

In response to the ‘soft’ bigotry of low or non-existent expectations for the mentally ill when it comes to employment, I again say everyone, including the mentally ill, deserves a ‘fair shake.’

Share Mental Health News and Views

Request by Lorraine Gardephe, Newsletter Chair

Please consider sharing your opinions 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! Our goal is to inform, encourage, and inspire everyone that happens 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 of this newsletter and visiting our website www.scccmh-saratoga.org along with our new Face Book page at this web address:

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



IN THE NEWS:
**A Closer Look at
Mental Health
Reform Legislation**

Source: <https://www.nami.org/Learn-More/Mental-Health-Public-Policy/Mental-Health-Reform/A-Closer-Look-at-Mental-Health-Reform-Legislation>

Millions of people in the U.S. with mental illness go without treatment each year. Reforming our nation's mental health system is a priority issue for NAMI. Fortunately, there is unprecedented agreement in the U.S. House and Senate on the need for mental health reform. And Congress is listening.

There is unprecedented agreement in the U.S. House and Senate on the need for mental health reform. This has resulted in the introduction of several bills, each of which NAMI supports. All the bills have positive provisions that will help move mental health reform forward. In The House, NAMI with combined grassroots power sent a message, and Congress acted. **In the House, members voted overwhelmingly (422-2) to pass H.R. 2646, Helping Families in Mental Health Crisis Act of 2016** on July 6, 2016. The following are some items addressed in this law: **Strengthens community crisis response systems**, so people experiencing a psychiatric crisis can get help sooner, before their

condition worsens. **Supports the mental health workforce**, so more trained professionals are available to help. **Combats suicide** in our schools and communities, so more lives are saved. **Promotes early intervention**, so people get the right mental health care at the right time to promote healthy lives. **Helps support integration of health and mental health care**, so people get care that treats the whole person, not just one condition. **Helps support evidence-based and promising practices**, so people get effective mental health and substance use services and supports. **Increases reporting on mental health parity**, to move toward holding health plans accountable for covering mental health and substance use conditions fairly.

(Continued on page 6 – Legislation)

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!

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.



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

(Legislation – Continued from page 5)

In The Senate *The Mental Health Reform Act of 2016* (S. 2680) has a strong chance of getting a vote, **but the window of time to get a bill passed is brief.** Senator Lamar Alexander (R-Tenn) hinted that the Senate will probably take up mental health reform in September and we need to ensure that happens through our advocacy.

Learn more about what S. 2680 does and ask your Senator to bring this bill to the Senate Floor.

NAMI is working in coalition with leading organizations and a diverse array of advocates in a united push for a Senate vote on S. 2680. NAMI considers the passage of H.R. 2646 a major success. In addition, NAMI is aiming social media and in-person efforts at rallying NAMI grassroots supporters and mental health advocates to call for full passage of #MentalHealthReform.

Please write, call and email your Senators to address these Mental Health Reforms!!



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

Join SCCCMH Today!



“What to Do When You Don’t Know What to Do: Mental Health First Response”

A free community education program to discuss how to recognize signs of psychological distress, including episodes related to mental illness, and how to respond in a safe, helpful way. We will also discuss how to successfully manage your own response to stress

DATE: Tuesday, November 26, 2019

TIME: 6:30 – 8:00 pm

LOCATION: Saratoga Hospital, First Floor Classroom

TO REGISTER: Call 518-580-2450 or on-line:

www.SaratogaHospital.org

SPEAKER:

Michael S. Prezioso, Ph.D.

Commissioner, Saratoga County Department of Mental Health and Addiction Services

Saratoga County Director of Community Services

Assistant Professor of Psychiatry, Albany Medical

Past Adjunct Clinical Professor, SUNY/Albany

Department of Counseling Psychology

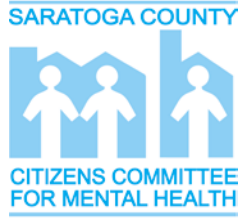
CO-SPONSORED BY: the Saratoga County Citizens Committee for Mental Health, Saratoga Hospital and the Saratoga County Department of Mental Health and Addiction Services.



Donate to SCCCMH on Facebook.

Submitted by Melodie Masterson

Using Facebook’s fundraising tool, you can now donate your birthday to a 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.



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, 2019 to March 31, 2020

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*

*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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