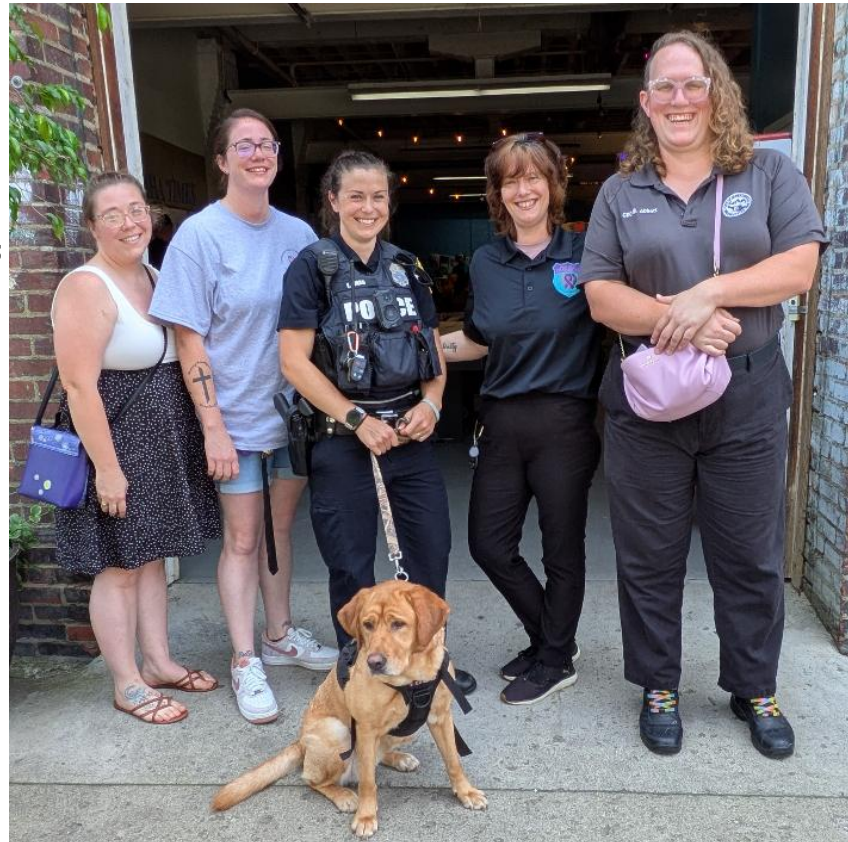


MHA Welcomes Visitors from Chautauqua County Coalition Against Domestic Violence & Sexual Assault

The July recovery luncheon at the Mental Health Association in Chautauqua County (MHA) welcomed staff from other member organizations of the Chautauqua County Coalition Against Domestic Violence & Sexual Assault (CCCADVSA).

“An important part of what we offer our participants is helping them become acquainted and connected with resources available in our community,” said MHA Executive Director Mike Nordin. “We were delighted that representatives from some of the nearly three dozen organizations, including the MHA, that are part of the Coalition Against Domestic Violence could join us at our summer barbeque and describe the services they provide.”

The visitors were Empower Her Housing Director Jacqueline Cook and Supervised Visitation and Safe Exchange Program Director Lauren Peters from YWCA Jamestown; City of Jamestown Department of Development Rehab and Code Enforcement Officer & Housing Court Representative Bronson Abbot; and Jamestown Police Department (JPD) Project Crossroads Domestic Violence Officer Emma Ward and Crime Victim Case Manager Allison Murphy-Johnson. Accompanying Ward was Hope, Project Crossroads therapy and education dog who serves to calm domestic violence situations.



Visitors to MHA's July recovery luncheon representing the Chautauqua County Coalition Against Domestic Violence & Sexual Assault were, from left, the Jamestown YWCA's Jacqueline Cook and Lauren Peters, Jamestown Police Department's Emma Ward and Allison Murphy-Johnson, and Jamestown Department of Development's Bronson Abbot. In front is Hope, JPD Project Crossroads domestic violence therapy dog.

JPD's Project Crossroads empowers survivors and educates the Jamestown community to stand decisively against domestic violence, offering presentations and in-service training. It facilitates the CCCADVSA, bringing together service providers, healthcare professionals, law enforcement, clergy, and businesses.

Jamestown's Department of Development responsibilities include administering housing code enforcement programs and connecting people with resources for safe housing.

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The work of the Mental Health Association in Chautauqua County is made possible by support from
Chautauqua County Departments of Mental Hygiene and Health & Human Services
Chautauqua Region Community Foundation ♥ Hultquist Foundation ♥ Lenna Foundation
NYS Office of Mental Health ♥ Ralph C. Sheldon Foundation ♥ United Arts Appeal of Chautauqua County
United Way of Chautauqua County ♥ Western New York Integrated Care Collaborative ♥ and others, like you....

Monthly Recovery Luncheons at the Jamestown Recovery Center



Members of St. Luke's Episcopal Church, from left, Sandra Kearney, Sandy Harle and Kate Harrison, prepared and served a delicious goulash lunch in June.

At the MHA **June recovery luncheon** Executive Director Mike Nordin had certificates for five participants who have secured employment at local manufacturers, businesses and service organizations. Two more received certificates for the length of their sobriety: seven and 40 years.

Volunteers recognized for their valuable work included Rod Dorchak and Pete Carcione for mounting two large directional signs (see p. 7). Diana Bloom's gardening efforts are bringing cheer to the outdoor area, including the Serenity Garden by the Chadakoin River at the rear of the Gateway Center building. With help from fellow volunteer Christine Redding, she also has flower pots in bloom along the entry wall.



Diana Bloom planted and tends the Serenity Garden behind the Jamestown recovery center.

Special guests at the MHA **July recovery luncheon** were members of the Chautauqua County Coalition Against Domestic Violence & Sexual Assault. (See story on page 1.) In addition to presenting a certificate for two years of sobriety, Executive Director Mike Nordin announced the start of new groups including Memory Matters, fun with memory exercises, and The Healing Vine, a Christ-centered recovery and support group.



The July picnic meal was prepared and served by members of the Blackwell Chapel AME Zion Church; from left, Karen Johnson Neal, Burnetta Leeper, Becky Hemmis, Kaylee Stanton, and Shawn Hastings. Jeff Marsh, not pictured, provided the hot dogs, buns and condiments and did the grilling.



Narcan is the brand name for naloxone, a safe medication credited for much of the significant reduction in overdose deaths both nationally and in Chautauqua County. A limited supply of the nasal spray is free at the MHA in Dunkirk and Jamestown. Grants

Manager Michelle Colaiacovo is happy to provide Narcan training to any individual or group that is interested. She can be contacted via email at admin@mhachautauqua.org.

MHA Holidays

MHA's Jamestown and North County recovery centers close in observance of these holidays:

- | | |
|----------------------------|-----------------------------|
| New Year's Day | Independence Day (July 4th) |
| Martin Luther King Jr. Day | Labor Day |
| President's Day | Indigenous Peoples' Day |
| Good Friday | Veterans Day |
| Memorial Day | Thanksgiving |
| Juneteenth | Christmas |

Because celebrating positive milestones increases long term recovery, the Mental Health Association has monthly recovery luncheons that provide positive reinforcement to those in addiction and mental health recovery.

For the **August recovery luncheon**, Chautauqua County Sheriff’s Department members served the beef on weck meal provided by the Department and prepared by Elegant Edibles. Sheriff Jim Quattrone commended the MHA for its work, expressing his belief in the organization and offering his support. Executive Director Mike Nordin recognized three individuals for: cleaning and volunteer work at the front desk, securing an automobile, and celebrating seven years of sobriety.



Serving the meal at MHA's August recovery luncheon were Chautauqua County Sheriff Deputies Truman Purslow, Phil Lombardo, Joel Walsh, Sheriff Jim Quattrone and Sergeant Matt Gustafson.



MHA Executive Director Mike Nordin, right, introduced Chautauqua County Sheriff Jim Quattrone at the August luncheon.



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

Recognizing positive milestones is widely accepted as significant to long-term success in mental health and substance use disorder recovery. Open to all, MHA’s monthly luncheons celebrate these milestones and, like all MHA services, are free for guests. The MHA is seeking help in providing these lunches to upwards of 80 visitors.

If you are part of an organization that has the capacity to make a meal or share in its cost – or could do this on your own – please contact PR/Activities Coordinator Dianne Valvo at (716) 720-8098 or Dianne.Valvo@MHACHautauqua.org. In addition to the good feeling you’ll get, you will be recognized in a newsletter and a widely-distributed news release.



Thank you to everyone who contributed to the Mental Health Association in Chautauqua County through **Give Big CHQ** and/or **Give 716**. Because of you, we have added almost **\$3,000 to our Donation Fund** that directly assists the participants **MH serves** – for diapers, bus passes, clothing for work, drivers licenses and non-drivers ID, emergency housing, food...and more!



Make a Difference: Shop for/Donate to the MHA....

There are many ways you can help us achieve our vision for “a rich and satisfying life for people in recovery.” **Financial donations** are always appreciated, or you might have more fun shopping for **items we need**, from office and cleaning supplies to socks for participants. **Coffee** is welcome year round: any brand, basic flavors, bulk packages for making 100 cups a day.



Check out MHACHautauqua.org/Donate for all kinds of ways you can help, or just mail a check to MHA, 31 Water Street, Suite 7, Jamestown NY 14701.

Newsletter Staff:
Editor: Pat Bringer
Layout: Joseph Vaughn

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.

Family Support

A peer coach meets with parents and guardians to help them navigate issues with CPS and meet goals to keep or return their children.



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, PennWest Edinboro 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

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

Grief Support *

Discussion for those that have experienced loss of any kind.

The Healing Vine

Christ-centered recovery and support group.

Knitting for Well-being

Use knitting to improve your well-being.

Meditation & Wellness

Take a moment for yourself to learn to slow down, breathe deeply, and reconnect with your inner peace.

Memory Matters

Discussion on memory and how to preserve it.

Positive Parenting Program from

Free discussion workshops for parents of kids & teens.

Psych 101

Generalized discussion specific to psychiatric concerns

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.

For up-to-date info, find our calendars at MHACHAUTAUQUA.ORG/groups.

SMART Recovery

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

Trauma Support Groups - Men, Women, Co-ed, & faith-based
Skills to heal trauma for people in recovery.

Unwind Your Mind by

For those facing depression & anxiety in their daily lives.

Veterans Group

Open support group for veterans and their families

We Believe

12-Step recovery group based on biblical principles

Women's Group *

Open topic support group for women.

12-Step Groups

AA Living Sober, AA Look to This Day,

AA Starting Over

Alcoholics anonymous open meetings

CMA Crystal Clear

12-step support for crystal meth.





NA Down by the River

Narcotics Anonymous open meeting

We Believe

12 Step recovery group based on biblical principles.



-  **12-Step** - Structured format
-  **Restricted** - Access only for certain people
-  **Classes** - Full attendance required for completion
-  **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


Psych 101

Wednesdays 10:00 AM

**Facilitators: Tina Morgan
Ken Yergens**

Purpose: Provide basic educational opportunities specific to psychiatric concerns. This will lead to generalized discussion on related topics.

Gateway Center, Door 14
31 Water Street
Jamestown NY 14701



THE HEALING VINE

Christ-centered
recovery and support
group

When:
Every Wednesday
at 5:15 pm

For:
Anyone looking for
a safe place to heal
from habits,
addictions, hurts,
and struggles.
Family members
welcome.

Where:
MHA located
at 31 Water St.
Jamestown,
NY

Contact: Jessica at 716-294-1906 or just show up!

STARTING OVER

NEW AA MEETING IN DUNKIRK NY

**Tuesdays
12:00pm**

Grace Lutheran
Church
601 Eagle Street
Dunkirk, NY 14048

Good Things Happening...



MHA Spanish Outreach Peer Specialist Danny Rosario was featured on **Buffalo's Spectrum News** as one of the only bilingual peers in the region. Danny assists participants who struggle with the English language. He spends two days each week at the Dunkirk recovery center where **Luis Valentin**, in recovery from heroin use, said, "Thank God I met these people!" Having gone through his own battle with addiction, Danny understands first-hand the needs of those seeking or in recovery. For the full Spectrum story, visit MHACHautauqua.org/news/s25-06-09 or search online for "Bilingual peer hired to help Hispanic community in recovery."

Brandon Griggs received the **2025 Robert Guiffreda Memorial Scholarship** from Erie2-Chautauqua-Cattaraugus BOCES and the E2CCB Educational Foundation. The \$750 award supports his art classes at Jamestown Community College and his goal to be an art teacher. Brandon has co-facilitated the Jamestown Art in Recovery group and contributed to MHA's annual art exhibits. After volunteering to clean at MHA while taking classes, he became a part-time staffer in addition to passing the GED. Brandon is pictured holding his diploma with MHA Executive Director **Mike Nordin**.



MHA Transportation and Peer Specialist **Blaine "Buddy" Carlson** and PR/Activities Coordinator **Dianne Valvo** participated in Cummins Jamestown Engine Plant's Wellness Fair in June. OPEN Program Peer **Justin Jiminez**, not pictured, took their place later in the day.

...Continued from front

YWCA Jamestown's Empower Her Housing is a communal supportive housing program that provides a safe and stable environment for adult women and their children who are homeless or at risk of becoming homeless. Its Supervised Visitation and Safe Exchange program works collaboratively with local organizations and courts to encourage positive parent-child relationships as well as safe, happy visitations.

For more information about the CCCADVSA, find them on Facebook at CHQUnity.

MHA Board of Directors

- Sarah Trnum, President 🛎 Kimberly Lombard, Vice President
 Jake Kohler, Treasurer 🛎 Julie Apperson, Secretary 🛎 Judy Anderson 🛎 Lindsey Isaac-Lopus
 Kimberly Holt 🛎 Jennifer Howe 🛎 Sherry Lawson 🛎 Tom LeBeau 🛎 Sara Luther

...and More!

This year's **Hope and Healing Conference**, an annual one-day event in Western New York, was held at SUNY Fredonia in early June. MHA staff photographed afterward are, from left, Transportation and Peer Specialist **Blaine "Buddy" Carlson**, Grant Manager **Michelle Colaiacovo**, Executive Director **Mike Nordin**, PR/Activities Coordinator **Dianne Valvo** and Peer Specialist **Page Rodriguez**. Buddy and Dianne staffed the MHA table for the Resource Fair. Both Michelle, who gave a Hope Talk on CRAFT (Community Reinforcement and Family Training), and Page, who lead a breakout group on Child Protective Services and the federal Child Abuse Prevention and Treatment Act, received high praise for their contributions.



At the starting line are those taking part in the **7th Annual Heron Trail Run 5K Weekend** in memory of Dave McDonald. With music, food and family-friendly activities, the event was held in early August at the Heron Farm and Event Center. The Mental Health Association is honored to be chosen as the recipient of this year's proceeds.

The MHA's Jamestown recovery center is at the rear of the Gateway Center, the former manufacturing plant at 31 Water Street that is also home to St. Susan Center, Community Helping Hands, and other organizations. Thanks to the teamwork of staff and volunteers, the south and west sides of the building now have two large **directional signs**, making the MHA much easier to locate. IT Manager **Joseph Vaughn** designed and Finance Director **Jill Marsh** ordered the signs. Volunteers **Rod Dorchak**, on the left in the picture, and **Pete Carcione** mounted them.



Peer Specialist **Gordy Frederes**, at left, and OPEN Program Peer **Justin Jiminez** presented the **August Job Fair**. OPEN (Occupational Peer Empowerment Network) is the MHA program focused on workforce development, helping lift people out of poverty by overcoming barriers to gaining, maintaining, and thriving as employees. To learn more, contact Justin at OPEN@MHACHAUTAUQUA.ORG or (716) 490-4428.





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

Mark Your Calendar:
ART in RECOVERY EXHIBIT
6-8pm, Friday, September 26
St. Luke's Episcopal Church
410 N. Main St., Jamestown



UNITED WAY
Chautauqua
County

United Way supports
MHA, so support them at
www.UWayscc.org/ways-give

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 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.