

Mental Health Association Welcomes Upgrades, Thanks Volunteers



Both the Mental Health Association in Chautauqua County's Jamestown and Dunkirk recovery centers have received welcome upgrades.

The old crumbling outdoor step is now safely replaced for those entering the Jamestown center. Thanks to Ben Colaiacovo of Benny's Concrete in Dunkirk for the donation of his time and materials.

Jeff Marsh constructed the lovely and functional new reception area in Jamestown. Head Volunteers Bear Miller and Diana Bloom are happy to be able to use the space as

they provide leadership and direction for other volunteers. Jamestown will also be adding newer public computers.

Meanwhile, Dunkirk is adding public computers and a printer, as well as air conditioning, all with a grant from the Northern Chautauqua Community Foundation.

MHA is grateful for all this wonderful support!



Jamestown Adds Full-Time Bilingual Peer Coach



In late April, Sarina Rivera joined the staff at MHA's Jamestown recovery center. As our bilingual peer coach, she is focused on serving Spanish-speaking participants.

Born in Chicago, Sarina grew up in Puerto Rico and became a skincare therapist and make-up artist. Coming to Chautauqua County in 2010, she most recently worked for nine years at Community Helping Hands. She received a 2022 United Way Impact Award as someone whose life has been shaped by a United Way program and who, in turn, is making a meaningful difference in the lives of others. (MHA Peer Specialist Jessica Crooks was one of the other two recipients that year.)

Sarina is excited about her new position and plans to "polish the diamonds of Latinos in the community." She is starting a group in Spanish for Latinos, to prepare them for work.

Having completed the Bridges Out of Poverty workshop at The Resource Center, she wants to bring the program to the MHA.

The joy of Sarina's life is her daughter, a senior at Jamestown High School who will be going to SUNY Fredonia in the fall to become a music teacher.

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 ♥ Northern Chautauqua Community Foundation ♥ 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.



March Recovery Luncheon

Peer Specialist Gordy Frederes received a recognition and the Salvation Army's Emergency Basic Needs Supervisor Elizabeth Margarito described the free food and clothing the church provides at 83 South Main Street in Jamestown. The Salvation Army welcomes donations of clothing, small appliances, and non-perishable food at the same location. The delicious St. Patrick's Day meal was prepared and served by members of Jamestown's St. Luke's Episcopal Church, from left: Sandy Kearney, Heidi Bird and Linda McCallum.



April Recovery Luncheon

Ben Colaiacovo was thanked for his work replacing the concrete step outside the MHA's entry door (*see front page*). Grant Manager Michelle Colaiacovo recognized participants for accomplishments that included being promoted to a manager, graduating from drug court, and securing safe housing. She cautioned that Nitazenes, a class of synthetic opioids 40 times more potent than fentanyl, have been found locally. Narcan is effective in an overdose but may



need to be administered a second time; all drugs should be tested before use. From left, staffers Ed Lloyd and Jessica Crooks were assisted by volunteer Chelsea Gizowski in serving the meal prepared by St. Susan Center and delivered by Jessica Velasco (right).



May Recovery Luncheon

MHA Executive Director Mike Nordin presented certificates for achieving milestones in sobriety, becoming employed, a promotion at work, and completing drug court. Members of The Church of Jesus Christ of Latter-day Saints in Jamestown prepared and served the delicious meal for the luncheon. Pictured from left are Jean Rolls, Gail Smith, Barb Visker, Doug and Connie Foster, and Betsy Trusel.



The MHA Is Grateful....

...for all who provide recovery luncheons meals regularly—St. Luke's Episcopal Church (quarterly), The Church of Jesus Christ of Latter Day Saints (twice/year), Bonnie Weber/Be The Change You Want to See in Jamestown (Thanksgiving), and MHA staff (July picnic)—as well as Blackwell Chapel AME Zion Church, Chautauqua County Sheriff's Department, Conduit Ministries, and St. Susan Center,

To help by making a meal or sharing its cost, contact Finance Director Jill Marsh at (716) 450-0504 or Jill.Marsh@MHACHautauqua.org. Your support will be recognized in an MHA newsletter and news release.

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.

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 scheduled transportation to medical, court, employment, appointments or other supports.

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






MHA Support Groups

MHA Activity Groups

- Anger Management**  Working to develop skills for dealing with anger.
- 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.
- Relapse Prevention**
Guides to prevent triggers and pitfalls
- Trauma Support Groups - Women, Co-ed**
Skills to heal trauma for people in recovery.
- Unwind Your Mind** by 
For those facing depression & anxiety in their daily lives.
- Veterans Support**
Open support group for veterans and their families
- Women's Group ***
Open topic support group for women.





- Art in Recovery**
An artistic expression of your personal recovery.
- Brian's Bootcamp**
Exercise for healthy recovery.
- Music for Well-Being**
Free lessons, instruments provided.
- Rockin' Recovery**
Discussion on our favorite songs & how they make us feel.
- Upcycle Sewing**
Make new from old with sewing & other techniques
- Writing in Recovery** 
Encourage, share, and improve self-expression in writing to empower recovery and personal growth.

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

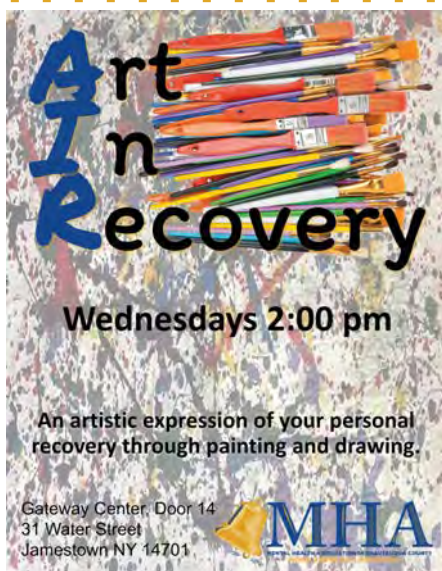


For up-to-date info, find our calendars at MHACHautauqua.org/groups.

-  **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



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



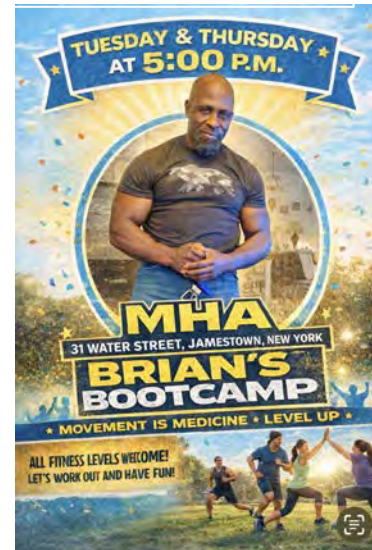
Good Things Happening...

Inspired by their colleague, Frewsburg native Nicholas Marsh (*fourth from the left*), **Marine Corps Recruit Depot San Diego drill instructors** contributed \$800 to the MHA. Nicholas hand-delivered the check to MHA's management team when he was home. The accompanying letter included: "Please accept this donation that recognizes the important work your team does each day...The impact of [your] work can be seen not only in the lives of those directly served, but throughout the entire community as understanding, acceptance, and access to care continue to grow. Because work in the mental health field can be emotionally demanding and stressful...it is our hope that this contribution helps recognize and honor the commitment, resilience, and compassion of your staff, while also encouraging opportunities for connection, appreciation, and renewal..."



The North County recovery center at Grace Lutheran Church, 601 Eagle Street in Dunkirk, has added a day to their schedule and is now open Tuesday–Thursday, 9:30 a.m.–4 p.m. 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 for more info.

Certified personal trainer Brian Mayo has returned to MHA to lead **Brian's Boot Camp** on Tuesdays and Thursdays at 5 p.m. at the Jamestown recovery center. The fitness class includes high cardio to help build muscle mass, strength, and create an overall good feeling and, like all MHA groups, it is free and open to the public. As Brian has said, "If you look good, you feel good. Exercise helps you in your recovery."



Hats off to **MHA's Jamestown Community College Student Interns** who received awards from JCC in May:



Brittany Samuelson (left), Addictions Counseling Award and Douglas Skuggen Memorial Award, and



Victoria Titus, OTA Impact Award!

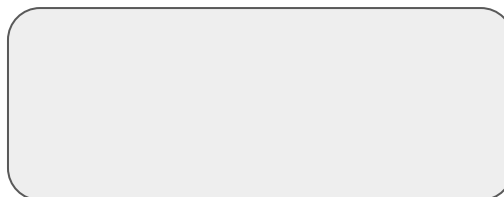
MHA is looking for **locations to place posters** about its relevant groups, such as veterans offices for posters about its veterans support group, funeral homes for the grief groups, medical offices for trauma support, meditation and wellness, anxiety and depression groups, and more. If you have space to display this information at your workplace or organization, call (716) 661-9044. Available as 8.5x11" or 11x17" See the posters at the bottom of page 4 for examples. Also ask about group schedules and brochures.

MHA Board of Directors

- Sarah Trnum, President 📍
- Kimberly Lombard, Vice President 📍
- Jake Kohler, Treasurer 📍
- Julie Apperson, Co-secretary 📍
- Sara Luther, Co-secretary 📍
- Judy Anderson 📍
- Kimberly Holt 📍
- Jennifer Howe 📍



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



**The MHA Needs YOU:
Thursday, June 11, 2026!!**

Support the MHA: Give Big CHQ - Thursday, June 11, 2026

With a **\$10,000 goal**, the Mental Health Association in Chautauqua County is reaching high this year for Give Big CHQ, the 24-hour online fundraising event 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 more!

MHA will be eligible for cash prize incentives throughout the day.

On Thursday, June 11 go to MHACHautauqua.org/GiveBigCHQ and GIVE BIG! *Thank you!!!*



Support MHA by visiting
MHACHautauqua.org/Give716

**EARLY GIVING WINDOW OPENS
JULY 1**

Give 716 Day

starts July 15, 2026 at 7:16 p.m. and culminates on July 16, 2026 at 11:59 p.m.



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!