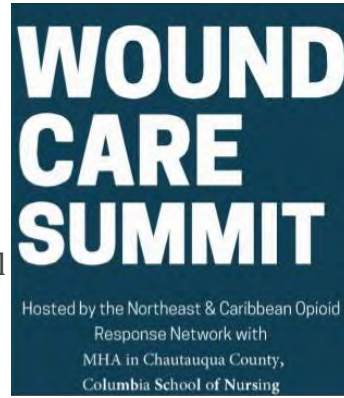


### Wound Care Summit at Chautauqua Harbor Hotel May 22

Wednesday, May 22 is the rescheduled date for the Regional Harm Reduction and Xylazine Wound Care Summit that was canceled in January because of the forecasted weather.

Co-hosted by Mental Health Association in Chautauqua County with the Northeast and Caribbean Opioid Response Network and New York City's Columbia School of Nursing, the 8 a.m.–4 p.m. event at Celoron's Chautauqua Harbor Hotel is free and includes breakfast and lunch. It is aimed at staff of hospitals, rehabilitation centers, social workers, or anyone who can benefit from this training, including family members.

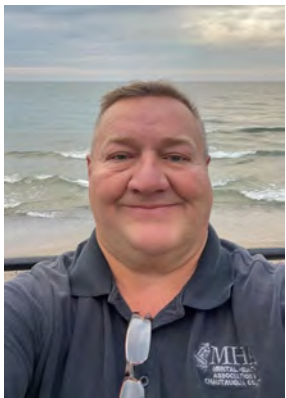


Xylazine is a powerful horse tranquilizer that is being used as a cutting agent for heroin and other street drugs. When not fatal, it can cause skin sores and infections so severe that, if not treated, it can lead to amputation.

Discussion at the Summit will cover topics such as the risks associated with xylazine use, best practices for identifying and treating wounds, conventional strategies for improving engagement in wound care among people who use substances, and harm reduction-focused resources. Participants will have the opportunity to ask questions of experts, collaborate with their peers, share their experiences, and even practice wound care intervention.

CASAC and Social Work credits are available, and CE credits are pending. **(See WOUND SUMMIT, page 6)**

### MHA Staffer Featured in OASAS *Addiction: The Next Step* Podcast



In November, Ken Kendall, manager of MHA's Dunkirk Recovery Center, was featured in the New York State Office of Addiction Services and Support (OASAS) weekly podcast *Addiction: The Next Step*. [Ten Overdoses. One Week. One Man's Inspiring Recovery Story](https://buzzsprout.com/2186676/13935423) ([buzzsprout.com/2186676/13935423](https://buzzsprout.com/2186676/13935423)) tells Ken's story: "A man from Western NY shares his struggle with addiction and the pivotal moment that turned his life around."

Ken's 42-year addiction began at age eight when an uncle introduced him to marijuana. Subsequent sexual assault by two different family members had him "messed up in the head." At 13 he was free-basing cocaine and by 18 he had found methamphetamine.

After overdosing 10 times in one week, driving over 100 mph while being chased by state troopers, and hitting a parked car, Ken wound up in the Warren County, Pa., jail, where he dreamed he had hit and killed a child. When he learned he hadn't hurt anyone was when he decided to change his life.

Ken's message to anyone in addiction or their loved ones: "I believe that every life is worth saving...there's a lot of programs out there that can help your family member or yourself find your path to the recovery that you want, so don't give up hope. Because as long as we have breath in our bodies, we have the opportunity or the ability to make a life-changing decision and change our lives for the better."

## Recovery Luncheons

*Learn more about MHA's monthly recovery luncheons on the back cover.*

At the **November recovery luncheon**, the MHA celebrated the season with a Thanksgiving feast prepared by Bonnie Weber with funding support from St. Nicholas Greek Orthodox Church and an anonymous donor. Staff and volunteers responsible for organizing and serving were (from left) Dianne Valvo, Shannon Fisk, Jill Marsh, Mia Delcamp, and Alison and Dennis Fronczak. St. Nicholas Greek Orthodox Church made a generous donation to assist with food purchases, and Lisa Schmidfrerick-Miller of the Chautauqua County Health and Human Services Department helped with desserts.



Recovery happened **Thanksgiving week** in Jamestown with a pop-up luncheon for participants. Our friend Joe Wisnewski helped serve the great food supplied by St. Luke's Episcopal Church.

More than 100 people enjoyed the meal prepared and served by members of St. Luke's Episcopal Church at the **December recovery luncheon**.

MHA Executive Director Steven Cobb recognized Peer Specialist Rose Crocker as MHA's new ODMAP (Overdose Detection Mapping Application Program) coordinator. Sponsored by the Chautauqua County Office for the Aging, Rite Aid pharmacy staff administered COVID-19, flu and pneumonia vaccines, and those vaccinated received gift bags.

Assisted by (from left) volunteer Mia Delcamp, Program Director Michael Nordin and Finance Director Jill Marsh, Santa Claus (aka Adam Owens) distributed presents for all.



For **January's** Recovery Luncheon, MHA staff served a chicken dinner brought by Conduit Ministries. In **February**, Finance Director Jill Marsh organized a "Taste of Italy" meal with food prepared or provided by her as well as by Joey Monn, Betsy Trusel, Project Manager Shannon Fisk and her daughter Mia Delcamp, and St. Susan Center. Participant Melita Lyons offered grace before the meal.

Activity Director Dianne Valvo thanked Alicia Tallmadge for teaching participants how to make jewelry. Dianne and Executive Director Steven Cobb (pictured) awarded certificates for recovery progress. Human Resources Director Billy Hernandez recognized Joe Cohen for his multiple strides to independence and was in turn recognized by Joe for Billy's help along that path.



### MHA Board Members

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

## Steven Cobb is Panelist at Capacity Lab Conference

MHA Executive Director Steven Cobb (seated right) and St. Susan Center Executive Director Cherie Rowland (next to him) were panelists at [The Capacity Lab's](#) 2024 Chautauqua Non-profit Shared Services Mini Conference at the Chautauqua Suites Hotel in Mayville in January. St. Susan Center and the MHA are working together with support from Capacity Lab to identify points of services that can be shared to better serve our community. The Capacity Lab ([TheCapacityLab.org](#)) is "on a mission to align resources and develop collaborative strategies that strengthen the Chautauqua County nonprofit sector."



## CCB Makes Generous Donation to MHA

In January, CCB Vice President for Business Development and Lending Scott Crist (center) presented a check for \$5,000 to the Mental Health Association in Chautauqua County, represented by Finance Director Jill Marsh and Program Director Michael Nordin. The locally-owned bank has Chautauqua County offices in Lakewood and Dunkirk.

## Donations from St. Luke's Blue Bag Ministry

In February, MHA was the recipient of a St. Luke's Episcopal Church's "Blue Bag Ministry." The blue bags were filled with items to support MHA's outreach to those in our community in need. Personal care items for men and women are available at our Jamestown and Dunkirk Recovery centers. With the support of our community, recovery is always possible. MHA Administrative Manager Michelle Colaiacovo (left) and Finance Director Jill Marsh are about to unpack the blue bags. Thank you, St. Luke's, and all who support the work we do!



## One of Many MHA Groups

Led by Activities Director Dianne Valvo (second from right), Thursday morning's **Knitting for Well-Being** group makes scarves for the homeless and items for themselves. Like most of MHA's groups, it is open to anyone. Supplies are provided and **donations of yarn are appreciated.**

## MHA to Benefit from Fundraiser

The 2nd Annual Collin Hayes Memorial Cornhole Tournament on July 19 will share part of their proceeds with MHA. The family-friendly event has music, food, and games. \$100 entry for two-person cornhole teams or \$50 for individuals includes food. For more information, visit the event page ([birdease.com/27279](http://birdease.com/27279)). Last year's event raised \$1,500 for MHA.



### MHA Support Groups

**Anger Management** ◊

Working to develop skills for dealing with anger.

**Art in Recovery**

An artistic expression of your personal 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 

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**

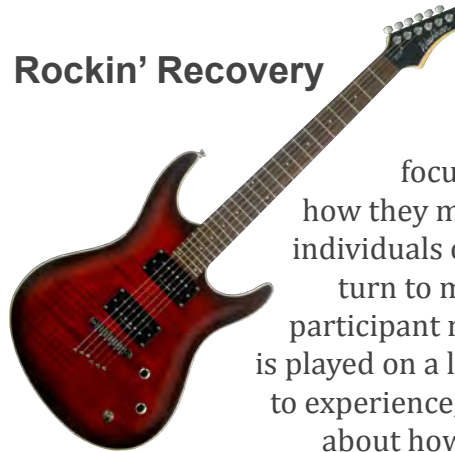
Open support group for veterans and their families

**Women's Group \***

Open topic support group for women.

### Featured Groups

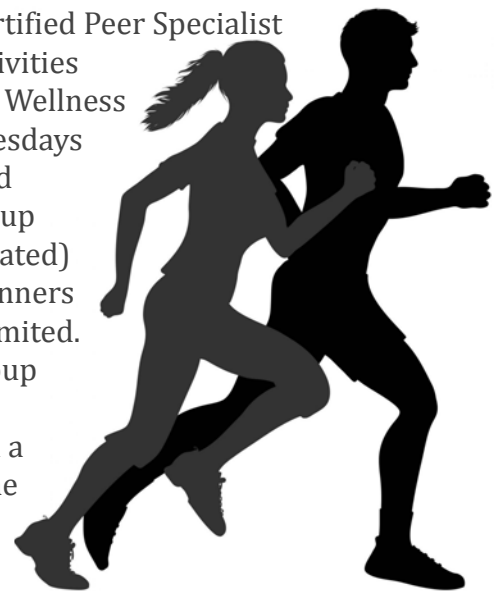
#### Rockin' Recovery



Friday morning's Rockin' Recovery Group focuses on favorite songs and how they make us feel. Many trauma individuals or individuals in recovery turn to music for support. When a participant requests a song, the video is played on a large screen TV for others to experience, followed by a discussion about how it can relate to recovery.

#### Wellness Warriors

Facilitated by MHA Certified Peer Specialist Jessica Crooks and Activities Director Dianne Valvo, Wellness Warriors meets Wednesdays and Fridays at 3:00 and 3:30 p.m. The 3:00 group is low impact (chair seated) for those who are beginners or whose mobility is limited. The regular fitness group Meets at 3:30. Both use workout videos on a large screen TV. Dianne and Jessica make it a fun experience for all!



### 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.

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

#### 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](mailto: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 .

### 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 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.

### 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.



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

### 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 Response

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.



A social enterprise to help participants learn skills and habits important to retaining employment and gain experience that can help them in their search for future self sustainability.



### The Boot Lady

At MHA, Joey Monn (at left in picture) is simply called “The Boot Lady.” As Project Manager Shannon Fisk explained, “MHA has had many participants need boots and if I didn’t have the size already donated in the back room, I would send a text message to Joey and she would show up with whatever size boots I asked for.”

Shannon said Joey has been donating for over a year. “First, she was dropping food off at the warming center and now she brings the food to MHA for us to help anyone in need during the day. Joey brings everything: She has brought me coats, hats and gloves, boots and food.”

When Shannon sent Joey a text to invite her to come to MHA’s February luncheon, Joey replied with, “Is it OK if I bring lasagna?” Shannon describes Joey as, “One of the most generous people I’ve ever met! I truly appreciate her and our participants at MHA do, too.”



### Be The Change You Want To See In Jamestown



“Bonnie Weber (at left in picture) has been amazing ALL winter,” says MHA Finance Director Jill Marsh. “Bonnie went around Jamestown every Saturday with her Little Red Wagon. She started on Second Street, went all along the Riverwalk, and ended at the MHA. She delivered blankets, food, socks, and hygiene products to anyone in need.”

Founder of Be The Change You Want To See In Jamestown, Bonnie prepared the entire Thanksgiving dinner for the MHA’s November recovery luncheon and assembled 100 gift bags for February luncheon participants.

### Wound Summit (from page 1)

The MHA provides free xylazine wound care kits and free fentanyl test kits at the Dunkirk and Jamestown recovery centers. Narcan, the brand name for naloxone, an over-the-counter opioid overdose reversal drug, is also available at both MHA locations.

The Wound Care Summit is an outgrowth of MHA Project Manager Shannon Fisk’s participation in a similar event in New York City last September. Funding is covered through a grant to the New York City program. Contact Shannon with any questions at [Shannon.Fisk@MHACHautauqua.org](mailto:Shannon.Fisk@MHACHautauqua.org).

Anyone in Western New York or Pennsylvania is welcome to participate, but since seating is limited, registration is necessary. **For details of the Wound Summit agenda and to register, click on the link on MHA’s Facebook page, [Facebook.com/MHACHautauqua](https://www.facebook.com/MHACHautauqua).** Those who registered originally will receive an automated email to re-register.




#### 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.

## Resources




**988 SUICIDE & CRISIS LIFELINE**

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit [988lifeline.org/chat](https://988lifeline.org/chat) to chat with a caring counselor.

We're here for you.



We can all help prevent suicide. Across the United States, anyone considering suicide can call 988, the Suicide and Crisis Lifeline. They will hear a greeting message while their call is being routed to a local crisis center within the Lifeline network, based on the caller's area code.

The 988 Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

[CombatAddictionCHQ.com](https://CombatAddictionCHQ.com) is an easy-to-navigate one-stop website for all the addiction services in Chautauqua County. It features an addiction services locator, a guide to emergency services, an extensive selection of informative and inspirational videos, and information on career paths in addiction services.



**COMBAT ADDICTION CHQ.com**



**NEVER USE ALONE**

**No Judgement  
No Shaming  
No Preaching  
JUST LOVE!**

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

**1(877)696-1996**  
**[www.NeverUseAlone.com](http://www.NeverUseAlone.com)**

Available 24/7, the Never Use Alone lifeline is a free call that provides overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. *Slate* and National Public Radio's *This American Life* collaborated on an article and a podcast about the service.

The podcast is at [ThisAmericanLife.org/809/the-call](https://ThisAmericanLife.org/809/the-call)

The *Slate* article is at [slate.com/human-interest/2023/09/overdose-drugs-fentanyl-opioid-never-use-alone.html](https://slate.com/human-interest/2023/09/overdose-drugs-fentanyl-opioid-never-use-alone.html)

**LOVE IS NOT ALL YOU NEED.**

- \* You need mutual respect.
- \* You need support.
- \* You need trust.
- \* You need boundaries.
- \* You need people to be there when it matters.
- \* You need space to grow and acceptance when you do.
- \* You need people to show their love in a way you can understand.

Nedra Tawwab

**WNY Opioid Addiction Treatment**

*Quick Access to Medication Assisted Treatment*

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**Hotline: (716) 463-6222**

Newsletter Staff:  
Editor: Pat Bringer Layout: Joseph Vaughn

**How to respond to an OVERDOSE**



- 1. Call 911**  
Say "someone isn't breathing"
- 2. Give breaths / CPR**  
Make sure mouth is clear. Tilt head back, lift chin, and pinch nose. Give 1 breath every 5 seconds. Try CPR if you've been trained.
- 3. Give naloxone**  
Place tip in nose and push the pump. If no response in 3 minutes, give another dose.
- 4. Stay until help arrives**  
If breathing well, put on side. If not breathing well, repeat rescue breaths. Stay until help arrives.



31 Water Street, Jamestown NY 14701  
Website: [MHACHautauqua.org](http://MHACHautauqua.org)  
Email: [info@mhachautauqua.org](mailto:info@mhachautauqua.org)  
Call or Text: (716) 661-9044

~~ADDICT~~  
~~JUNKIE~~  
~~DRUGGIE~~  
~~LIAR~~  
~~FAILURE~~  
~~CRIMINAL~~  
~~CHOICE~~

HOW ABOUT:  
**HUMAN**



## Support is Needed for Monthly Recovery Luncheons

Because celebrating positive milestones increases long-term recovery, the Mental Health Association in Chautauqua County has monthly recovery luncheons that recognize progress and provide positive reinforcement to those in substance use disorder and mental health recovery. For some of our participants, the third Tuesday is when they experience their most nourishing meal of the month. *(Learn more on page 2.)*



*Celebrating You!*



With upwards of 80 visitors at a luncheon, the MHA is looking for help providing the meals. If you or your business, church or organization would like to participate in providing the meal or sharing its cost, please contact Administrative Manager Michelle Colaiacovo at [admin@mhachautauqua.org](mailto:admin@mhachautauqua.org) or (716)490-4160. We will be happy to recognize you in our widely-distributed news releases that report all our luncheons.

## To Help in Other Ways....

If you would like to help in other ways, check out our [donations page](http://MHACHautauqua.org/donate) ([MHACHautauqua.org/donate](http://MHACHautauqua.org/donate)) and wishlists for things we use and need, from office and cleaning supplies to warm socks for participants.



**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...