



Working Together

COMMUNITY DEMONSTRATES
CRUCIAL SUPPORT

Dear Friends:

As we look back at 2006, the MHA Board, staff, and I are incredibly grateful for the very generous support that we have received from our diverse communities. These gifts will help the MHA to continue to enhance its core services, including serving hundreds of callers and web visitors who contact us for referrals to local human service agencies, therapists, and clinicians.

In the past year alone, the MHA was fortunate to have secured \$85,000 for infrastructure improvements through the offices of **Senator John DeFrancisco, Assembly Members Joan Christensen, and William Magnarelli**, as well as the **United Way of Central New York** and the **Onondaga County Department of Mental Health**. In 2007, we will be implementing web-based software that can be accessed by the general public for referral information to therapists, human service agencies, and peer driven support groups. Our current referral database, which has been updated over the past 6 months, will be expanded to include more therapists, agencies and programs than ever before.

Over the past several months, the MHA has been awarded \$35,000 from the **Community Foundation of Central New York, Community Health Foundation of Western and Central New York,**

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Men Who Cook Moves to Hotel Syracuse!

ANNUAL FUNDRAISER
TO BE HELD APRIL 27

Men Who Cook XIX will be held on **Friday, April 27**, from 5:30 p.m. to 8 p.m., at a new site for the event, the **Hotel Syracuse!** We're expecting about 100 local businessmen, elected officials, and celebrities to join us this year to prepare and serve tastings of their specialties, including a huge variety of appetizers, main dishes, and desserts. Proceeds from Men Who Cook help support the Mental Health Association's local education, information, and advocacy programs.

Former MHA Board President **Sarah Dam**, of BPA-Harbridge, will chair the **Men Who Cook XIX** planning committee. We invite business and professional men who are interested in participating or companies who want to sponsor a chef team to contact us as soon as possible. Individual tickets are \$40 in advance, or \$50 at the door. Group rates and great deals on program ad/ticket packages are also available. Call **(315) 445-5606** for details.

CNYMENTALHEALTH.ORG

A new way to find us online!

Just type in "cnymentalhealth.org" on your web browser, and you'll go straight to mha's website! Or, if it's already in your "favorites" file, you can still use www.mha-oc.org.

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WORKING TOGETHER
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and **Deluxe Checks** to support our programs of information and referral, education and advocacy. Our goals, developed through a strategic planning process conducted in 2006, are to expand our education efforts and strengthen the voice of mental health advocacy for the community while increasing our ability to serve the public with confidential information and referrals.

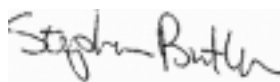
These funds are crucial to that process and have already born fruit – a new eating disorder education program is being piloted in March, 2007 in cooperation with **Centre Syracuse, Ophelia's Place**, and a host of volunteers. The program will be conducted under the auspices of the **State Comprehensive Care Centers for Eating Disorders**.

To help ensure that all our outreach efforts reach the largest possible audience, **Excellus BlueCross BlueShield** has provided us with a grant of \$10,750 for an expanded Public Service Announcement campaign. This will help us reach new communities that need information, referrals or education about anger management, parent coping skills during divorce, and eating disorders.

This year our membership grew larger with the return of many old friends as well as new members who are supporting our efforts. Along with these generous individual donors, community groups such as **Dewitt Community Church** and corporations such as **P&C** have also stepped forward with support.

We're excited about 2007 and we're very thankful to all of our friends in the community for giving us new opportunities to serve all of the residents of Onondaga County. Thank you.

Sincerely,



Stephen Butler
Executive Director

MHA 2006 Highlights!

- Mounted our first ever Public Service Announcement radio campaign to reduce mental illness stigma. The campaign aired this past summer and during the November and December holidays.
- Created and filled a new Program Manager position
- Conducted intensive strategic planning through a \$12,000 grant from the Community Health Foundation of Western and Central New York
- Secured \$85,000 through the United Way of Central New York, Onondaga County Department of Mental Health, Senator John DeFrancisco, and Assembly Members Joan Christensen and William Magnarelli for new technology to enhance and improve MHA's Information and Referral system
- Updated our Mission Statement: *The mission of the Mental Health Association of Onondaga County is to promote mental health in the community through advocacy, education, and access to services.*
- Received state certification for the Children 1st program for divorcing parents; This allows the family court to mandate parents to attend the program to learn ways to reduce the negative impact of divorce on children
- Recruited Family Court judges to serve on the Board of Directors to foster better relationships with the court system
- Provided two screening sites and conducted promotion for National Depression Screening Day
- Advocated to Centre Syracuse for free support groups for those with eating disorders and worked to notify potential participants
- MHA Executive Director appointed to the Human Rights Commission and serves on the Community Committee, which scrutinizes health issues, including mental health, and other concerns

MHA Welcomes New Board Members

We are excited to announce our new slate of board members for 2007/08, including the addition of nine new volunteers. *“We’ve had an incredible response from Syracuse’s business and professional community to our efforts to expand the breadth and capabilities of our board. The diverse combination of talents and experience of our new volunteers and our returning members should help us launch an exciting and productive year.”* said new MHA Board President Tim Hall.

Returning to the MHA Board for 2007/2008 are: **Tim Hall**, Hummel’s Office Supply, (President), **Wendhel Elias** (Vice President), Liberty Mutual, **Sally Attridge** (Secretary), **The Honorable Melissa Davis** (Development Chair), **Robert Dracker, MD**, Summerwood Pediatrics, **Otto Feliu, MS CASAC**, Crouse Hospital, **Stephen Maisto, PhD**, Syracuse University, **Kate Moore**, Syracuse Newspapers, **Anne Marie Mullin, BS, MT**, Laboratory Alliance of CNY, LLC, **Joe Rossi**, Office of the NYS Attorney General, and **Mitzi Wolf, LCSW**. Former Board President **Gregg Phillips** completed his term and has rotated off the board.

Joining the MHA Board as new members are:

CATHY COMER, Owner of Cathy’s Corner Café and co-founder of the Suicide Prevention Coalition.

PAUL DELIMA, Past CEO of Paul deLima Co. Inc., board member of the OCC Foundation and YMCA, and Past President of the Salvation Army board.

TOM DENNISON, PhD, Chair of the Healthy Commission of Central New York, Professor, Health Services Management and Policy, Syracuse University’s Maxwell School.

MARIANNE FERRIS, Community and Regional Affairs Director for Excellus BlueCross BlueShield; serves on the boards of Ronald McDonald House Charities of CNY, Inc., Central New York Area Health Education Center, Partners for Education & Business, Inc., and on the advisory board for Centre Syracuse.

NASRI GHALY, MD, private practice psychiatrist with Psychiatric Services and Counseling, Pain Management Center, Medical Director for Forensic Consultants, Ltd., Staff Psychiatrist for St. Joseph’s Hospital Health Center and Community General Hospital, and Assistant Clinical Professor of SUNY Health Science Center.

AMI S. LONGSTREET, Esq., Partner with Mackenzie Hughes, LLP, Chair-Elect of the Elder Law Section of the NYS Bar Association, Director of the Estate Planning Council of CNY, member of the Governance Council of the Women’s Fund of Central New York, and Adjunct Professor of Elder Law at Syracuse University’s College of Law.

HONORABLE ROBERT J. ROSSI, Onondaga County Family Court Judge, former board member of NAMI-Promise, founder of Onondaga County Youth Court, and member of the Children 1st organizing committee.

RIAZ SIBTAIN SYED, MD, private practice psychiatrist, Staff Psychiatrist at Cayuga County Mental Health Center, Chief of Psychiatry for Auburn Memorial Hospital, and Clinical Assistant Professor, SUNY Upstate Medical University.

MARYANN WINTERS, MS, CPA, CVA (MHA Board Treasurer) Partner with Sirchia and Cuomo LL, served as Board Chair of HousingVisions Unlimited and as Board Treasurer for Aurora of CNY and Stone Quarry Hill Art Park.

Participants Sought for Naltrexone Study

SUNY Upstate Medical University’s Department of Psychiatry has received a grant to study the effect of Naltrexone on reducing alcohol use in people with Schizophrenia or a related disorder. Participants will have the opportunity to earn up to \$440 in incentives such as movie tickets, gift certificates for food and clothing, and payment of bills.

For more information, call (315) 263-0421.

MHA Partners with Local Groups on New Eating Disorder Education Program

At the request of the statewide **Comprehensive Care Centers for Eating Disorders**, the Mental Health Association of Onondaga County, in cooperation with **Centre Syracuse, Ophelia's Place** and a diverse group of volunteers, will launch the **Parent and Partner Program** in late March. This program provides a multi-disciplinary approach to the treatment of eating disorders. Two 3-hour group sessions will be held. The sessions will be facilitated by a team consisting of a medical doctor, a mental health provider, a nutritionist and a local advocate.

The curriculum for this program was developed by **The Western New York Comprehensive Care Centers for Eating Disorders** and piloted by a team in Tompkins County. The curriculum is designed to educate victims of eating disorders, as well as friends and family of victims, through providing:

- Information on the types of eating disorders and other useful facts
- Outlining the common characteristics of eating disorders
- How malnutrition, which accompanies eating disorders, impacts mental and physical health
- Reviewing stages of treatment and recovery of various eating disorders

The pilot class will be held **March 22nd** and **March 29th** at the **Cornell Cooperative Extension of Onondaga Office**, 220 Herald Place, downtown Syracuse. The fee is \$30 per family. Contact MHA at (315) 445-5606 for registration details.

Depression & Bipolar Support Alliance (DBSA)

of Central New York

Adult support group meets the first and third Tuesdays of each month, 6:30 pm to 8:30 pm at:

Transitional Living Services (TLS)
420 East Genesee Street, Syracuse
For directions, call (315) 478-4151

Teen groups also available.

For more info, visit: www.dbsacentralnewyork.com

Lost Cases, Recovered Lives

THE LIVES THEY LEFT BEHIND:
SUITCASES FROM A STATE HOSPITAL ATTIC

For a unique opportunity for a very personal glimpse into history, visit *The Lives They Left Behind: Suitcases from a State Hospital Attic*, an exhibition at Everson Museum to be held in Syracuse between March 3 and May 27 this spring. The suitcases of six deceased former residents of Willard Psychiatric Center (formerly Willard Asylum) in Seneca County, New York, will be on display. The cases were discovered by New York State Museum Curator Craig Williams, when the hospital was closing in 1995.

The suitcases contain the possessions of men and women who were institutionalized at Willard over the past 100 years. Some residents experienced what would now be considered inhumane and ineffective "treatments", were inaccurately diagnosed and medicated, or never released.

The suitcase contents function as snapshots of these individuals' personal lives "frozen" at the time they entered the institution. Exhibition attendees will see items such as a pink silk dress, sheet music, an army uniform, shaving brushes, and many more.

The Lives They Left Behind is a traveling exhibition from the Exhibition Alliance. Among the local show's many sponsors are: Everson Museum, W. Carroll Coyne, Coordinated Care Services, the Mental Health Association of Onondaga Co., the Onondaga Co. Department of Mental Health, ARISE, Onondaga Case Management Services, Inc., Transitional Living Services of Onondaga Co., Syracuse University Center on Human Policy, Law, & Disability Studies, Hutchings Psychiatric Center, St. Josephs' Mental Health Services, Liberty Resources, CONTACT Community Services, NAMI-Promise, Inc, NY Assoc. of Psychiatric Rehabilitation, and Syracuse University Consortium of Employment Services.

Sources: *What They Left Behind* by Jennifer Gonnerman, Village Voice, Jan 28-Feb 3, 2004, www.nathancummings.net, and www.everson.org

Lost Cases, Recovered Lives

March 3, 2007 - May 27, 2007

Everson Museum of Art
401 Harrison Street
Syracuse, NY 13202

For additional events & locations:

Call: (315) 474-6064

Program Updates

ANGER MANAGEMENT PROGRAM

Acknowledging, Accepting, and Alleviating Anger

The next six-week session will begin on February 15, 2007 and the following class will begin on April 12, 2007. The class meets on Thursday evenings from 6:30 p. m. to 8:00 p. m.

For more information, to register, or to request program brochures, call the Mental Health Association at (315) 445-5606 ext. 204.

Domestic violence is not considered an issue of anger management. Individuals looking for education on this issue are referred to Vera House.



CHILDREN 1ST PROGRAM

Oswego County presenters needed

Children 1st is an educational program for separating and divorcing parents. The program helps to reduce the potential for lasting negative impacts on children's emotional health. Mental health

and legal professionals trained as presenters give parents information on helping their children through this stressful time.

Children 1st is certified by the New York State Parent Education and Awareness Program and is the only program of its kind in a 5 county region. A six-hour class is held once a month throughout the year on a Saturday from 9 am to 3 pm. We have recently added a Tuesday evening class each quarter, which is two consecutive Tuesday evenings from 6 pm to 9 pm. For information or to register call (315) 445-5606 ext. 204.

If you are an attorney or mental health professional and are interested in teaching classes, please contact us. We will provide you with training and get you started in helping those who cannot help themselves, the children. We are currently seeking presenters to be trained to provide for the Oswego County area.

Timothy's Law

A bill introduced to help eliminate the disparity in health insurance coverage of mental health care is now law in New York State. Sponsored by **Senator Tom Libous** (R-C, Binghamton), Timothy's Law was signed by Governor George Pataki on December 22, 2006, and took effect on January 1, 2007. The law requires insurance policies issued in New York State to provide mental health care coverage that is equal to that of physical health care coverage. Most policies won't be affected until their next renewal period begins.

Differences in the way mental health benefits are administered can place enormous financial burdens on families, and prevent adults and children from receiving the level and type of mental health care needed for successful treatment. Discrepancies include factors such as higher deductibles and co-pays, and shorter limits on number of treatment visits or days of hospitalization.

There were compromises in the passed legislation, however. The law covers attention-deficit and disruptive behavior disorders, major depression, bipolar disorder, anorexia, bulimia, obsessive/compulsive disorders, delusional disorders, and schizophrenia/psychotic disorders. It also covers people at risk of harming themselves or others, and some other conditions. Addiction is not covered unless it is part of a dual diagnosis.

Businesses that employ fewer than 50 people are exempt, although if they provide standard insurance coverage, they must meet a minimum mental health coverage standard (30 inpatient/20 outpatient days per year). Also exempt are self-insured companies, which often include larger businesses. Bill sponsors have promised to provide subsidies to help small businesses provide mental health coverage.

Timothy's law is named for Timothy O'Clair, who committed suicide five years ago at the age of 12, after suffering from depression. For more information on Timothy's law, visit **www.nami.nys.org**.

Sources: "Timothy's Law gives hope to mentally ill", 12/31/06., by Len Maniace, The Journal News, Lower Hudson Valley, NY ; "Pataki to Sign Timothy's Law on Mental Health Coverage", Business Review (Albany) , by Joel Stashenko, 12/22/06;"Timothy's Law Has Insurers Scrambling", 1/22/07, wgrz.com;"Senate Passes Timothy's Law to Provide Mental Health Parity", 9/15/06, www.senate.state.ny.us.

Fall Clambake Honored Local Mental Health Advocates

This past fall, the Mental Health Association recognized local individuals and companies who have been exceptional advocates and supporters of mental health in 2006. Awardees were honored at the Mental Health Association's **Second Annual Community Service Awards & Clambake**, held at Arrowhead Lodge, Oneida Shores Park, Brewerton.

Over 200 people attended this fun afternoon to help us thank some of the many people who make extraordinary efforts to support our community's mental health. In addition, over \$4,500 was raised in support of MHA programs!

SPECIAL RECOGNITION:

Spencer Plavocos & Anne Lilly-Hrynyk

MHA BOARD PRESIDENT'S AWARD

**The Honorable John DeFrancisco
The Honorable Joan Christensen
The Honorable William Magnarelli**

YOUTH COMMUNITY SERVICE AWARD

Jeremy Sykes & Bianca Verma

VOLUNTEER OF THE YEAR

Judy Bliss-Ridgway

INDIVIDUAL ADVOCATE

Virginia Rogers Andrews, LCSW

INDIVIDUAL ANGEL

Cathy Comer

DR. JEROME WAYNE AWARD

Tom McKeown

MENTAL HEALTH PROFESSIONAL OF THE YEAR

Nasri Ghaly, MD & Riaz Syed, MD

CORPORATE ANGEL AWARD

Bristol-Myers Squibb Company

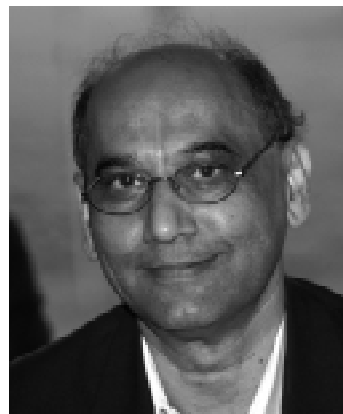
CORPORATE ADVOCATE AWARD

Clear Channel Radio

We want to again thank the event's major sponsors: **Cathy's Corner Café, Kohl's, Laboratory Alliance of Central New York, Central New York Services, and Atlas Health Care Linen Services**, as well as all the clambake attendees and the dozens more businesses, groups, and individuals who contributed time, funds, and gifts-in-kind.



Dr. Saundra Barnett-Reyes presented the MHA Mental Health Professional of the Year award to Dr. Nasri Ghaly. Dr. Barnett-Reyes is a former MHP of the Year award winner.



Dr. Riaz Syed, attending the clambake with family and colleagues, was also presented with the 2006 MHA Mental Health Professional of the Year award.



Jeremy Sykes (l), who received the 2006 MHA Youth Community Service Award, with his mom, Christa Dadis, and Reverend Curtis Newsome, ADC, who nominated him for the honor.

Above photos © Sally White, www.heronflies.com



Membership

Mental Health Associations are membership organizations. Members support the agency in many ways - advocacy, programming, needs identification, and financial support, to name a few. We are most grateful to our over 250 new and longtime mem-

bers. To join, renew your membership, or make a donation, please see the enclosed membership envelope. Your membership is an investment in Central New York's mental health, allowing MHA to provide the following unduplicated programs and other services.

MENTAL HEALTH CONNECTIONS

Over 5,000 people contact the MHA each year looking for mental health services for a child, parent, friend, or themselves.

CHILDREN 1ST! PARENT EDUCATION PROGRAM

Legal and mental health professionals help separating or divorcing parents learn to minimize negative effects on their children.

ANGER MANAGEMENT PROGRAM

A team of Clinical Social Workers teaches adults new skills and positive coping mechanisms for handling anger.

COMMUNITY COMPANIONS

This unique program matches volunteers with those with mental health issues, to develop a friendship outside the typical provider setting.

We thank our members who have joined or renewed since Summer 2006:

INDIVIDUAL

FRIENDS

Sherman Chottiner
Anthony DiMarco
Gloria Head
Cindy Ostuni
Grisha Phillips
Helen Provo
Leigh C. Safford
Louise S. Schueler
M. Van Skiver
David Tatum
Barbara Vural
Eugene Warnel

SUPPORTERS

F. R. Beyer
Patricia Bollino
Kokkie Buur
Betty Carlise
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Sue Eiholzer, MA MFT
Mary E. Frey
Dr. Mark A. Ginsberg
Susan Horn
Marilyn Hubbard
Joleigh Kirkland
Joseph & Marilyn Lebediker
Norman J. Lesswing, PhD
Richard Liddle
Dode & Gerry Lipton
Betty Lourie
Thomas McKeown
William & Judy McPeak

SUPPORTERS, CONT.

Dr. James L. Megna
Susanne Merchant
Eileen Miller
George Miller, III
Bob Moss
Constance Palumb
Douglas J. Phillips
Roger S. Reid
Leo & Linda Roberge
Doris Rudolph
Rev. Frank L. Sammons
Mike & Lois Schaffer
Kimberly Staab
Faith Van Voolen
Eileen Wayne
Susan Winkert Smith
James Young
Eleanor Young

FAMILY

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Robert Dixon
James Hughes
Michael McGuirl
Pirkko R. Turkki

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Sarah Dam
Dr. Sonia Y. Kragh
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Barbara Cokus
Otto Feliu
Barbara Hile
Pamela Kirwin Heintz
Jay Land, PhD
Laboratory Alliance of CNY
Dr. Thomas Lazzaro

LEADERS, CONT.

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Dr. Richard M. O'Neill
Cindy Ormond
Janice Pope
Calvin & Sylvia Pratt
Psychological & Family Services
Marvin Reed & Associates
Joel Richman
Maudie Ritchie, RCSW, ACSW, BCD
Elaine M. Scuderi
Dr. Debrah Shulman
Donna Solomon
Martha Vighietta
Maryann Winters
John & Mitzi Wolf

PROVIDERS

Hutchings Psychiatric Center
Onondaga Case Management
Psychological Health Care

Have you considered a bequest to the Mental Health Association?

One option for your gift is the Jerome Wayne Mental Health Endowment Fund, managed by the Central New York Community Foundation.

Your bequest is invested & MHA receives the interest earned.

Please contact MHA at
(315) 445-5606
for more information.

MHA Insights is a publication of the
Mental Health Association
of Onondaga County, Inc.

Tel: (315) 445-5606

Fax: (315) 445-1828

Website: www.mha-oc.org

E-Mail: requests@mha-oc.org

**Mental Health Association
of Onondaga County
6493 Ridings Road
Suite 112
Syracuse, NY 13206**

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Rosalie Schotanus
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Janet Rubleske
 - Anger Management
Kathy Tryon, LCSW
Joe Gerace, LCSW-R

**The Mission of the Mental Health Association is to
promote mental health in the community through
advocacy, education, and access to mental health services.**



It's always a good time to become a member of MHA or renew your membership!

MHA Membership/Renewal Form



- I would like to join the Mental Health Association of Onondaga County.
- Please renew my membership.
- I would like to make a donation to MHA (in addition to or instead of membership). Amount \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

(Optional) Please designate my gift to the following MHA program:

- Apply where it's needed most
- Children 1st! Parent Education Program
- Anger Management
- Anorexia/Bulimia Parent/Partner Program
- Community Companions
- Information & Referral
- Mental Health Education & Advocacy

Payment enclosed (Please make check or money order payable to: Mental Health Association of Onondaga Co.)

Charge my (circle one) VISA MC

Credit Card #: _____ Expiration Date: _____

Signature (required): _____ Total Amount Charged or Enclosed: \$ _____

Please mail this form with your check or money order to: MHA, 6493 Ridings Rd, Suite 112, Syracuse, NY 13206

Your contributions are tax-deductible to the extent allowable by law.

Thank you for your support!

Membership Levels

INDIVIDUAL

- ___ \$250+ Advocate
- ___ \$100+ Benefactor
- ___ \$ 50+ Family
- ___ \$ 30+ Supporter
- ___ Friend \$ _____

PROFESSIONAL/BUSINESS

- ___ \$500+ Benefactor
- ___ \$250+ Provider
- ___ \$100+ Leader
- ___ \$ 50+ Partner
- ___ Friend \$ _____