Mental Health News

NEW REPORT RANKS STATES’ MENTAL HEALTH STATUS AND ACCESS TO CARE
RESULTS SHOW DISPARITY OFTEN TRUMPS PARITY

Alexandria, Virginia – Our country is failing those in need of mental health services, according to a new report released by Mental Health America (MHA), the nation’s leading community-based mental health advocacy organization. MHA for the first time has provided overall rankings for all 50 states and the District of Columbia on mental health status and access, and calls on the country to address mental health before Stage 4. The new report, Partly or Disparity: The State of Mental Health in America 2015, provides a more complete picture of mental health status in America, and indicates the country has a long way to go to adequately address critical mental health care needs. “This report paints a picture across the entire nation of both our mental health and how well we are caring for the people who need assistance,” said Paul Gionfriddo, president and CEO. “Sadly, disparity – more than parity – is the rule.”

The numbers are alarming: Over 42 million adults suffer from a mental health problem, with over eight million reporting suicidal thoughts. Over eight million adults suffer from a mental illness and are uninsured, and one out of every three adults with a disability report inability to see a doctor due to costs. Additionally, over six million children suffer from an Emotional, Behavioral, or Developmental (EBD) problem, and more than eight percent of youth have attempted suicide. Young females are twice as likely to attempt suicide as compared to teenage males, and one out of every three families report that their child’s insurance was inadequate.

For most youth, symptoms start to present themselves at an early age. When services are provided early, youth are less likely to drop out of school, turn to substances or engage in risky self-injurious behaviors. Through screening and early intervention, we can reduce the negative impact of mental illness for individuals and their families. Yet, so often mental illness is ignored and services aren’t available until an individual proves harmful to him/herself or others.

“When we think about cancer, heart disease, or diabetes, we don’t wait years to treat them,” continued Gionfriddo. “We start before Stage 4—we begin with prevention. So why don’t we do the same for individuals who are dealing with potentially serious mental illness? We need to address these symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.”

While the number of uninsured is dropping nationwide, the report also shows that insurance doesn’t necessarily translate into access to care. There remains a significant workforce issue, with too few psychiatrists, individuals facing large out-of-pocket costs, and many patients having to wait months for an appointment.

MHA also released a second report today, Behavioral Prescription Drug and Services Coverage: A Snapshot of Exchange Plans which analyzes behavioral prescription drug and services coverage within the federal exchange plans. The report shows that where you live or what kind of insurance plan you choose on the exchange can play a significant role in access to medication. While many plans on the exchange cover generic drugs, it is much harder to find plans that cover newer, more sophisticated brand medication.

"Bottom line—we need to do more," concluded Gionfriddo. "Regardless of where you live, we must improve access to care and treatments, and we should put a premium on early identification and early intervention for everyone with mental health concerns."

Mental Health America is the nation’s leading community-based network dedicated to helping all Americans achieve wellness by living mentally healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care and treatment for those who need it, with recovery as the goal.

Article and results can be found at http://www.mentalhealthamerica.net/new-report-ranks-states%2520mental-health-status-and-access-care

See Page 4 for overall ranking results.
Renée Carr, Community Educator

Nothing to Hide: Mental Illness in the Family, a traveling exhibit which tells the stories of 20 families through their own words and portraits, was hosted by the MHA’s Community Mental Health Promotion team in October at the Fulton-Montgomery Chamber of Commerce art gallery. We were honored that Assemblyman Marc Butler attended our opening reception where he spoke about the importance of ending the stigma of mental illness while also sharing his family’s personal struggles. Jason Paden, a gifted multi-media artist, attested to his own climb from severe mental illness to his present life in recovery. Jason’s splendid self-portrait was also displayed, as were artworks created by participants of St. Mary’s PROS program.

The show was very well received at the Chamber, and at its partial encore showing at FMCC. Jason presented his life story and his approach to recovery at FMCC where approximately 100 students and faculty attended. One-hundred-and-eighteen people signed our exhibit guestbook.

Community Mental Health Promotion (CMHP) is a community based campaign to increase awareness of mental health issues and to decrease discrimination and stigma about mental illness. We are always looking for new members of our team from the community. We receive a small grant to conduct our self-selected yearly goals, so a little time and a lot of passion for the work is all that is required. Please contact me, Renee, to express your interest, rcarr@mhafm.org or 518-762-5332 ext. 109.

Fifteen girl scouts received their mental health awareness patches as a result of a workshop developed by co-coordinators Darlene Marchand-Clifford, school social worker for the Oppenheim- Epratah St. Johnsville School District and me, Renee Carr. The girls participated in various activities to aid their understanding of the human brain, mental illness and the people who are affected by them. They learned about stigma and how to speak-up for and assist those being stigmatized.

The Fulton County CAIT, or Child Abuse Investigation Team is a multidisciplinary team that includes the District Attorney, law enforcement, Child Protective Services, trained medical personnel, the local emergency room, the County Coroner and Sexual Assault Support Services, and a specialized counselor all coordinated at the Child Advocacy Center under the Mental Health Association of Fulton & Montgomery Counties. We meet monthly, attend special training, and abide by State regulations and guidelines to investigate incidents of alleged child abuse. When asked to prepare something for this quarter’s newsletter, I decided to delve more deeply into the idea of a “multidisciplinary approach.” In my experience at the District Attorney’s Office, our team is not unique in identifying a natural bristle between Child Protective Services and Law Enforcement; CPS may feel law enforcement is not responsive to their requests and Law Enforcement feels that CPS may interfere with their investigations and with making arrests. Again, this definitely paints the issues with a broad brush.

A “multidisciplinary approach” involves drawing appropriately from multiple disciplines to redefine problems outside of normal boundaries and reach solutions based on a new understanding of complex situations (Wikipedia). The idea is that functioning as a whole, we are stronger and more efficient than any one part functioning independently and without the benefit of the knowledge and expertise of the other team members. So, how do we get around the barrier of “highly focused professionals cultivating a protective and thus restrictive boundary around there area of expertise?” (Wikipedia).

Therein begs the question. We must continually remind ourselves and be conscious of the public that trusts us to serve them in this very important way. I work with extremely dedicated and passionate people who genuinely are devoted to the betterment of our community and tackle, on a daily basis, horrendous crimes committed against children. All bring something unique and special to the “investigative table.” Law Enforcement provides support to the child and family, investigative information in the form of evidence, knowledge of criminal law and protection to family members and CPS workers. CPS provides support to the child and family, an assessment of the level of risk to the child, knowledge of child development and family systems, appropriate rehabilitative services and case management (childabuseMD.com).

What is noteworthy is that both law enforcement and CPS provide, first and foremost, support to the child and family. Perhaps it is from this shared, awesome responsibility that all can find common ground.
Leeann Boyer - Deuel Social Clubs Manager and Compeer & Compeer for Youth Coordinator

Happy Winter months and Happy New Year! I would like to take the time to introduce myself as the new Compeer/Compeer-for-Youth Coordinator. I took this position this fall and have been busy planning for a variety of exciting activities!

Compeer is a mentoring program for adults and children with a history of mental illness. During the course of the year the adults and children do a variety of group activities that provide support. In addition to group activities, volunteers donate four hours a month spending one-on-one time with program participants. The mentor and their Compeer friend meet independently, doing activities that they both enjoy such as going out to eat, seeing movies, or simply chatting. The program provides volunteer screening, training, and ongoing support throughout the year.

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Handy Ups N’ Downs would like to thank, first and foremost, everyone in the communities for your support throughout the year. Our donors and customers make it possible to be here. We are thankful for that every day! Our staff has done a wonderful job this year making sure all the donations are processed and the stores are fully stocked.

Handy Ups N’ Downs has partnered with many local agencies this year to help those who need a little extra help. We have provided clothing, bedding, household items, and some school supplies to those in need free of charge. We even helped to collect toys for the Toys for Tots program.

Our stores also donate unsaleable towels, blankets, etc. to local animal shelters. If anyone has these items and are not sure what to do with them, we will gladly deliver them to animals in need. Just stop by one of our locations and we will be happy to take them.

Both stores are fully stocked right now with lots of warm winter clothing. With the cold winter weather here for a while, we have great sweaters, coats, hats, gloves, mittens, hats, and as always a great selection of jeans for the whole family. We are packed with household items of all kinds as well. There are curtains, dishes, pictures, craft items, toys, linens, and many trinkets. There truly is something for everyone! You may even stumble upon a pair of ice skates or even a sled to help you have some fun in the snow! You never know what you are going to find in either of our stores. Stop by one of our convenient locations and check out our inventory that changes daily. We can be found at 101 Guy Park Ave in Amsterdam or 338 N. Comrie Ave in Johnstown. If you need directions, or just a question, you can also call us. Our Amsterdam store can be reached at (518)842-2790 and the Johnstown store can be reached at (518)736-1825. We are open from 9:00am-4:30pm Monday thru Friday and Saturdays from 9:00am-2:30pm. These are also the hours we accept donations that may be tax deductible.

How would you like to make your dollar stretch even further? When you are at either of the stores, be sure to ask what our weekly unadvertised specials are. Maybe what you are looking for will be on sale! How wonderful would that be? A sale at a thrift store! If you are a senior (55+) you can make your own sale on Tuesdays! You will receive 10% off whatever you would like!!! If you are a veteran you can make your own sale any day of the week. Just show us your military I.D. and you will receive 10% off your purchase as well!!!

Compeer and Compeer for Youth Programs

Leeann Boyer-Deuel Social Clubs Manager and Compeer & Compeer for Youth Coordinator

Happy Winter months and Happy New Year! I would like to take the time to introduce myself as the new Compeer/Compeer-for-Youth Coordinator. I took this position this fall and have been busy planning for a variety of exciting activities!

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The Compeer Adults have been busy this holiday season attending the Festival of Trees, a holiday party at the 518 Grille, attending MHA dances and dinners, and celebrating their friendships with one another. We look forward to our trip to Proctors Theatre to see “Mama Mia”.

The Compeer-for-Youth program provided participants with a trip to Emerald Cinemas to watch, “Night at the Museum 3”. We look forward to upcoming monthly group activities, such as our trip to Proctors to see “Annie” on March 7th 2015 and attending The Annual MHA Miniature Golf and Family Fun Day on March 15th 2015.

If you would like any information regarding the Compeer/Compeer for Youth Programs or would like to volunteer your time, please contact Leeann Deuel at 762-5332 ext.116 or at ldeuel@mhafm.org. Stay warm and enjoy the winter!
The After School Program

The After School Programs of Fulton and Montgomery Counties serve youth between the ages of 5 and 15. Youth eligible are living with a Mental Health Diagnosis, or have an emotional or behavioral disorder. Children at risk for educational failure, alcohol or substance abuse, or illegal activities are also eligible. The goal is to provide children with constructive after school activities that promote the confidence and skills necessary to enhance their abilities for individual success.

During the month of December students made Christmas crafts, ornaments, and decorated a Christmas tree. Before the Christmas Holiday break, program participants met Santa Claus at our Holiday Party! A big Thank You to the Nathan Littauer Hospital Gingerbread Project for providing gifts to our Fulton County youth!

With the start of the New Year, the After School Program has exciting activities planned!

Program participants will volunteer at local food banks, hold bottle & penny drives with money raised going to a local homeless shelter, and the children will make dog treats which will be donated to area Animal Shelters. Monthly visits to area Nursing Homes will continue where the children socialize with the residents while working on a craft and enjoying a snack. Parent involvement is a key component to the success of the After School Program, so a Winter Family Day will be held at local bowling alleys, where families will enjoy a game of bowling with their child in a caring environment.

For more information on the MHA After School Programs, please call Gwen Tallman, MHA After School Program Coordinator, at 762-5332 ext. 110 or email Gwen at gtallman@mhafm.org.

Many Happy Adventures Daycare & Learning Center

Our daycare children have been very busy! They learned about the changing seasons and had fun trick or treating. Thanksgiving arts and crafts fun intertwined with talks on what they were thankful for. Christmas and snowflakes came next! Our annual Christmas program took place at Wheeleville School on December 18, 2014 and the children did so well and had so much fun! We had approximately 120 people in attendance. Thank you to the Wheeleville School for allowing us to use their facility at no cost for the third year in a row.

The children and staff are enjoying our curriculum called “Mother Goose Time”. This Winter the children have been learning about Winter Wonderland, Dinosaur Dig, It’s a Small World and will also be learning about space. We have also been very busy focusing on number and letter recognition, along with social skills such as sharing and communication. The staff and children are looking forward to a busy wonderful new year!

For more information regarding Many Happy Adventures Daycare and Learning Center, please contact 736-CARE(2273). You can also visit us at 307-309 Meadow Street in Johnstown Monday-Friday from 6:30am-6:00pm.
Happy New Year! Winter is definitely here and it is bitter cold outside. Everyone here at the After-School Programs are anxiously waiting for some snow so we can have some fun outside. We have access to sleds and our snow shoes on stand-by for when the flakes are falling.

In the next few weeks we also look to start up our Swimming Club with some visits to our indoor heated pool. Students are excited and we are still setting up the details. We are lining up a life guard, and then we will be all set. A few staff members might be interested in taking a dip in some warm pool water this winter along with the children. If the school had a hot tub we would probably never leave the pool area!

Our clubs are in full swing and a few of the favorite activities are always available. Activities like; STEM (Science/Technology/Engineering/Mathematics), arts & crafts, computers, PlayStation 3, and board games are among the most popular. We still have a lot to plan and accomplish as far as games go. The students, and staff, are all eager to use some of the larger items we have yet to bring out.

Also in our future is a school staff appreciation event in the coming weeks. We are very appreciative of all the help and support we get from the school. It always makes us feel better to give back and show that we appreciate all they do for us. Without their help and their space it would be extremely difficult to function as efficient as we do. Following this event we will also be planning a Family Night Event. These usually include some interactive activities and delicious food for families of program students to come in and enjoy together. Unfortunately we are still in the planning process so do not know what we will do yet.

The Programs are still running to full capacity and students are working hard. Most of our students are on the honor roll for good grades and every staff member is very proud of them. We are also still having a blast on a daily basis. We are all exited for winter fun both inside and outside. If you have any questions or would like to know more about program simply contact me at the information below. Thank you and we look forward to a remarkable school year.

If you would like any information regarding the Fonda-Fultonville Advantage After School Programs, please contact Jonathan Schoff, Program Coordinator at (518) 365-0041; or email jschoff@ffcsd.org

McNab-Meco & Park Terrace Elementary AASP

Chanda Mazzone – Program Coordinator

It is hard to believe that another year has come and gone. We made many memories in 2014 and reached many goals together. The school year began with the opening of two brand new Advantage After School programs in the Gloversville Enlarged School District. We quickly caught the eye of parents and students as we offered enrollment into our programs free of charge. We started with 0 students and we now have about 60 students enrolled at Park Terrace and 40 enrolled at McNAB Meco. The good news is, there are more spots available! If you are interested in joining our program please contact me at your earliest convenience to fill out paperwork and we can get your child started the next day!

Park Terrace and McNAB Meco celebrated the holidays by inviting families into our program to enjoy free pizza, raffles, and several holiday stations. Some of the fun stations were: ornaments, marshmallow snowmen, caroling, cookie decorating and families even learned how to make their own snow! Both programs collected canned goods to donate to the United Way with hopes of helping families in need during the holiday season. 50 Canned items were hand delivered to the United Way, just before the holiday break. Program staff is so proud of the generosity and kindness that our students and families have shown.

Our programs have also welcomed Reality Check into our programs to do a presentation to students about the harms of tobacco use. The students really enjoyed this as they were able to make and keep their own t-shirts to show their pride and commitment to stay tobacco free! Our very own MHA Educator, Renee Carr stopped in for a visit to do a presentation on Mental and Emotional Wellness by leading a discussion on feelings and introducing a new way of breathing in order for students to take a step back and calm down when they are feeling upset/angry. This is definitely a technique that we can all use every once in awhile.

Looking ahead for 2015, we will be planning our Spring family nights. We will also be offering nutrition presentations from Cornell Cooperative Extension and anti-tobacco presentations from HFM Prevention Council. We even have a student from the Middle School coming down to present a Magic Show to our students! We hope for some more snow, so that we can dust off our snow shoes and give them a try. Either way, we are very excited to see what the new year has in store for us.

If you would like any information regarding the Gloversville Elementary Advantage After School Programs, please contact Chanda Mazzone at (518) 774-7180 or email CMazzone@gloversvilleschools.org.

Gloversville Middle School AASP

Melissa Geier, Program Coordinator

The Advantage After School Program at the Gloversville Middle School is a free program for sixth, seventh and eighth graders. Program is a save place for children to receive help with their homework, socialize with peers and engage in different activities such as hockey and science club. The next few months will be busy for the students while they learn about healthy eating, work on peer negotiation skills, collect food for our food drive and participate in a Random Acts of Kindness week.

If you are interested in enrolling your child or children in the Advantage After School Program, call Melissa Geier at 762-5332 or e-mail her at mgeier@mhafm.org.
The Adult Mental Health Supportive Services and Community Programs consists of the Ombudsman Program, The Fulton County Leisure Lounge Social Club, the Montgomery County Drop-In Center Social Club and the Family Support Program.

An Ombudsman can advocate for anyone with a mental health diagnosis. We assist with some court issues, social services (food stamps, Medicaid, HEAP and Temporary Assistance), Social Security, landlord problems and other issues that you may have. We can also assist with forms and the overwhelming paperwork that you receive. If there is a need we cannot assist with, we will do everything possible to find another community agency/program that can.

You can reach an Ombudsman by calling Terri Flint @ 762-5332, ext. 103, Della Moynihan at ext. 114, and Kim Marcellus at ext. 113. We have a new Ombudsman who is at Club North in the Argersinger Building in Gloversville. Robin Hayes is there Monday-Thursday from 9:30 am-1:00 pm. We will be letting you know of the times she will be available to meet with anyone who needs her assistance as an Ombudsman. If you would like to meet with Robin, you can call Terri Flint to arrange a time in the meantime.

The Montgomery County Drop-In Center operates on Mondays and Wednesdays from 2 pm to 5 pm at the Masonic Temple, 34 Division St., Amsterdam.

The Fulton County Leisure Lounge operates on Tuesdays and Thursdays from 2 pm to 4:30 pm at the Argersinger Building, 73 N. Main St., 2nd Floor in Gloversville.

To find out more information about the social clubs you can contact Leeann Deuel, The Social Club Manager, at 762-5332, Ext 116, or Terri Flint, the Coordinator at ext. 103.

The adult mental health supportive services and community programs have been a wonderful collaboration and have opened the doors to Gloversville to include their Fulton County families in our program. We have joined forces with The Family Counseling Center in better serve their family in the community and at home.

Another goal is to help parents gain skills that will help our families to spend quality time together and to socialize with other families. Another goal is to help parents gain skills that will better serve their family in the community and at home.

We have joined forces with The Family Counseling Center in Gloversville to include their Fulton County families in our program. It has been a wonderful collaboration and has opened the doors to

Family Support Program

Our Family Support Program is offered to any family that has at least one individual with a mental health diagnosis including children under the age of 18.

This program offers support, for the family as a whole. It offers recreational activities as well as very important and helpful informational workshops/activities. One of our main goals is to get our families to spend quality time together and to socialize with other families. Another goal is to help parents gain skills that will better serve their family in the community and at home.

In October the Family Support Program participated in the “Trunk or Treat” held at the Catholic Charities parking lot in Amsterdam. Many agencies were represented and gave out goodies along with information that would be beneficial for families and children. They had approximately 100 children attend.

In November we held our annual Holiday Part at the Masonic Temple in Amsterdam. The families enjoyed crafts, food and a visit from Santa.

For more information about this program you can call 762-5332, ext. 103 for Terri Flint or ext. 114 for Della Moynihan, Monday through Friday 8 am to 4 pm.

Drop-In Center & Leisure Lounge

The social clubs are a safe, drug and alcohol free place for persons living with mental illness to attend. We offer a free meal, bingo, crafts, and other fun activities. We have 4 dinner/dances per year and go on many excursions. It is always our goal to provide an un-stressful, fun place to go and be with supportive friends, to increase the quality of life for our consumers.

In October we had our annual Halloween Dance at the Holiday Inn in Johnstown. There were approximately 170 people in attendance. We also had a Fall conference called “Pathways to Recovery” on October 22. We had three wonderful speakers: Jason Paden, Community Inclusion Liaison at the Catskill Center for Independence in Oneonta, presented “How I found Mental Health Recovery”; Elizabeth Patience, Regional Advocacy Specialist of the Central NY Field Office in Syracuse, presented “How to Advocate with your Doctor”; and Deborah Faust, Director of Family Wellness & Suicide Prevention Initiatives for the Mental Health Association in New York State, presented “Wellness & Recovery’. There were approximately 50 people in attendance and we had good feedback from our consumers.

Our Thanksgiving Dinner was at the Winner’s Circle in Fonda on November 25th. We had about 75 people and enjoyed the entertainment of Pat Decker, singer/guitarist. Our Holiday Dance was held on December 16 at the Holiday Inn, Johnstown with again about 170 people in attendance. Our dances are a very popular event. The social clubs also enjoyed a holiday shopping trip to Colonie Center Mall.

So as you can see, we try to offer a lot of different activities to break up the monotony of life and bring happiness to our participants. Members of the clubs must be active participants in order to attend the outside excursions. A lot of our trips and all of the dances are open to all of our program participants in the agency.

The Drop-In Center in Amsterdam provides transportation to and from club. You can call Steve @ 848-9796 on Monday or Wednesday by 1 pm to schedule a pick up for that day.

The Leisure Lounge has limited transportation.

For more information about these programs call Terri Flint at 762-5332, ext. 103.

Valentine’s Dinner Dance

February 12, 2015 from 3:30-6:00
Holiday Inn-Johnstown

RSVP to Terri Flint by 2/6/15 at 762-5332, ext. 103 or email tflint@mhafm.org.
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**Residence News**

**MONTGOMERY TERRACE**

Diane Acquilla, Program Director

Beating the winter blues is something that comes easy for Montgomery Terrace. The staff and residents have enjoyed trips to the movies, breakfast surprises, and agency-wide dances to keep our spirits high. Thanksgiving dinner was a hit, and the house was beautifully decorated for the Christmas holiday. As the temperature continues to drop, we are all enjoying in-house movie nights, where it’s nice and warm. We are looking forward to the New Year—pushing our resolutions aside to enjoy more time outside of the house. As John Steinbeck once said,

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

**SUPPORTED HOUSING & APARTMENT PROGRAM**

Michele Pooler, Supported Housing & Supportive Apartment Programs Coordinator

The Supported Housing Program is a program in which our participants live in the home of their choice within the community. The participants receive services such as transportation to medical/psychiatric appointments, pharmacy and appointments involving entitlements. There are also sit-down services available to help people to find and set up their households. The Supported Housing staff provide monthly visits to the clients and also provide fire safety refreshers to ensure that their living environment is adequate. Support Plans are done every 3 months to work on goals that the individuals would like to achieve. The Supported Housing Program provides a luncheon for the participants twice a year and the clients have an opportunity to voice any concerns or suggestions that they may have about the services that they are receiving. The Supported Housing program is able to participate in all of the agency’s recreational activities.

All Office of Mental Health residential referrals (the Lighthouse is excluded from this) must go through the SPOA application process to be considered. All Program Directors are able to assist with helping someone navigate this system.

Supportive Apartment Program is a program certified by the New York State Office of Mental Health and provides residents with the highest level of independence. In accordance with a collaboratively developed Service Plan, the program is intended to be the least restrictive certified step before the resident begins to live independently within the community. The Mental Health Association operates a twenty-four (24) bed Apartment Program for adults who have a serious and persistent mental illness. The apartments are located within the city of Amsterdam and accommodate one, two or three people. An emphasis is placed on increasing personal initiative and self-reliance. Staff make routine visits every week and a 24-hour on-call system may be utilized by the resident in case of an emergency.

For more information about these programs please contact Program Director, Michele Pooler at 518-842-3717 Ext 110; or email MPooler@mhafm.org.

**A Big Thank You to The Nathan Littauer Hospital Gingerbread Project!**

The “Gingerbread Project” is a totally voluntary initiative of Nathan Littauer Hospital employees who have been providing gifts to local children since 1994. Employees each choose a name and shop for a local child in need. This year the hospital employees along with FMCC ‘s Criminal Justice classes helped to brighten the holidays for 69 local children in our Family Support Program, Child Advocacy Center and our After School Program for children with emotional/behavioral disorders, many who would otherwise have gone without. The program is completely anonymous. Recipients of the gifts are never known and the names of the givers are not provided.
The Wizard of Oz
17th Annual Miniature Golf & Family Fun Day

Follow the yellow brick road to a Fun-Filled Family Day!

$5.00 per golfer
$3.00 for children under 5 yrs. and non-golfers

Saturday, March 7, 2015
Amsterdam High School from 10am—3pm

All proceeds to benefit the programs of the Mental Health Association in Fulton & Montgomery Counties

Mental Health Association
in Fulton & Montgomery Counties
307-309 Meadow Street
Johnstown, N.Y. 12095
518-762-5332

A United Way Agency in Fulton & Montgomery Counties
mentalhealthassociation.org

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