Mental Health Association
of the Heartland

Advocacy, Education and Support in Kansas and Missouri
739 Minnesota Ave.
Kansas City, KS 66101

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For questions, please contact Ann at (913) 281-2221 ext. 107 or Marie at (913) 281-2221 ext 115.

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- To only order the directory complete the order form below and mail with your payment.
- To decide on a membership level, review the following information and benefits. Complete the order form below and return with your payment.

Membership Levels:

Member (up to $49.99)
(Membership dues are fully tax deductible within the limit prescribed by law)

- Mental Health Association of the Heartland agency newsletter (published 3 times a year)
- Invitations to Community Education and special events, and MHAH's annual meeting
- Mental Health Association lapel pin

Bronze Bell ($50.00 to $99.99)
(Member value - $56.00)

- All Member benefits plus:
- A downloadable or hard copy of In the Company of Others

Silver Bell ($100.00 to $249.99)
(Member value - $96.00)

- All Bronze Bell benefits plus:
- Mental Health Association Member's card (This card entitles you access to our Resource Library and up to 100 copies of selected brochures)
- $30.00 coupon towards a Community Education Program
- Recognition in the agency annual report

Gold Bell ($250.00 and up)
(Member value - $120.00)

- All Silver Bell benefits plus
- Public recognition and acknowledgement at the Annual Meeting
- An inscribed copy of A Mind that Found Itself: the autobiography of a man with bipolar disorder who persevered to found the National Mental Health Association in 1909 (200 pp.)

Become a Bronze bell member or higher and receive a FREE downloadable or hard copy of In the Company of Others.

ORDER FORM

In the Company of Others ONLY

	Non-Member	Bronze/Silver/Gold Member	Amt.
Hard Copy *(Allow 10 days for processing)*	$55.00	Free	
Downloadable copy *(allow 3 days for download instructions)*	$55.00	Free	

Membership Form

☐ Member (up to $49.99) ☐ Bronze Bell ($50.00 to $99.99) ☐ Silver Bell ($100 to $249.99)
☐ Gold Bell ($250.00 and up)

Total amount enclosed $

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Business phone number: _____ Business fax number: _____

☐ I wish to remain Anonymous ☐ You may publish my name in your Newsletter and Annual Report

I support the Mental Health Association of the Heartland's mission and vision and would be honored to be a donor member. Signature: _____

Payment Information: ___ Check (make payable to: Mental Health Association of the Heartland) ___ MC/VISA
Name (as it appears on your card): _____
Billing address: _____ Card number: _____
Signature: _____ *(signature is required for credit card payments)* Expiration date: _____

The Mental Health Association
of the Heartland

NEWS

Advocacy, Education and Support in Kansas and Missouri

Spring/Summer 2005

Mental Health Association of the Heartland Opens New Site

On March 18th, 2005 the Mental Health Association of the Heartland celebrated the opening of its second permanent supportive housing program, Marion Apartments, with a Ribbon Cutting and Home Tour ceremony. In attendance were more than one hundred MHA of the Heartland supporters, who were each given tours of the new building by enthusiastic and grateful residents, many of whom consider Marion Apartments their first "real home."

Marion Apartments is the culmination of over three years of hard work by the Association and its continuum of care partners in the Leavenworth community. The building's construction and the program's operations and support services are partially paid for by the U.S. Department of Housing and Urban Development (HUD), which also enabled the establishment of the MHAH's original permanent supportive housing program in Kansas City, Missouri. Modeled on this award-winning predecessor, Marion Apartments provides homes and support services to ten chronically homeless individuals with mental illness, the majority of whom are veterans. The presence of the Dwight D. Eisenhower Veteran's Administration Medical Center and Fort Leavenworth means that the City of Leavenworth has a unique need to increase resources geared to serve veterans, particularly in the area of housing.

To address this problem and reflecting its belief that all people deserve safe, affordable, and decent homes, the Association spared no expense to ensure that the apartments would be the pride of each resident. Every unit came fully furnished with new appliances and furniture. Some of the MHAH's many supporters, especially the Kansas chapter of the VFW Ladies Auxiliary, took a detailed interest in the prospective needs of chronically homeless individuals, providing every resident with all of the items necessary to live independently, from dish towels and flatware to coffee pots and toasters.

With its carefully designed, research-based programming and the assistance of the MHAH's many partners, Marion Apartments residents will have not only a permanent place to truly and proudly call "home," but also the support needed to keep them there.

More information on Marion Apartments and the Mental Health Association of the Heartland's permanent supportive housing model is available on-line at http://www.mhah.org/programs/housing/index.html.

Our Mission

Mental Health Association of the Heartland is dedicated to promoting the mental health of the community, and improving the lives of persons with mental illness, through advocacy, education and support.

President's Message

Susan Crain Lewis, President/CEO

The past few months at the MHAH have been ones of growth, partnership and collaboration. As we prepare for our 10 year anniversary the Board, Staff and I have taken time to reflect on the people and organizations with whom we've worked to make our agency strong, our programs successful and our vision of a just world free from prejudice and stigma a closer reality.

Our stories this issue, from front page coverage of the opening of Marion Apartments, to our volunteer recognition and United Way Day of Caring on page 2, to our national and local partnerships, described on page 3 all reflect the truth that mental health is a public and community concern.

We are pleased and gratified that so many committed people are working together with us to realize our mission of promoting the mental health of the community and improving the quality of life for persons with mental illness.

Through membership, volunteering or donation we hope you to will join us if you haven't done so already!

Susan Crain Lewis, President/CEO

2004-2005 VOLUNTEERS

Mental Health Association of the Heartland is truly proud of our volunteers! The gift of time and their efforts help enable our agency to accomplish our mission and goals.

Marlene Adams
Melinda Adams
Vicki Altman
Sharon Anderson
Bobby Anderson
Alicia Arnold
Gail Atkins
Betty Bables
Mary Barry
Dianne Belcher
Susan Bellis
Marie Bernhard
Kathy Boyd
Janice Bryan
Kate Buchta
Julie Burman
Art Butler
Aaron Christ
Christie Thomas Collier
Jennifer Collins
Maria Cooper
Patty Cowan
Eunice Curry
Evelyn Dooling
Neil Dooling
Sandy Downs
Lane Dykes
Marnie Evans
Joann Fierst
Janie Foley
Kathy French
Jill Fudge
James Glen
Doug Haynes
Judy Hemmert
Shana Jones
Tina Kaminski
Mary Karch
Robert Kistler
Cora Linn
Wendell Maddox
Espinola Marshall
Kathleen Martin
Gene Maya
Kathy Maya
Jay Middleton
Angela Obi
Roxanne Orozzo
Linda Quinn
Petra Robinson
Pete Sachen
Herman Shaffer
Resha Shestha
Jenna Stainbrook
Angela Stoey-Scott
Tina Streeval
Mary Supp-Haney
Tony Terwelp
Craig Tisdale
Marlene Townsend
Angela Van Dieren
Sandy Vukas
Gregory Warrior
Demetria Warrior
Stacey Webb
Ilka Weigley
Crystal West
Tina Winslow
Chris Zaylor
Jenny Zimmerman

Thank you all for all the wonderful hard work and time that you give to our agency.

If you are interested in becoming one of our volunteers, please contact Ann Jones at (913) 281-2221 ext. 125 or e-mail: ajones@mhah.org

2005 United Way's 11th Annual Day of Caring

Saturday, June 25th, the Mental Health Association of the Heartland was abuzz with community volunteer activity. Over 30 volunteers representing the United Way of Wyandotte County and the Internal Revenue Service participated in the Day of Caring. The crew arrived at 8 a.m. to begin to work inside and outside the office.

The United Way volunteers rolled up their sleeves and planted a beautiful "Prairie Fire" crab apple tree. They cleaned the flowerpots, then planted beautiful fresh flowers. We give thanks to Earl May Nursery for donating flowers and soil, and for extending a discount on the tree. While one United Way volunteer group was working on planting, another group worked on washing the outside windows and cleaning the parking lot. The exterior of the office has been enhanced. Ann Jones organized the outside activities.

Marie Bernhard, (Special Projects Coordinator) and Shellie Arriaga, (Director of Community Education) organized indoor office activities. The IRS crew worked on counting, sorting, and preparing educational materials that MHAH uses for Community Education classes and Health Fairs. The latter half of the day the IRS volunteers tackled the monstrous task of boxing, labeling and organizing the basement files. Many hands make light the work! Everyone did a great job.

The board and staff are most grateful to our local United Ways for sponsoring the 2005 11th Annual Day of Caring. We truly appreciate the help given from the volunteers from Wyandotte County and the Internal Revenue Service.

Peer Support Programs On Tour

June of 2005 was a month of recognition for the Compassionate Ear Program and the WASA (Wellness and Support Advocate) Program.

The Kansas Recovery Conference was held in Wichita, Kansas from May 31 until June 2nd and the Compassionate Ear Program was honored by the opportunity to present to an audience of approximately forty mental health consumers and professionals. S.I.D.E. Incorporated, a local consumer-run organization, and Petra Robinson, the Compassionate Ear Program Coordinator, shared how the program empowers mental health consumers, giving them opportunities to build confidence and self-esteem, and inspiring many of them to transition from "volunteering" into part-time or even full-time employment.

Shortly thereafter, the NAMI Annual Conference was held in Austin, Texas. Petra Robinson presented at this conference on behalf of both the University of Kansas School of Social Welfare Supported Education Group and the WASA (Wellness and Support Advocate) program. The presentation was well attended, highly interactive, and a significant amount of interest was shown, particularly in the WASA program. The WASA Program is a successful initiative that places mental health consumers in positions of trust and responsibility within the industry of care. WASA's have been placed at **MHAH** and also at partner agencies such as **Rose Brooks** (a domestic violence shelter), **KC Free Health Clinic**, **reStart** (a homeless shelter), and a supportive permanent housing program overseen by the **Housing Authority of Kansas City, Kansas** and **Wyandotte Center for Behavioral Health Care Inc**. (a.k.a. 915 Washington). The WASA program has recently received an $86,000 expansion grant to hire and additional three new WASA's and includes three new partner sites (El Centro, Coalition For Independence, and Marion Apartments).

Other highlights of the conference were seminars on: Bringing Bipolar Awareness Day to your community, Crisis Intervention Training, Decriminalizing Mental Illness, and Transforming the Mental Health Workforce.

Petra did a wonderful job and we are so proud to have her on staff at the MHAH!

Gearing up to Celebrate!

Q: Which mental health advocacy group in Kansas City is both among the oldest and the newest in the country?
A: The Mental Health Association of the Heartland.

The Mental Health Association of the Heartland formed in 1996 through the consolidation of three local MHAs -- the MHA of Wyandotte County, the MHA of Johnson County and the MHA of Greater Kansas City - making it the first multi-state MHA in the country. The roots of the predecessors date to the early 1920's making Kansas City one of the earliest locations for a MHA (the Mental Health Movement began in 1908).
Board, volunteers and staff are gearing up for a big celebration in July 2006 to mark and celebrate our progress and to galvanize us all for the work that remains to be done.

Central to the celebration will be the display of our national emblem, the MHA bell, which was cast from shackles which restrained person in asylums. Stay tuned to learn who will ring this powerful symbol, and how you can see it and participate in the festivities.

For more information contact Susan Crain Lewis at (913) 281-2221x 122 or slewis@mhah.org.

Making the Most of your Mental Illness Series...

Tony Terwelp, Consumer Advocate

are workshops and seminars that are sponsored by the Mental Health Association of the Heartland and The Depressive Bipolar Support Alliance Greater Kansas City. The series is designed for individuals with a diagnosed mental health problem, their families, significant others, care providers and healthcare professionals. Each session provides up-to-date information and resources that encourage wellness and recovery. CEU certificates are available to professionals at $5.00 per workshop/seminar. The workshops/seminars are held at the Old Mission United Methodist Church at 5139 State Park Road, Fairway, KS from 7:00-8:30 PM. The following tentative schedule has been developed for the 2005-2996 year:

Series 1: Laws Governing Mental Health Problems

August 25, 2005 - Understanding the American Disabilities Act (ADA)
September 22, 2005 - Understanding How the New Medicare-Part D May Effect You
October 27, 2005 - Understanding your Rights as a Consumer Under HIPAA

Series 2: Combating Symptoms of Mental Illness

January 26, 2006 - Alternative Ways of Dealing with Symptoms of Mental Illness
February 23, 2006 - Interpersonal Relationships: Building the Supports that Sustain You
March 23, 2006 - Families, Friends and Co-Workers: Effective Ways of Supporting Persons Who Show Signs of Mental Illness

Series 3: Intra-Personal Development

April 27, 2006 - Grieving the Loss of Your Old Self and Defining the New You
May 25, 2006 - Increasing Your Self-Esteem by Recognizing Your Strengths and Weaknesses
July 27, 2006 - Enhancing Your Life by Balancing Your Mental Health

If you are interested in CEU's or just attending, you can receive a registration form by either calling Shellie Arriaga, Director, Community Education at 913/281-2221 ext.112 or by e-mailing her at sarriaga@mhah.org