

## MHA Has Fundraiser at Frewsburg American Legion



The live music was a big hit! Daniel Nordin entertained on keyboard with his personal flavor on popular crowd pleasers.

On behalf of its participants, the Mental Health Association in Chautauqua County (MHA) held a fundraiser at the Frewsburg American Legion on Saturday, February 21.

Musicians Brian K. Chase on guitar and Daniel Nordin on keyboard were, “Amazing – everyone loved them!!” With donations from more than a dozen local businesses, prizes included over 50 baskets and gift cards.

Proceeds went to MHA’s Donation Fund that directly assists the people MHA serves – for diapers, bus passes, work clothes, boots, food, haircuts, shoes, and more.



Brian K. Chase opened the show with acoustic covers of classic favorites.



MHA IT Manager Joseph Vaughn made sure the sound was right!

MHA Finance Director Jill Marsh, who organized the event, reminds us that, “Basic needs aren’t luxuries. They’re the foundation of hope. When we meet basic needs, we restore dignity—and dignity changes lives.”

Jill encourages anyone who could not attend and would like to help to click on the Donate button at

[MHACHautauqua.org](http://MHACHautauqua.org)

or

[Facebook.com/MHACHautauqua](https://Facebook.com/MHACHautauqua).



Dunkirk recovery center volunteer Emma Kubica, left, and MHA Grants Manager Michelle Colaiacovo joined the fun.



### Jake Kohler Supports MHA in Memory of His Brother, Ollie

A constant MHA donor and supporter, Board Treasurer Jake Kohler sponsors an annual Super Bowl pool in memory of his brother, Ollie, who died from an overdose at the age of 19. Jake is pictured presenting a check for \$1,700 to Finance Director Jill Marsh.

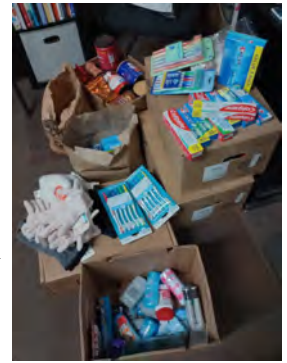
**The work of the Mental Health Association in Chautauqua County is made possible by support from**  
Chautauqua County Departments of Mental Hygiene and Health & Human Services  
Chautauqua Region Community Foundation ♥ Hultquist Foundation ♥ Lenna Foundation  
NYS Office of Mental Health ♥ Ralph C. 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, on the third Tuesday of the month, the Mental Health Association has recovery luncheons that provide positive reinforcement to those in substance use and mental health recovery. Everyone is welcome and, like all MHA services, the event is free.*

### December Recovery Luncheon

MHA Executive Director Mike Nordin recognized five participants for their accomplishments that included gaining employment, volunteering, completing the anger management course, and acquiring stable housing. St. Luke's Episcopal Church collected "tons of items" for participants and enough coffee for two months. The meal was prepared and served by St. Luke's members Linda McCallum, left, and Sandy Kearney, right.



MHA PR & Activities Coordinator Dianne Valvo assisted in serving.

### January Recovery Luncheon

Tattoo artist Denise de la Cerda was recognized for her volunteering. The owner of Secret Undisclosed Location in downtown Jamestown facilitates two new groups: Upcycle Sewing and Meditation and Wellness. Upcycle Sewing participants welcome donations of used fleece blankets or clothing to make fleece mittens using the three donated sewing machines that Denise repaired. Conduit Ministries prepared the meal that was served by, from left, staff members Jennifer Trusso and Dianne Valvo and volunteer Diana Bloom.



### February Recovery Luncheon

Executive Director Mike Nordin introduced Julie Flaker, the disability resource coordinator for Chautauqua Works. Julie described how she assists individuals and employers to improve employment outcomes for persons with disabilities. Mike awarded certificates to participants for completing the anger management course, 1,000 days of sobriety, and achieving their personal goals, like volunteering at the Humane Society. Finance Director Jill Marsh prepared the meal that was served by staff, from left, Dianne Valvo, Miguel Evangelista, Jill, Joseph Vaughn and JCC OTA intern Tori Titus.



## 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 60 guests?



For more information, contact PR & Activities Coordinator Dianne Valvo at (716) 720-8098 or [Dianne.Valvo@MHACHautauqua.org](mailto:Dianne.Valvo@MHACHautauqua.org). In addition to the good feeling you'll get, you will be recognized in an MHA newsletter and a widely-distributed news release.



## Good Things Happening...

MHA Executive Director Mike Nordin, right, and Grant Manager Michelle Colaiacovo were thrilled to receive a check for \$11,000 from Northern Chautauqua Community Foundation (NCCF) Board Member Adam Dimitri. The presentation was at November’s Community Foundation Week Celebration at the SUNY Fredonia Center for Innovation and Economic Development. “We are so grateful to the Northern Chautauqua Community Foundation for this generous award to the MHA,” Mike announced. “This grant will cover the costs for rent and supplies for our North County program for all of 2026.” The North County recovery center is at Grace Lutheran Church, 601 Eagle Street, Dunkirk.



All who came to the annual staff/volunteer Christmas party at the Jamestown recovery center gathered for a photograph to wish everyone on Facebook “Merry Christmas and Happy New Year from all of us at the Mental Health Association!!”

Jamestown Community College Occupational Therapy Assistant major Victoria (Tori) Titus interned at the MHA in January and February. The Coudersport, Pa., Area High School graduate developed a group protocol that will assist facilitators in monitoring their groups and interns in observing how the groups are run.

MHA’s Dunkirk location will be adding to their schedule with new groups and walk-in hours available 9:30 a.m.–4 p.m. on Thursdays starting April 9, as well as those same hours on Tuesdays and Wednesdays. Watch [MHACHautauqua.org/Dunkirk](https://MHACHautauqua.org/Dunkirk) for updates.

MHA Dunkirk is also searching for a bilingual (Spanish and English) peer to help serve the north county. Part-time hours; driver’s license required. Visit [MHACHautauqua.org/jobs](https://MHACHautauqua.org/jobs) for more info.



Tori explained that occupational therapy is about helping people become as independent as they can be with the activities of daily living. Of her experience at MHA, she says, “This placement has taught me humility. The people here are probably the nicest and kindest I have ever met.” Tori is a student of Sarah Trnum, JCC Professor/Director of OTA and president of the MHA Board of Directors.

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



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.

### 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.



### Shopping for 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 warm gloves for participants. **Coffee** is welcome year round: any brand, basic flavors, bulk packages for making 100 cups a day.



Shampoo, body wash, feminine hygiene products, men's and women's hats, and scarves are all needed. (No clothing, please.) Check out our wish lists at [MHACHautauqua.org/Donate](http://MHACHautauqua.org/Donate) for all the ways you can help, or make a difference with your donation on the [MHA Facebook page](#), in person, or mail a check to MHA, 31 Water Street, Suite 7, Jamestown, NY 14701.

## 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.

### Recovery Yoga by Jen Raines

Yoga techniques to support a healthy body and mind.

### Relapse Prevention

Guides to prevent triggers and pitfalls

### Rockin' Recovery

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

**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

**NA Down by the River**

Narcotics Anonymous open meeting

**CMA Crystal Clear**  





12-step support for crystal meth.

**We Believe**  

12-Step biblical recovery group



For up-to-date info, find our calendars at [MHACHautauqua.org/groups](http://MHACHautauqua.org/groups).

-  **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](mailto:programs@mhachautauqua.org)

## Recoveryyoga

Monday 5:30 PM



Join Certified Yoga Instructor Jen Raines exploring recovery in mind, body, and soul.

The class is open to anyone with any experience, any stage of recovery, regulars or occasional.

Seek your better self with good company.

Gateway Center, Door 14  
31 Water Street  
Jamestown NY 14701



## 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