

Mental Health Association in Chautauqua County 2025 Art in Recovery Exhibits



Since 2022, Art in Recovery exhibits have become part of the late summer/early fall programming at the Mental Health Association in Chautauqua County (MHA), and this year was no exception.

The Undercroft of St. Luke's Episcopal Church has been the home of the exhibit in Jamestown from its beginning. The first exhibit at the north county recovery center in Dunkirk's Grace Lutheran Church was presented in 2023.



Artists, friends, supporters and the public come to see the works created by participants in Art in Recovery groups held weekly in the MHA's Jamestown and Dunkirk recovery centers.

Staffers Dianne Valvo and Brandon Griggs facilitate the Jamestown group that meets at 2 p.m. on Wednesdays. The north county group meets on Wednesdays at 11 a.m., facilitated by volunteer Wing, who is credited with the success of their exhibit and was recognized at the October recovery luncheon (see page 2). New participants are welcome at both.



A grant from the United Arts Appeal of Chautauqua County Projects Pool Grants Program provided support for the exhibits both this year and last.

Pictured clockwise, from top right, are some of the artists whose work was on display at the Art in Recovery exhibits: Brandon Griggs, Mike Norberg, Wing, Tina Morgan, Cassidy James and Melita Lyon.



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

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.



At the MHA's **September recovery luncheon**, Executive Director Mike Nordin awarded certificates for 3, 7, 10 and 20 years of sobriety. Loaded backpacks were given away as prizes to two participants.

The meal was prepared and served by members of St. Luke's Episcopal Church in Jamestown; from left, Brian and Sandra Kearney, Sandy Harle, and Linda McCallum.



At the MHA's **October luncheon**, Executive Director Mike Nordin gave special recognition to Wing, who facilitates the Art in Recovery group at the MHA's north county recovery center in Dunkirk. The outstanding volunteer was responsible for Dunkirk's recent art show (see cover story). The meal was prepared and served by members of the Church of Jesus Christ of Latter-day Saints in Jamestown, from left, Jean Rolls, Betsy Trusel, Gail Smith, Pam Lucas, and Gary Lucas.



At the MHA's **November recovery luncheon**, Executive Director Mike Nordin introduced Victor Flores, project manager for the Recovery Options Made Easy (ROME) warming center. During Code Blue situations, when the temperature falls below 32 degrees, the building at 917 Washington Street in Jamestown provides emergency food and shelter. Hours are 5:30 p.m. to 7:30 a.m.; 8:30 a.m. on Mondays, Wednesdays and Fridays.



Mike announced that MHA hours beginning December 1 will be 9:30 a.m. to 4:30 p.m., at which time transportation will be provided to the shelter during Code Blue alerts.



The Thanksgiving dinner was prepared and provided primarily by, from left, Bonnie Weber of Be The Change You Want to See in Jamestown, and volunteer Bill Schmidt, with serving assistance from MHA board members Lindsey Isaac-Lupus and Jennifer Howe.

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

Open to all, MHA's monthly luncheons celebrate recovery milestones and, like all MHA services, are free. Could you help provide these meals to upwards of 80 guests?



For more information, 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.

MHA Support Groups

Anger Management

Working to develop skills for dealing with anger.

Art in Recovery

An artistic expression of your personal recovery.

Conscious Circle

12 universal laws.

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.

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.

Relapse Prevention

Guides to prevent triggers and pitfalls

For up-to-date info, find our calendars at MHACHautauqua.org/groups.

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.

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.

Upcycle Sewing

Make new from old with sewing & other techniques

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 meetings

CMA Crystal Clear  

12-step support for crystal meth.





We Believe  

12-Step biblical recovery group



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

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

Trauma Support Groups

Wednesdays 2:30 PM

Have you experienced trauma of any kind? If you have suffered any type of emotional, physical, or sexual abuse, you may be experiencing depression, anxiety, substance abuse, self-harm, self-isolation, anger issues, and physical or medical conditions directly or indirectly related to trauma.

In our trauma support groups, you will meet others who have suffered trauma in their lives. Safe and confidential, you will also gain understanding of the ways trauma impacts our lives and learn strategies to overcome behaviors and thoughts that negatively impact your life.

Grace Lutheran Church
301 Eagle Street
Dunkirk NY 14048



ANGER Management

Tuesdays 1:15 PM

Reserve your spot today!

Contact anger@mhachautauqua.org or the front desk 716-661-9044 for more information.
The true goal of anger management isn't to suppress feelings of anger but rather to understand the message behind the emotion and express it in a healthy way without losing control.



Grace Lutheran Church
601 Eagle Street
Dunkirk NY 14048



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 & project support for students from Jamestown CC, 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

Good Things Happening...

Volunteers Tina Morgan (left) and Diana Bloom represented the Mental Health Association at the late summer *(too late for the Summer Newsletter)*

“Be the Light: Anyone Can Save a Life” Vigil at Point Gratiot Park in Dunkirk.

The event led up to International Overdose Awareness Day on August 31, a time to remember those we have lost and to support the many families and individuals impacted by substance use. Highlights included live music, speakers, and family-friendly activities. Tina and Diana were part of the resource fair of local organizations providing harm reduction supplies such as Narcan and testing strips, as well as education and support services.



Pictured from left are trainer Bob Goold, staffers Brandon Griggs, Mike Nordin, and Jill Marsh, and volunteer Tina Morgan.

Cummins Jamestown Engine Plant and the MHA have collaborated on a number of projects in recent years, with Cummins employees helping with painting, cleaning, and outdoor tasks. The MHA is very grateful to Cummins for their recent grant to purchase an AED (automated external defibrillator), a medical device designed to be simple to use for the layperson, that can restore a normal rhythm to the heart during a sudden cardiac arrest. All MHA staff and volunteers recently received training in CPR and use of the AED.

Proceeds from the summer’s **7th Annual Heron Trail Run 5K** at the Heron Farm and Event Center in Sherman were donated to the MHA in October. Pictured presenting the \$2,700 check to Executive Director Mike Nordin are, from left, Heron Volunteer Coordinator Jen Raines, Trail Run Race Director Faith Graham, and Heron owner Julie Rockcastle. Jen is also a longtime volunteer at the MHA, where she leads the Recovery Yoga group.



MHA Finance Director Jill Marsh spearheaded a **Hat and Glove Drive** from mid-October through November 20. Donations were encouraged of new hats and gloves for men or women and were accepted at the Jamestown recovery center, Mondays through Fridays. Contributors are thanked for helping participants with the basic need to keep warm.

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 |

MHA Board of Directors

- Sarah Trantum, President 🛎 Kimberly Lombard, Vice President
 Jake Kohler, Treasurer 🛎 Julie Apperson, Secretary 🛎 Judy Anderson 🛎 Lindsey Isaac-Lopus
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31 Water Street, Jamestown NY 14701
Website: MHACHautauqua.org
Email: info@mhachautauqua.org
Call or Text: (716) 661-9044



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.



The Mental Health Association in Chautauqua County uses donations received on Giving Tuesday, December 2, 2025, the international day of charitable giving, to directly assist the participants it serves – to provide emergency housing, food, transportation, or even a small treat to celebrate achievements or provide a needed lift.



You can make a difference in someone's life! Please reach out to donate at MHACHautauqua.org/Donate, on the [MHA Facebook page](#), or by mailing a check to MHA, 31 Water St., Suite 7, Jamestown NY 14701.

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.