

Mental Health Association OPEN Program Focuses on Workforce Development

Partnering with the Manufacturers Association of the Southern Tier

Through funding from the United Way of Southern Chautauqua County and the Empire State Poverty Reduction Initiative (ESPRI), the Mental Health Association in Chautauqua County (MHA) has created a program focused on workforce development.

The Occupational Peer Empowerment Network (OPEN) has peer specialists who help lift people out of poverty by overcoming barriers to gaining, maintaining, and thriving as employees. These staff work with employees to help tackle challenges that are keeping them from being happy, healthy, and eager to succeed.

If their car breaks down or their babysitter doesn't show up, workers can't make it to their workplace. Training and replacing employees is a costly process for employers. MHA peer specialists assist participants to find the resources that enable them to be work-ready and continue to provide a support network on the job.

At the invitation of Owner/President Heather Turner, MHA OPEN has been working with Blackstone Advanced Technologies on worker retention. Employees are rewarded for participating in wellness programs presented by OPEN staff.

MHA Executive Director Steven Cobb and OPEN Team Leader Sheridan Smith are teaming up with the Manufacturers Association of the Southern Tier (MAST) Talent Pipeline and Apprenticeship Coordinator Tim Piazza to apprise other local manufacturers of OPEN resources. After providing background through their newsletter, MAST is inviting their members to join OPEN Staff at a Workforce Retention Roundtable on Thursday, June 27, at their location in the Manufacturing Technology Institute at Jamestown Community College.



From left, MHA OPEN Team Leader Sheridan Smith, Executive Director Steven Cobb, and MAST Talent Pipeline and Apprenticeship Coordinator Tim Piazza meet at JCC's Manufacturing Technology Institute to plan joint effort in worker retention and recruitment.

MHA OPEN offers Wellness Programs on budgeting, cooking, stress reduction/management, mindfulness, anger management, and more, as well as new workforce support including on-the-job coaching, systems navigation, and peer support. It can augment Employee Assistance Programs with early intervention that can enable employees to address obstacles before they impact their work performance.

When workers experience disruptions in their personal lives MHA can help navigate services to provide support in dealing with housing, transportation, childcare, food insecurity, medical care, substance use disorders, occupational stress, emotional or mental health issues, financial or legal worries, and family troubles.

Like all Mental Health Association services, OPEN resources are free.

To learn more, contact Sheridan Smith at (716) 490-4438 or Sheridan.Smith@MHChautauqua.org or visit MHChautauqua.org/OPEN. MAST's Tim Piazza can be reached at (716) 450-9775 or tpiazza@mast-wny.com.



What's Been Happening at the MHA



The February Recovery Luncheon at the Mental Health Association in Chautauqua County (MHA) was accompanied by a **Wellness Fair coordinated with the Chautauqua County Department of Mental Hygiene**. Representatives from 20 local organizations that offer mental health and substance use disorder services were present to greet visitors and share information. In addition to County Mental Hygiene and the MHA, the other participating organizations were AMVETS, Brooks/TLC, Catholic Charities, CASAC (Chautauqua Alcoholism and Substance Abuse Council), The Chautauqua Center, Chautauqua Opportunities, Community Alliance for Suicide Prevention, Compeer Chautauqua, Dwyer Veterans Peer Support Project, Evergreen Health, Family Service of Chautauqua County, HHUNY (Health Homes of Upstate New York), N.E.I.G.H.(National Educational Institute of Growth through Horses), Project Crossroads, Salvation Army Anew Center, The Resource Center, UPMC-Chemical Dependency, and VA of WNY Healthcare.

Members of the **Jamestown Jackals professional basketball team** were special guests at the March Recovery Luncheon at the MHA. Players Jay Dupree-Gibson, Austin Hamilton, and DeAngelo Stewart were accompanied by Kayla Crosby, president of Integrity First, owner of the team. They talked about their team and their season and visited with participants. Pictured standing (from left) are MHA staff members Joseph Vaughn and Michael Nordin; Jackals players Austin Hamilton and DeAngelo Stewart; Kayla Crosby; player Jay Dupree-Gibson; Caylee Shelters, MHA JCC Occupational Therapy Assistant intern; and, seated, MHA staff Justin Jimenez and Steven Cobb.



A special thanks to **Jan Ball** of Bethlehem Lutheran Church in Falconer for coordinating local churches to prepare and serve the terrific meals at the monthly Recovery Luncheons!



“The Art of Recovery” was an informal display of works created by MHA participants and shown in the Weeks Gallery lobby at Jamestown Community College, March 6-13, 2019. Including drawings, masks, ceramics, knitted items, and poetry, the show was held not only to display the talent of some participants, but also to show the importance of art in recovery. Art can be used as an outlet to help participants express their thoughts, feelings, and emotions and to deal with stress, depression, and anxiety. It also helps to keep their minds and hands occupied. Through fieldwork placements and volunteering, JCC Occupational Therapy Assistant students have helped run groups where some of the artwork was created. MHA Program Director Mike Nordin and Weeks Gallery Director Patricia Briggs teamed to put the exhibit together. Gallery Student Intern Joana Leamon created how the artwork was displayed and won the JCC Jamestown Campus Scholars Day for her presentation about the show. *This painting by Ricardo Quinones was reproduced from a wall at MHA for the exhibit.*



Chautauqua County Crisis Hotline:
1-800-724-0461

National Suicide Prevention Lifeline:
1-800-273-8255

For Human Services info
emergency shelters, food pantries, clothing closets,
anywhere in the country, dial 2-1-1
www.211wny.org

Resiliency

Hard Things & Stressors:

- Not able to pay bills
- Not enough food to eat
- Violence
- Health problems
- Housing that does not feel safe

Good Things & Resources:

- People that you can count on
- Dependable transportation
- Safe housing
- A doctor you trust
- Having enough money

Things about You:

- Genetics and DNA
- Resiliency/ACE score
- Life story
- Personality

Resiliency is when the scale tips toward the good even when there are stressors and hard things.

Give Big CHQ - Thursday, June 13, 2019

The Mental Health Association is participating in Give Big CHQ on Thursday, June 13. During this 24-hour online fundraising event, the MHA will be eligible for cash prize incentives sponsored throughout the day by the Chautauqua Region Community Foundation.



As described on Give Big CHQ's website, "The MHA is Peer Coaches in recovery helping other members of our community to strengthen their own recovery. MHA looks at recovery in a holistic way. Recovery has to be more than counseling, groups, and not using. To us recovery looks like wellness, renewed family relationships, being a parent, exploring new careers, recommitting to growth in the career you're in, and being a part of a vibrant recovery community and the greater Chautauqua community as well." Here are some of the ways your dollars can help the MHA:

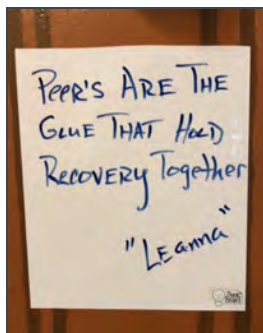
- ★ \$12 - Provide materials and support recovery any Month of the year.
 - ★ \$24.70 - Provide support to a person in recovery any Hour of the day.
 - ★ \$36.50 - Provide recovery groups for participants any Day of the week.
 - ★ \$52 - Provide recovery coaching to a person any Week of the year.
- ★ \$100 - Give people a safe place to spend Time and grow in their recovery.

To support the MHA in this important way, on **Thursday, June 13**, go to GiveBigCHQ.org, search for **Mental Health Association**, and **Give Big!**

Groups, Groups, and More Groups!

When there is a need, the MHA works hard to fill it. Recently that has meant the addition of a number of new groups, including some that meet in the evening. To learn more about these, call the MHA at (716) 661-9044. The full daily schedule of the more than three dozen groups that meet at MHA is on the Services page at mhachautauqua.org. Newer groups include:

- **Recoveryyoga** : Exploring recovery in mind, body, and soul (Mondays, 7:30-9 p.m.) (Pictured, from left around the circle: leader Jen Raines, Sheridan Smith, Jennifer Johnson, Darien Holt, and Steven Cobb)
- **CRAFT** (Community Reinforcement and Family Training): Support for families and friends of those in recovery (Tuesdays, 3-4 p.m.)
- **Peacemakers**: A Biblical path to resolving conflict (Tuesdays, 3-4 p.m.)
- **Southern Tier Queer Peers**: A wellness group for the LGBTQIA+ community to support your peers through resources, acceptance, and stories; stqp@mhachautauqua.org (Tuesdays, 5:30-7 p.m.)
- **Recovery Crafts**: Explore various means of recovery through crafts (Wednesdays @ 10-11 a.m.)
- **Chautauqua County Alternatives to Suicide**: A support group for people who have struggled with suicide attempts or thoughts; ats@mhachautauqua.org (Wednesdays, 5:30-7 p.m.)
- **M.A.R.S.**: Medication-Assisted Recovery Services (Thursdays, 3-4 p.m.)



Peers can do many things to support people in recovery. One of the MHA's supporters called us glue. Can't think of a better compliment. Come to the MHA and find your glue to strengthen your recovery.

-- From the Mental Health Association Facebook page.

Mental Health Association Hours:

Monday-Wednesday: 8:30 am - 7 pm

Thursday: 8:30 am - 8 pm

Friday: 8:30 am - 4 pm

Saturday: 9 am - 2 pm

[#Recoveryhappenshere](https://www.instagram.com/recoveryhappenshere)

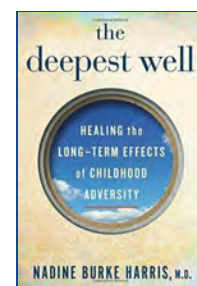
Worth Reading/Worth Watching/Worth Hearing



In her *New York Times* bestseller *Never Enough: The Neuroscience and Experience of Addiction* professor Judith Grisel draws on her years of research and personal experience as a recovered addict to reach a fundamental conclusion: For the addict, there will never be enough drugs. The brain's capacity to learn and adapt is seemingly infinite, allowing it to counteract any regular disruption, including that caused by drugs. One by one, Grisel shows how different drugs act on the brain, the kind of experiential effects they generate, and the specific reasons why each is so hard to kick, leading to a better understanding of the brain's critical contributions to addictive behavior. To hear an interview with Judith Grisel, search online for “NPR A Neuroscientist Explores The Biology Of Addiction In 'Never Enough.'”



Dr. Nadine Burke Harris, author of *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego — a boy who had stopped growing after a sexual assault — who galvanized her journey to uncover the connections between toxic stress and lifelong illnesses. The stunning news of her research is just how deeply our bodies can be imprinted by ACEs—**adverse childhood experiences** like abuse, neglect, parental addiction, mental illness, and



divorce. Childhood adversity changes our *biological* systems, and lasts a lifetime. *The Deepest Well* is available through Jamestown’s Prendergast Library. Search online for Nadine Burke Harris’s TED Talk on “**How childhood trauma affects health across a lifetime.**”



For those who are not comfortable with a religion-based sobriety program, even “Dear Abby” recommends SMART (Self Management Addiction Recovery Program) Recovery, as “a four-point program that encourages motivation to abstain and provides help in coping with cravings, managing negative emotions and finding a healthy life balance....Its goal, like AA, is lifetime abstinence, and its meetings and help are also free. Unlike AA, lifetime attendance at meetings is not required.” MHA has SMART Recovery groups on Wednesdays at 2 p.m. and Thursdays at 6:30 p.m. The *SMART Recovery Handbook* can be purchased at the MHA. You will find more information at SmartRecovery.org. *SMART Recovery Family & Friends Handbook: For people affected by the addictive behavior of a loved one*, edited by Roxeanne Allen, is available on Kindle.



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AVERAGE TEEN OR WARNING SIGN?

Symptoms of mental illness can often appear similar to average teen development.

AVERAGE ADOLESCENCE	POTENTIAL WARNING SIGN
Withdrawing from family to spend more time with friends	Withdrawing from friends, family and social activity
Wanting more privacy	Becoming secretive; Seems to be hiding something
Moving from childhood likes to teen pursuits	Losing interest in favorite activities and not replacing with other pursuits

Learn how to help a young person who may need help. Get trained in Mental Health First Aid.
www.mentalhealthfirstaid.org