

# Mental Health Matters



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The Mental Health Association of the Capital Region, Inc.  
Serving Dauphin, Cumberland, and Perry Counties.

February 2009 - Volume 2, Issue 1

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## FESTIVAL OF HOPE

March 28, 2009

Tribute to Honoree Dr. Denis J. Milke  
Showing of Joey Pantoliano's Movie CANVAS



Mental Health Association of the Capital Region, Inc.

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On **MARCH 28, 2009**, the Mental Health Association of the Capital Region will host The Festival of Hope, a new and unique event which will include the honoring of a champion of mental health, **Dr. Denis J. Milke**. Central Pennsylvania will also be introduced to actor **Joey Pantoliano** and his film Canvas. Canvas explores the difficult time families have coping with a family member with mental illness, and looks at the impact on children, spouse, extended family and the community.

Joey, who most notably played tough guy Ralphie on the hit show *The Sopranos*, will be offering a glimpse into his own personal battle with mental illness.

### Schedule of Events

Glenn W. Jones Mental Health Wellness Center at Marysville Square, Marysville, PA—FREE—open to the public

11:00 am Official opening of the Glenn W. Jones Mental Health Wellness Center. Free food, entertainment, wellness expo and kids' activities.  
Ribbon cutting by Joey Pantoliano.

Sunoco Theatre of the Whitaker Center for the Arts, Harrisburg, PA Tickets \$26.50—open to the public

2:00 pm We will honor Dr. Denis J. Milke, celebrating his important advances in mental health.  
2:15 pm Showing of Canvas, a feature film produced by and starring Joey Pantoliano, that portrays a family's struggle with mental illness. After the showing, Joey will conduct a question and answer session for audience members.

Tickets for the showing of Canvas are \$26.50 and may be purchased through the Whitaker Center box office by calling 717-214-ARTS or by visiting online at [www.whitakercenter.org](http://www.whitakercenter.org)

### Corporate Sponsorship Opportunities Available

*"The greatest healing therapy  
is friendship and love."*

*- Hubert H. Humphrey, 36th Vice President of the  
United States*

## *Tri-County Mental Health Wellness Program 2008-2011*

### *“A Healthier Mind is a Happier Life!”*

In April 2008 the Mental Health Association of the Capital Region, Inc. launched a three year **MENTAL HEALTH WELLNESS CAMPAIGN** for Cumberland, Dauphin and Perry Counties.

Just like all other illnesses, recovery from a mental illness is greatest when early proper treatment is received. The Board of Directors believe that the greatest humanitarian effort one can have is to actively work towards every man, woman and child, regardless of age, race or ethnic background, receiving early proper treatment at initial onset of a mental illness. Our entire world will be healthier when this goal is obtained.

Treatment works only if you can get it. Only one out of two people who seek treatment receive it. A ground swell of support and participation is needed to improve lives, and strengthen families and communities across Pennsylvania.

Your personal support here in the tri-county area pushes us towards achieving this highly humane goal.

Working together we will succeed in providing:

**ADVOCACY—PREVENTION—EDUCATION—NOW! (A PEN!)**

**A PEN IN THE HOME, A PEN** in the schools, **A PEN** in the workplace, **A PEN** in Senior Centers, **A PEN** in hospital, **A PEN** throughout the tri-county area.



Access and assistance must occur promptly as early treatment saves lives and strengthens families and communities. There should be no wrong door when someone seeks help. The Mental Health Association of the

Capital Region, Inc. will oversee the development, implementation and success of helping people seek immediate care.

Clifford Beers (1876-1943) understood the challenge when he launched the citizen's volunteer mental health movement. Beers had been a patient in private and public mental institutions in the early 1900's, where he was subjected to harsh and ineffective treatment. It was out of this nightmare that his dream was born: prevention of the onset of mental illness and increased attention to the humane treatment of people with a mental illness.

The Mental Health Association of the Capital Region, Inc. founded in 1956 is continuing its work toward accomplishing the mission set by Clifford Beers in 1909. The MHACR is embarking on a three year campaign -“**A Healthier Mind is a Happier Life**”.

*Sharon Cole Engdahl,*

## **Mental Health First Aid Comes to the Capital Region**

The National Council for Community Behavioral Healthcare brought **Mental Health First Aid Training** to the United States from Australia in 2008. The Mental Health Association of the Capital Region (MHACR) applied for and was selected to receive Instructor Training in providing interested individuals certification in Mental Health First Aid. To date only 100 individuals from across the United States have been instructor certified in Mental Health First Aid. **Two board members from the MHACR attended a week long instructor training course in Orlando, Florida in early October and the MHACR is ready to train anyone and any organizations' or businesses' employees in Mental Health First Aid.** Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. Mental Health First Aid is an empirically-backed public education and prevention tool—it improves the public's knowledge of mental health problems and connects people with care for their mental health problems. Members of the public who enroll in local Mental Health First Aid training learn a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health problems.

Employers, schools, organizations, and others are encouraged to contact the MHACR at 957-HAND or at [mentalhealthassoc@comcast.net](mailto:mentalhealthassoc@comcast.net) to register for training.



## *Welcome Our New Executive Director*

*Effective January 5, 2009, Ruth Hope Woodlen will lead the Mental Health Association of the Capital Region, Inc. as its Executive Director. Ruth resides in Dauphin County.*

*After an extensive search, the Board is pleased to have Ruth accept the position. Ruth's qualifications for the job are exceptional. Her experience in non-profit organization leadership, program development and advocacy, and exposure to working with diverse groups to achieve pre-established goals, will be an asset as the Mental Health Association of the Capital Region, Inc. moves forward with mental health initiatives in the tri-county area (Cumberland, Dauphin and Perry Counties). For the past two years, Ruth served as a Staff Therapist for Pennsylvania Counseling Services, Harrisburg, providing Counseling Services to clients from the tri-county area. Prior to this role, for twenty-five years, she served as a local pastor in The Eastern Pennsylvania Conference of the United Methodist Church. In this local pastor role she served in various church locations in the Philadelphia area—duties included administrative responsibilities, fundraising, preaching, pastoral and community care. Her most recent church assignment involved a congregation of over 1,100 members. While in the Parish Ministry in the Philadelphia area, Ruth was an Adjunct*

*Faculty member at Eastern Baptist Seminary, Director of Ridge Group Ministry, and Director of Asbury Ministry at Drexel University. Ruth received her Bachelor of Science degree in Education from West Chester University, her Master of Divinity degree from Wesley Theological Seminary, Washington D.C. and a Master of Religious Education degree also from Wesley Theological Seminary.*

*The Mental Health Association of the Capital Region is a critical component in a partnership with citizens united together as a resource for mental health that educates and advocates for individuals, families and the community in Cumberland, Dauphin and Perry Counties. The education, experience and skills that Ruth brings to the Mental Health Association of the Capital Region as our new Executive Director will go a long way in accomplishing the mission of the Association.*

*Please join with us in welcoming Ruth Hope Woodlen.*

*Alyce Spector*

*President of the Board*

*Mental Health Association of the Capital Region, Inc.*



**The Glenn W. Jones Mental Health Wellness Center and the Mental Health Association of the Capital Region, Inc. located in the Square of Marysville at 111-115 Valley Street Extension which is just off Routes 11 & 15. The Wellness Center has a library of resources for the public and meeting room space. Office hours are 8:30 a.m. to 4:30 p.m. Monday through Friday.**

## Mental Health Insurance Parity Becomes Law in the United States...

We are pleased to report the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 was a component of the economic stabilization bill which became law on October 3, 2008.

This law requiring employers to cover mental health conditions equitably with general illnesses is an historic achievement of tremendous importance. It has taken the Mental Health Association of the Capital Region, Inc. and numerous other advocates across the country nearly two-decades of fighting to obtain this victory.

Traditionally, insurance companies have charged mental health patients higher deductible and copayments than those charged for other medical services. Now individuals suffering from mental illness and addictions will have access to the help they need and deserve.

The Paul Wellstone (Deceased) and Pete Domenici (R. N.M.) Mental Health Parity and Addiction Equity Act establishes a federal minimum for benefits and not a federal cap on such benefits. A minimum floor of protection allows states to provide additional consumer protections for their citizens. **Mental Health and/or substance abuse disorder statues that provide greater consumer protection than the federal law will remain operative.** The provisions of the law take effect in January 2010 and will require equality for deductibles, copayments, out-of-pocket expenses, coinsurance, covered hospital days, and covered out-patient visits. The measure does include a small business exemption for companies with fewer than fifty



(50) employees, as well as a cost exemption for all businesses. The new law builds on the current 1996 federal law that required equal coverage for annual and lifetime dollar limits.

**How does this new federal law impact Pennsylvanians?** There is the potential that up to 2.8 million additional individuals in Pennsylvania will have access to insurance coverage for mental health conditions under this new law.

**In Pennsylvania, Act 150 was passed in 1998. This State law is not mental health insurance parity.** Rather, health insurance plans for firms with 50 or more employees are required to cover such serious mental illnesses as schizophrenia, bipolar disorder, obsessive-compulsive disorder, major depressive disorder, panic disorder, anorexia nervosa, bulimia, schizoaffective disorder and delusional disorder. This law was a major victory for the Mental Health Association of the Capital Region, Inc. and other groups who were part of the Mental Health Anti-Discrimination Coalition in the late 1990s.

Dr. David Shern, Ph.D., President and CEO of Mental Health America states "The new (federal parity) law recognizes that mental health is integral to our overall health and that mental health and substance use conditions are just as treatable as other medical conditions. Now we as a nation must build on this effort by approaching mental health with the same urgency as other health conditions."

**Other States in the nation provide greater protections than the new federal law. Pennsylvania does not. We will continue our mission to educate and advocate to end mental health discrimination.**

### Mental Health Advance Directives Available in Pennsylvania...

In 2004 Pennsylvania passed a law, Act 194, that enables all Pennsylvania residents to plan ahead for mental health services and supports. Everyone should have a Mental Health Advance Directive. A Mental Health Advance Directive offers a clear written statement of an individual's medical treatment preferences or other expressed wishes or instructions. It can also be used to assign decision-making authority to another person who can act on that person's behalf during times of incapacitation. Advance Directives offer several key benefits. Correctly implemented and executed, they can:

- Promote individual autonomy and empowerment in the recovery from mental illness;
- Enhance communication between individuals and their families, friends, healthcare providers,

and other professionals;

- Protect individuals from being subjected to ineffective, unwanted, or possibly harmful treatments or actions; and
- Help in preventing crises and the resulting use of involuntary treatment or safety interventions such as restraint or seclusion.

A booklet has been developed by organizations in the state to assist people in preparing an Advance Directive (Power of Attorney or Declaration or both). The booklet includes forms and instructions and answers frequently asked questions. These same materials are available for Providers and Mental Health Agents. Please contact the Mental Health Association by phone at 717-957-HAND (4253) or email us at [mentalhealthassoc@comcast.net](mailto:mentalhealthassoc@comcast.net) to request Mental Health Advance Directive booklets. (*Spanish versions are also available.*)



### Veterans & Their Families...

Many returning soldiers and their families are experiencing the effect of **Post Traumatic Stress Disorder (PTSD)**. Symptoms range from nightmares, insomnia, mild depression, to severe recurrence of stressful events. Untreated this can lead to self-imposed isolation, divorce, alcoholism, unemployment and drug and alcohol abuse. Other mental health problems being experienced are **clinical depression** and **traumatic brain injury (TBI)** and left untreated may have the same negative occurrences.

Brigadier General Loree Sutton, M.D., Special Assistant to the Assistant Secretary of Defense for Health Affairs says, "We need to put psychological injuries on par with physical injuries, a task that requires transforming the culture of the military." Did you know that of the more than 325,000 returned Iraq and Afghanistan veterans who have been seen at the U.S. Department of Veterans Affairs (VA) health facilities, 39 percent have mental health diagnoses, including nearly 68,000 with PTSD and an equal number with TBI? Furthermore, in 2007, about 2,000 active duty service members attempted suicide and 121 succeeded in taking their own lives, the highest number since tracking began in 1980.\*

The U.S. Substance Abuse and Mental Health Services Administration, the Department of Defense and the Veterans Administration are utilizing the **public health model** to service soldiers, veterans and their families who are bearing the "invisible wounds" of war. The public health model supports the notion that it is inherently better to promote health and prevent illness before an illness begins. Well-being, prevention and treatment are the cornerstones of this approach to health and the model **recognizes that mental health does not reside solely in the individual but within the web of interactions among the individual, the family, the military unit, the neighborhood, and the community where a returning veteran lives.** These federal agencies are collaborating with state mental health and substance abuse agencies to implement the model. **Pennsylvania Americans showing Compassion, Assistance, and Reaching out with Empathy for Service members (PA CARES)** is the task force working for you here. **PA CARES'** mission is to network and work collaboratively to develop initiatives to meet the needs of service members, veterans, and their families. If you or someone you know is having trouble obtaining treatment for a mental health problem we can help advocate for access to care, mental health insurance benefits under your plan, etc.. Contact us at 717-957-HAND or by email at [mentalhealthassoc@comcast.net](mailto:mentalhealthassoc@comcast.net). **WE CARE.**

\*Source: SAMHSA News, September/October 2008, Volume 16, Number 5

## *May 2008 Tri-County Golf Tournament/Scramble at Manada Golf Club, Inc. a Big Success!*

The Mental Health Association of the Capital Region, Inc. wishes to thank the **Law Office of Darrell C. Dethlefs** who once again sponsored this very important and fun event. Registration and lunch began at 10:30 a.m. at the Manada Golf Club, Inc. located at 609 Golf Lane, Grantville, Pennsylvania. The Shotgun start for the scramble kicked off at 11:45 a.m. A steak dinner was provided at the end of the tournament along with an awards ceremony and many door prizes.

The Association would like to recognize, thank, and encourage you to support those who contributed to the success of this annual fundraiser.



## *New Behavioral Health Facility Opens...*

PinnacleHealth collaborated with Penn State Hershey Medical Center to open the Pennsylvania Psychiatric Institute (PPI) which is a new organization devoted to enhancing access to psychiatric care in central Pennsylvania. The Institute opened in April as a 74 bed facility with specific units dedicated to children and adolescents, adults, and geriatric patients.

In July the Board of Directors of the Mental Health Association of the Capital Region, Inc. met with the new medical director of the new Pennsylvania Psychiatric Institute ([www.papsychinst.org](http://www.papsychinst.org)), Dr. James Hegarty, to discuss ways we can work together to enhance mental wellness in the tri-county area.

The Association is working with PPI to bring a additional Mental Health Wellness Programming to the area and to provide support programs for all those in need.

Their support enables the Association to continue its important and much needed work in providing education, advocacy and early access to proper treatment.

### • **Law Office of Darrell C. Dethlefs**

- Hempt Brothers, Inc.
- Greg Allen Remax Realty Professionals, Inc.
- Enders Insurance
- Philhaven
- Robert Jones Appraisers
- David Lyon Ameriprise Financial
- Rick Zalek & Bonnie Henderson Remax Realty Professionals
- Yingst Homes
- Higher Information Group
- Homestead Group Inc.
- AmeriChoice Federal Credit Union
- Cleveland Brothers
- Appraisal Works
- Commtowers Inc.
- K R MacDonald Inc.
- National Frozen Food Association

- North Mountain Settlement Services
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- Pavone Advertising Inc.
- Raymond Jones
- GMAC Mortgage
- McNees Wallace & Nurick
- The Daylor Group
- Transcorp Enterprises
- Geoff Shuff
- Campbell Commercial Real Estate
- PNC
- Tires Plus
- B J Hilles
- Theo's
- Tobacco Company
- D.L. Stevick
- JoJo's
- Dauhlin Highlands
- Armitage Golf Course
- Village Auto in Lemoyne
- Carmella's
- Giotti's
- Manada Golf Course
- Budget Rent a Car of Hbg.
- Steve Lane/State Farm Inc.
- Callen-Kinback
- Classic Cleaners
- Zeiderelli's Pizza
- Blue Ridge Country Club
- Joyful Creations
- Alyce & Mort Spector
- Harrisburg Senators
- Campbell Commercial Real Estate

- Omega Products
- Members 1st Federal Credit Union
- Mary Fortran
- Nick Roganish
- Chris Jones
- LaVonya Stilo
- Gary Holman
- Amy Hempt
- Bob Jones
- Bob Hamilton
- Vince Myers
- Douglas Weiser
- Richard Zalek
- Sharon Cole Engdahl

*Plan now to join us in May 2009 for our next annual golf scramble fundraiser.*

## *Learn more about that personal care home...*

The state Welfare Department is making more information available on its Web site about personal care homes for the elderly and disabled. The department has a new searchable directory of personal care homes that lists information such as the types of licenses they hold and copies of violation reports and is adding other data to the site such as the number of inspectors it employs and the number of homes that have been closed or face closure by the state. Go to:

[www.dpw.state.pa.us/ServicesPrograms/](http://www.dpw.state.pa.us/ServicesPrograms/)

## School Issues...



Does your child dread school, refuse to go, or is constantly being disciplined, sent home, or even sent to an alternative school? Then, individualized planning for students with behavioral challenges is needed.

- Get a Thorough Evaluation - If a student is having trouble succeeding in a school setting, families and professionals must first find out whether the student is able to do the tasks asked of her/him during the school day. A thorough evaluation is key to accurately answering this question. This is not a brief interview with an evaluator, but a series of tests and a clinical interview with both the child and family which determines strengths and weaknesses.
- Testing Abilities- A Wechsler Intelligence Scale for Children (WISC) should be performed, as well

as WISC or similar achievement tests. This will let everyone compare your child's abilities to their achievements.

- Address Social and Emotional Needs— Once academic issues are being addressed, students may still have problems with their emotional and social skills in school. While medication and counseling can help these issues, the long term solution must include giving a child the coping and performing skills to be successful managing emotions and social connections.

For further information supporting this article please go to [www.pachildrensnews.org](http://www.pachildrensnews.org)

## How the Association can help you...

### ADVOCACY

- Assist persons with a mental health concern in obtaining prompt appropriate treatment and services.
- Assist persons with mental health insurance coverage problems
- Work with individuals, their families and friends to ensure better services within the community.
- Monitor mental health planning to advocate for the needs of those living in the tri-county area.
- Promote mental health prevention and wellness in the tri-county area.

### EDUCATION

- Sponsor a speakers bureau, library including audio visual aids that promote mental health wellness, provide information about the nature of causes, appropriate treatment and services, and instill in everyone the truth that recovery happens.
- Conduct seminars, workshops and training regarding mental health/mental illness and related subjects.
- Distribute educational materials relating to the promotion of mental health wellness and the prompt, appropriate treatment of mental illnesses.

### EARLY INTERVENTION

Please call 957-HAND to register for one of our early intervention programs below.

- **Pregnancy & Post-Partum Mental Health Wellness Support Group** meets at the Glenn W. Jones Mental Health Wellness Center, every Thursday evening at 7:30 p.m.
- **Obsessive Compulsive Disorder (OCD) Peer Support Group** in Trinity Lutheran Church, 2000 Chestnut Street, Camp Hill, PA, Room 235, 3rd Monday of the month, 6:30-8:00 p.m.
- **Mental Health First Aid Training** is a 12-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.
- **Depression and Bipolar Support Alliance-Harrisburg Chapter Peer Support Group** Tuesdays 7:00 p.m. - 9:00 p.m.

1st & 3rd Tuesdays @ Trinity Lutheran Church, 2000 Chestnut Street, Camp Hill, PA 17011.

2nd & 4th Tuesdays @ the Pennsylvania Psychiatric Institute, 6th floor Landis Bldg. Training Room 4, 2501 N. 3rd St., Harrisburg.

- Free Prom Dress Program opened to all in the tri-county area March through May—call for an appointment.

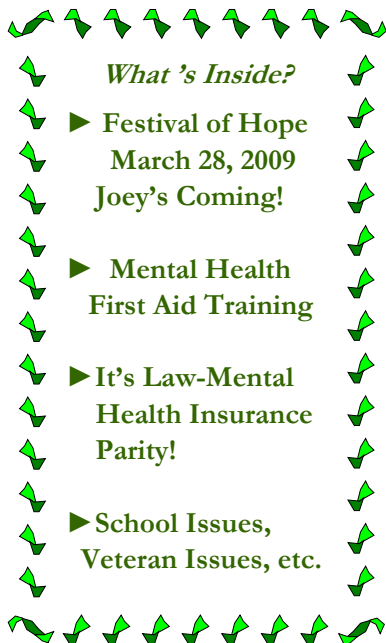
## What you can do to help...

- Learn the signs of the various mental diseases and know that different age groups and cultures present differently in regards to symptoms relating to a mental health problem.
- Speak out against those who stigmatize and discriminate against individuals stricken with a mental health disease.
- Seek help early from a medical doctor and follow up with a mental health therapist, if directed.
- Give support and encouragement to the individual and their family & friends.
- Attend counseling sessions with your loved one so you can help them follow the health care providers' directions for recovery.
- Attend a support group.
- Remember you or your loved one will get well!
- Support the Association with your time, talents and monetary contributions. Call 717-957-HAND now to volunteer and/or use the enclosed donation card.

Mental Health  
Matters



Mental Health Association of the  
Capital Region, Inc.  
111 Valley Street Extension  
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*An Affiliate of the Mental Health Association of Pennsylvania*

*The*  
**Mental Health Association**  
*of the Capital Region, Inc.*



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The Association is a 501(c)3 non-profit corporation.  
All contributions are tax deductible.

***The Mental Health Association's Mission Statement:***

*"The Mental Health Association is a partnership of citizens united together as a resource for mental health that educates and advocates for individuals, families and the community.*

***The Mental Health Association's Vision Statement:***

*"The Mental Health Association envisions a just, humane and healthy society in which individuals with a mental illness are accorded dignity and the opportunity to achieve their full potential, free from stigma, prejudice and other barriers to recovery. The Mental Health Association values a holistic recovery-oriented approach to mental health which empowers individuals and their families to participate in a solution oriented treatment planning process based on a sound recovery philosophy."*