

Brocton American Legion Fundraiser is Great Success



MHA Executive Director Steven Cobb and intern Jena Vacanti give out baskets to the winners at the Brocton American Legion.

“The basket raffle was so successful we’re planning to make it a ‘First Annual!’”

That’s how Mental Health Association in Chautauqua County (MHA) Executive Director Steven Cobb summed up the mid-April happening at the Brocton American Legion that raised \$3,306.45 for the MHA.

The event and its success can be credited to Jena Vacanti, who has since completed her internship at MHA through Jamestown Community College’s Occupational Therapy Assistant (OTA) program.

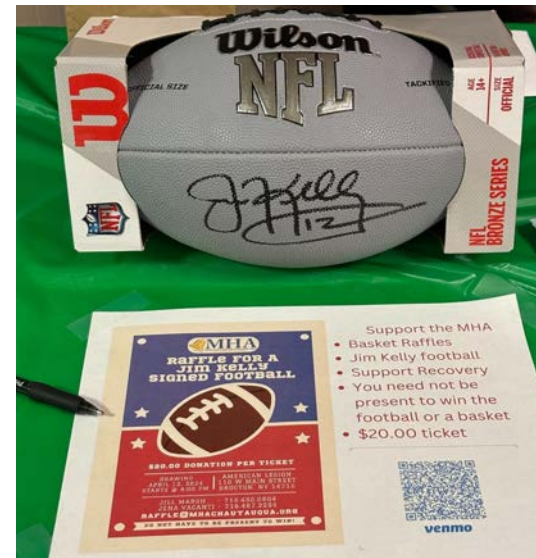
Knowing the MHA has experienced funding cuts and that its work depends on grants, contracts and donations, Jena took it upon herself to create and organize a fundraising event in her hometown. Not only were 53 baskets donated by local businesses and community members, Jena also secured a football autographed by Buffalo Bills legend Jim Kelly. MHA supporters and the general public bought raffle tickets for the football won by Kim Barnett.

The fundraiser was also an opportunity to talk about substance use challenges and to train people in Narcan, the brand name for naloxone, an over-the-counter opioid overdose reversal drug.

Noting that interns have long been important contributors to the MHA’s success in providing a welcoming environment for participants, MHA Finance Director Jill Marsh said, “An intern makes a huge difference. In Jena’s case, she saw a need and ran with it!” (See page 3 “April recovery luncheon” for more.)

Jena is a student of Sarah Trantum, JCC Professor/Director of OTA and president of the MHA Board of Directors.

Jill and Steven both expressed how grateful MHA is to the community for their support and the Brocton Legion for being a great host of what is now planned to become an annual event.



A football autographed by legendary Buffalo Bill Jim Kelly was the grand prize at the Basket Raffle Fundraiser.

MHA Mission Statement:

The Mental Health Association in Chautauqua County commits to radical acceptance, empowerment, and advocacy for our community members who struggle with mental health and substance use.

MHA Vision Statement:

The Mental Health Association in Chautauqua County envisions a time when the peer recovery model is widely relied upon as a foundation of support and advocacy to address the total needs of all individuals and their families challenged by the effects of mental health and/or substance use disorders. We will persevere in changing our local culture to one of hope, kindness, and justice, redefining and expanding the possibilities for a rich and satisfying life for people in recovery.

Recovery Luncheons



At the MHA's **March recovery luncheon**, Executive Director Steven Cobb (far left) presented Jamestown Floor Manager Ed Lloyd with a certificate for 27 years of sobriety. The meal was prepared and served by members of St. Luke's Episcopal Church (from left): Brian Kearney, Sandra Kearney, Linda McCallum, Betsy Trusel (community volunteer), and Linda Johnson.



St. Susan Center Executive Director Cherie Rowland delivered the meal St. Susan's prepared for MHA's **April recovery luncheon**.



At the **April recovery luncheon**, Finance Director Jill Marsh (right) presented a certificate to JCC OTA intern Jena Vacanti for the basket raffle fundraiser she created that raised more than \$3,300. (See story on page 1.)



Members of the Church of Jesus Christ of Latter-day Saints prepared and served the meal for the **May Recovery luncheon** (from left): Gail Smith, Lydia and Patrick, Pam and Gary Lucas, Betsy Trusel and Dave Barker. At right, Executive Director Steven Cobb recognized his sponsor, Linda Lloyd, for 35 years of sobriety. She in turn recognized him for 14 years of sobriety.



Can Your Business, Church, or Group Support Recovery Luncheons?

Celebrating positive milestones increases long-term recovery. The MHA has monthly luncheons that recognize progress in mental health and substance use disorder recovery. For some of our participants, the third Tuesday is when they experience their most nourishing meal of the month.



With upwards of 80 visitors each time, the MHA needs help providing these meals. To participate in making the meal or sharing its cost, contact Finance Director Jill Marsh at (716) 450-0504. You will be recognized in our widely-distributed news releases that report all our luncheons.



Volunteers Help With Electrical Needs

Apprentice Steve McIntyre (left) and a journeyman (not pictured) from IBEW Local 106 Electricians Union volunteered their services to the Mental Health Association by removing and replacing receptacles that are used for monthly recovery luncheons. McIntyre is pictured with retiree Jeff Marsh, who coordinated the volunteer event. The MHA is grateful to Local 106 for all their help as well as the volunteer work they do annually in the community,



Thanks for the New Coffee Urn!

Coffee is an essential part of what we do at the MHA. It helps us create a sense of welcome, safety, and hospitality. With the old coffee urn on its last legs, an appeal went out on MHA’s Facebook page for help replacing it.

The announcement was made March 7 that “Today, at the MHA’s recovery centers in Jamestown and Dunkirk, 89 participants walked in for recovery support. Most of them joined us for a cup of coffee. Thank you for helping us make this possible.” Donations that exceeded the amount needed will go to maintain our coffee service.

Thank you, everyone who helped us. The coffee will continue to brew.

MHA
MENTAL HEALTH ASSOCIATION IN CHAUTAUQUA COUNTY

July 19 Collin Hayes Cornhole Tournament to Benefit MHA

The 2nd Annual Collin Hayes Memorial Cornhole Tournament on Friday, July 19, will share part of their proceeds with the Mental Health Association. The family-friendly event at the Bemus Point Golf Club has music, food, and games.



**No Judgement
No Shaming
No Preaching
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The \$100 entry fee for two-person cornhole teams or \$50 for individuals includes food. A chicken bbq is available if you would like to just purchase dinner. For more information, visit the event page (birdease.com/27279). Last year’s event raised \$1,500 for MHA.

Shopping for MHA....

Especially when MHA is experiencing funding challenges, there are so many ways you can help us achieve our vision for “a rich and satisfying life for people in recovery.” Financial donations are **always** appreciated, but you might have more fun shopping for items we need, from office and cleaning supplies to warm socks for participants. Check out our [donations page \(MHACHautauqua.org/donate\)](http://MHACHautauqua.org/donate) and wishlists for all kinds of ways you can help!



MHA Support Groups

Anger Management ↻

Working to develop skills for dealing with anger.

Art in Recovery

An artistic expression of your personal recovery.

CRAFT Community Reinforcement And Family Training

Support for families and friends of those in recovery.

Depression & Anxiety Support

For those facing depression & anxiety in their daily lives

Fun Friday

Open group using activities to socialize and unwind.

Grief Support *

Discussion for those that have experienced sexual trauma.

Knitting for Well-being

Use knitting to improve your wellbeing.

Wellness Warriors

Exercise for healthy recovery. *Low-mobility accessible*

Positive Parenting Program from PREVENTION WORKS

Free discussion workshops for parents of kids & teens.

PTSD Groups - Men*, Women*, Co-ed, and faith based

Skills to heal trauma for people in recovery.

Recovery Dharma

Based on principles of mindfulness and meditation.

Recovery Yoga by Jen Raines

Yoga techniques to support a healthy body and mind.

Rockin' Recovery

Discussion on our favorite songs & how they make us feel.

SMART Recovery ↻

Self-Management And Recovery Training with secular and scientific motivational recovery methods.

Unwind Your Mind by

For those facing depression & anxiety in their daily lives.

Veterans Group

Open support group for veterans and their families

Women's Group *

Open topic support group for women.

Newsletter Staff:
Editor: Pat Brininger Layout: Joseph Vaughn

For up-to-date info, find our calendars at <http://www.MHACHautauqua.org/groups>

- * **Restricted** - Access only for certain people
- ↻ **Classes** - Full attendance required for completion
- ⑫ **12-Step** - Structured format
- **Unaffiliated** - Hosted at MHA by other organizations

Featured Groups

CRAFT

Community Reinforcement & Family Training

The CRAFT (Community Reinforcement and Family Training) group facilitated by Administrative Manager Michelle Colaiacovo begins Wednesday, May 29, 5:30-6:30 p.m. CRAFT is an approach for families that have a loved one struggling with substances who is not interested in making changes or getting help. The 12-week program guides family members and friends through strategies to use for more positive interactions with their loved one.

For more information, contact Michelle at (716) 490-4160 or Admin@MHACHautauqua.org.



CO-ED TRAUMA SUPPORT

The Co-ed Trauma Support group focuses on developing skills to heal trauma for people in recovery. Director of Student Activities Ken Yergens facilitates the meetings every Tuesday, 2:15-3:15 p.m. and Thursday, 6-7 p.m. at the Jamestown center, providing support to help men and women deal with trauma they've endured. To learn more, contact Ken at Yergens@MHACHautauqua.org or (716) 661-9044.

12-Step Groups

AA Living Sober ⑫○

12-step alcohol recovery group based on the book.

AA Look to This Day ⑫○

12-step alcohol recovery focused on living each day

CMA Crystal Clear ⑫○

12-step support for crystal meth.

We Believe ⑫

12 Step recovery group based on biblical principles.

Room for More

If you would like to see a group focused on a particular topic or for more information on our groups and other services, contact our Program Director at programs@mhachautauqua.org



Major Programs of the Mental Health Association in Chautauqua County

Personal Coaching

Individual peer support, recovery coaching, access to care, referrals, advocacy, and community support for individuals & their families affected by mental health & substance use issues

Peer Support Groups

A variety of groups take place at the MHA supporting multiple pathways of recovery and support.

Treatment Court Navigation

Support toward following the guidelines of and completing treatment court, as well as access to video conference court attendance.

Jail Outreach

A peer coach meets with individuals during their incarceration to help them plan for release with information and resources to avoid falling into the same habits that got them there.



A cooperative endeavor with a local network of organizations to provide peer support and connections to resources for moms, moms-to-be, & all new parents dedicated to building bright futures for Chautauqua County children and their families.

Peer Training

Training, support, and resources to help people use their experiences to help others and join the growing professional peer community.

Transportation

Provides participants with free transportation to medical, court, employment, or treatment-related appointments.

Student Activities

Internships and project support for students from JCC, Fredonia State, St. Bonaventure, Edenborough State and more.



OCCUPATIONAL PEER EMPOWERMENT NETWORK

A career-focused support system providing education, resources, advocacy, & encouragement to attain, retain, and maintain stable employment.

Advocacy and Community Outreach

Offers groups at other locations in the community; holds events to educate, advocate, and connect the public; supports positive and healthy activities.

Better For Families Program

Offers guidance, encouragement, and resources for individuals engaging with the family court system in partnership with the Chautauqua County Department of Health & Human services.

Treatment Connections

Peer advocacy in the hospital Inpatient, Outpatient, and Emergency Departments, as well as rehab centers, to provide guidance to individuals with mental health and chemical dependence issues in stressful situations, as well as educate staff on resources and techniques available for treatment.

Overdose Recovery Support

Connect with individuals and their families shortly after an overdose event to provide comfort, support, education, guidance, resources, and encouragement toward safer habits and practices with cooperation from area law enforcement and critical responders.



Narcan Training

Individual and group training for identifying an overdose in progress and the proper steps for administering Narcan and getting help, as well as free Narcan doses to keep on hand.



Scan here to get

trained for Narcan



Scan here for

the MHA website



Scan here for our

current schedule

WOUND CARE SUMMIT

Hosted by the Northeast & Caribbean Opioid Response Network with MHA in Chautauqua County, Columbia School of Nursing



May 22 Wound Care Summit at Chautauqua Harbor Hotel

By the time you read this, the May 22 Regional Harm Reduction and Xylazine Wound Care Summit will have been presented to a capacity audience at Celoron’s Chautauqua Harbor Hotel. Co-hosted by the MHA, the Northeast and Caribbean Opioid Response Network and New York City’s Columbia School of Nursing, registrants include social workers, nurses, human services professionals, peer advocates, and people in recovery, with many registrants from outside Chautauqua County.

Xylazine is a non-opioid sedative or tranquilizer, not approved for use in people, that is being used as a cutting agent for heroin and other street drugs. When not fatal, it can cause skin sores and infections so severe that, if not treated, can lead to amputation.

The Summit is scheduled to cover topics such as the risks associated with xylazine use, best practices for identifying and treating wounds, and harm reduction-focused resources. It offers continuing education credits in a number of professional fields.

The Wound Care Summit grew out of MHA’s former Project Manager Shannon Fisk’s participation in a similar event in New York City last September. A grant in New York City covers the funding for the event.



XYLAZINE // zai· luh·zeen // AKA “Tranq” or “Tranq Dope”

Wound Care Supplies



Wound Care Steps

- 1 Cleanse the wound with soap, water, and wound cleanser or saline solution.
- 2 Dress the wounds with non-stick, medicated dressing or use ointment to keep wounds moist.
- 3 Make sure to change the dressing daily.
- 4 Refer to a wound care specialist if eschar is present. Eschar is dead tissue that is black and hard and will fall off during the healing process.

Xylazine is a non-opioid, FDA-approved veterinary tranquilizer that is being added to illicit opioids, like fentanyl, to lengthen euphoric effects.



The Mental Health Association in Chautauqua County provides **FREE xylazine wound care kits** and free **fentanyl test kits** at its Dunkirk and Jamestown recovery centers. **Narcan**, a brand name for naloxone, an over-the-counter opioid overdose reversal drug, and **Narcan training** are also available at both MHA locations.

MHA Board of Directors

Sarah Tranum, President 🛎 Kimberly Lombard, Vice President 🛎 Jake Kohler, Treasurer
Julie Apperson, Secretary 🛎 Lindsey Isaac-Lopus 🛎 Sherry Lawson 🛎 Sara Luther

50 Many Activities for Jamestown Pride Saturday, June 8!

Pride Month in Jamestown kicks off with the Opening Ceremony and raising of the Progress Pride flag at City Hall’s Tracy Plaza on **Saturday, June 1** at 10 a.m.

A week later downtown Jamestown and other venues will be alive with events from early Saturday morning till past noon on Sunday, June 9.

Whether your pleasure on **Saturday, June 8** is 8 a.m. yoga at the Winter Garden Plaza (313 North Main Street) or burlesque and dancing till 1 a.m. at Sneakers, you’re sure to have fun! This opening day of the Jamestown Public Market has Pride-themed vendors, activities and community organizations. Entertainment at the Winter Garden Plaza includes a community drum circle, local variety show, live music, and 2–4 p.m. drag performances by Shuga Cain from season 11 of RuPaul’s Drag Race, Ella Fartzgerald, and Thee Suburbia, who was so popular—especially with the kids—in 2022. You could join the Rainbow Walk that departs from the Winter Garden at 1 p.m. Later, you’ll find more drag at the Knights of Enchanted Dreams, Brazil, and The Fish in Bemus Point.



Sunday morning, June 9 both St. Luke’s Episcopal Church and First Presbyterian Church in Jamestown have Pride services . Closing the festivities is a drag brunch fundraiser at Rose & Grace Studios.

For a peek at all the events, visit jamestownpride.org/Events where you can click on “Agenda” for the full schedule.

Jamestown Pride is a program of the Mental Health Association in Chautauqua County. Evergreen Health is the 2024 Presenting Sponsor.



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Donate to Pride

The work of the Mental Health Association in Chautauqua County is made possible by funding from
 Appalachian Regional Commission ♡ Chautauqua County Departments of Mental Hygiene and Health & Human Services ♡
 Chautauqua Region Community Foundation ♡ Hultquist Foundation ♡ Lenna Foundation ♡ NYS Office of Mental Health ♡
 Northern Chautauqua Community Foundation ♡ The United Ways of Northern and Southern Chautauqua County ♡
 Ralph C. Sheldon Foundation ♡ and others....



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Website: MHACHautauqua.org
Email: info@mhachautauqua.org
Call or Text: (716) 661-9044



Because Our Community Needs Us Here: Give Big CHQ - Thursday, June 13, 2024

Give Big CHQ is a 24-hour online fundraising event that connects individuals with causes they care about in Chautauqua County. Hosted by the Chautauqua Region and Northern Chautauqua Community Foundations, **money raised for the MHA goes into our Donation Fund that directly assists the participants MHA serves** – for diapers, bus passes, clothing for work, drivers licenses and non-drivers ID, emergency housing, food...and the list goes on.

MHA will be eligible for cash prize incentives throughout the day. **On Thursday, June 13, go to MHACHautauqua.org/GiveBigCHQ and GIVE BIG! *Thank you!!!***



Give 716 Day

starts July 15, 2024 at 7:16 p.m.
and culminates on
July 16, 2024 at 11:59 p.m.

Support MHA by visiting
MHACHautauqua.org/Give716

Sign up now and donate on 7-16!



Give 716 is a collaborative effort between the Buffalo Bills Foundation and the Buffalo Sabres Foundation. The goal of Give 716 is simple, to unite Bills and Sabres fans with the Western New York community in an epic giving event!