

June 20, 2016

MHAG TIMES

WELCOME SUMMER

Just as temperatures are on the rise and tempers start to fray, MHAG is offering our popular Anger Management course in the evening. Our first evening class was sold out, so we are offering it again starting July 20th. See page 4 for more details. We are also pleased to bring David Granirer for the first ever Stand Up for Mental Health comedy show in Greensboro. More about that on page 2 There's lots more inside so grab a cold beverage and dive in!



Donna Shelton, Executive Director



“There is no wrong way to do art.”



VOLUNTEER SPOTLIGHT

MHAG is grateful to Mary Christoph for volunteering to teach the Art class every other Friday afternoon. She has brought fresh ideas and enthusiasm to the group, including creating beautiful shamrocks for St. Patrick's Day!

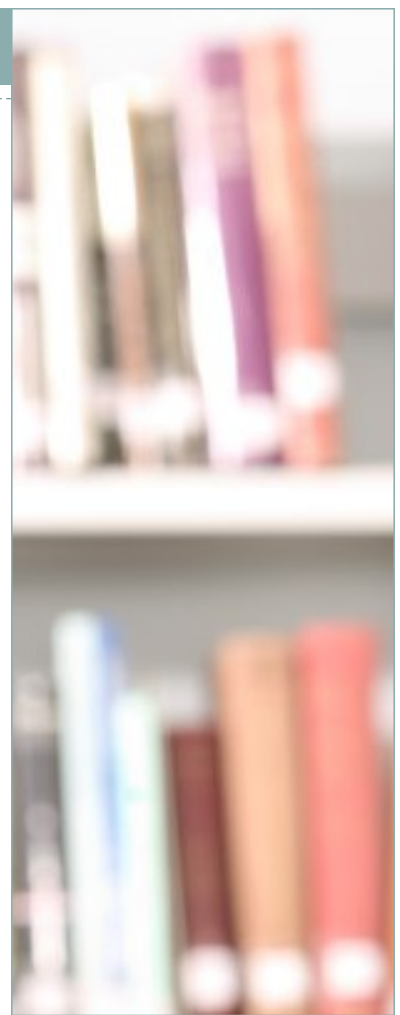
Mary is a nurse by training, so she has a lot of experience teaching and helping others. She has taken several MHAG courses, and that familiarity with our services and clients is an added plus for the art class.

Mary believes that art is for everyone, finding beauty in the unique ways in which each individual peer expresses their own creativity. We are fortunate to add her talent and support to our volunteer pool.

Interested in volunteering? Have a unique skill or talent that you'd like to share? Go to www.mhag.org and fill out a volunteer application.

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NEXT COURSE START DATES

Principles: July 18th

Concepts: August 3rd

Anger Management: August 5th

WMR: July 7th

WRAP: June 21st

ATTENDANCE POLICY

Classes must begin with sessions 1 or 2 except for WRAP, which has to begin with Session 1. In order to begin classes an orientation is required. To schedule an orientation, please call the office and ask for our Director of Program Development.

GRADUATION DATES

June 30th

September 29th

December 20th

Graduation will be held quarterly, at noon, to include graduates of all classes since the prior graduation ceremony.

PROVIDER ACADEMY

July 12: Symptoms as Indicators of Unmet Needs,

August 12: Abstinence Based Treatments vs. Medicated Assisted Treatment Training

September 13: Prescription Drug Epidemic: The Impact of Drug Diversion on the Community

October 11: The Power of Peer Support

November 8: Current Drug Trends

STAND UP FOR MENTAL HEALTH

Most people think you have to be nuts to do stand up comedy...Counselor and Stand Up Comic David Granirer offers it as a form of therapy!

David Granirer is a counselor, stand-up comic, mental health keynote speaker and author of the Happy Neurotic, How Fear and Angst Can Lead To Happiness and Success. He performs, maintains a counseling practice and teaches Stand-Up Comedy Clinic at Langara College in Vancouver, where he takes people from all walks of life who have had a secret desire to do stand-up comedy and after eight weeks has them on stage performing at a comedy club.

A pioneer in the use of humor to increase wellness, reduce stress, and cope with change, David has also taught stand up comedy to recovering addicts and cancer patients. His work was profiled in the Global TV documentary Laughing Through The Pain and in the Voice Award winning documentary Cracking Up.

He founded Stand Up For Mental Health, a program teaching stand-up comedy to people with mental illness as a way of building self-esteem and fighting public stigma. Stand Up For Mental Health has groups across Canada and the U.S.

David also has depression. It first hit when he was 16. After an increasing downward spiral of drinking and abusing prescription drugs, he attempted suicide by overdosing on pills and was taken to the psych ward. He remained there for 6-weeks before being released. He states, "Upon my release, I felt this crippling shame, this horrible sense of being flawed and bad. Back then no one talked about mental illness, you just knew it was something terrible and unacceptable."

Since then he has received years of therapy and taken medication while still enduring periodic bouts of depression. "Seeing people talking about their mental illness through comedy would have made such a difference to me at that point in my life. To have mental illness brought out of the closet in that way, to have role models who were funny and courageous would have been huge in helping me to overcome my shame. It would have given me hope that recovery is possible."

SEE DAVID LIVE IN GREENSBORO!

Date: August 5, 2016
Time: 7:00pm to 8:00pm Dessert and Cocktails
8:00pm to 9:30pm Show
Location: The Crown at Carolina Theatre
Tickets: On sale at www.carolinatheatre.com



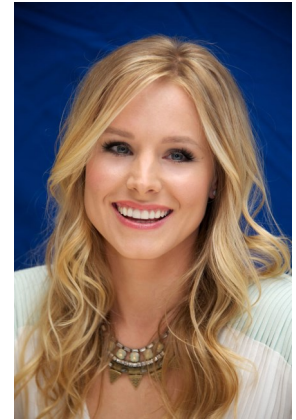
KRISTEN BELL: I'M OVER STAYING SILENT ABOUT DEPRESSION

When I was 18, my mom sat me down and said, “If there ever comes a time where you feel like a dark cloud is following you, you can get help. I want you to know that there are options.”

I’m thankful for her openness on this silent subject because later, that time did come. I felt plagued with a negative attitude and a sense that I was permanently in the shade. There was no logical reason for me to feel this way. I was at NYU, I had friends and ambition—but for some reason, there was something dragging me down. Luckily, thanks to my mom, I knew that help was out there—and to seek it without shame.

For me, depression is not sadness. It gave me a complete and utter sense of isolation and loneliness. I felt worthless, like I was a failure. Now, after seeking help, I can see that those thoughts couldn’t have been more wrong. It’s important for me to be candid about this so people in a similar situation can realize that they are not worthless and that they do have something to offer. We all do.

We’re all on team human here, and let’s be honest—it’s not an easy team to be on. In order for all of us to experience the full breadth of team human, we have to communicate. Depression is a problem that actually has so many solutions. Let’s work together to find those solutions for each other.



Excerpted from: Motto from the Editors of TIME: “Kristen Bell: I’m Over Staying Silent About Depression” at <http://motto.time.com/4352130/kristen-bell-frozen-depression-anxiety/?iid=sr-link1>

“It’s important for me to be candid about this so people in a similar situation can realize that they are not worthless and that they do have something to offer. We all do.”

~Kristen Bell

OPTIMISM, BY ROSALAND M. HARRIS (a peer)

I have to look up with optimism
just to find a happy beginning.
I feel nothing but pity,
for what some people teach
and I shake my head with utter sadness
as I listen with such scorn
shaking that 3,000 lb. gorilla off
my back and evacuating that space,
only to hear the same names, but
different faces talking without depth,
or not thinking the destruction they’d caused.
I refuse to carry that ape again
after lugging it around for 40 years;
Thinking I’m nothing, I’m ugly!
Killing my silence and my penchant for love.
I got in and now stand out,
still looking up with optimism.



MENTAL HEALTH

ASSOCIATION IN GREENSBORO

The Mental Health Association in Greensboro provides leadership in identifying and addressing mental health needs in Greensboro and serves as an advocate for the mentally ill. The Association seeks to maximize the mental wellness of individuals, families and communities through education, services, and collaboration with mental health professionals. The Association serves as a portal for those seeking mental health information and services.

Hold the date!

November 12, 2016



www.sheaschase.com

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EVENING ANGER MANAGEMENT CLASS



MHAG IS PLEASED TO ONCE AGAIN OFFER ANGER MANAGEMENT CLASS IN THE EVENING!

The Anger Management course helps participants to develop new skills to manage their anger response. It combines relaxation, reasoning, and communication skills that present participants with options drawing on these different interventions, and encourages them to develop individualized anger control plans using as many of the techniques as possible.

- Dates:** Every Wednesday from July 20th through September 14th 2016
- Time:** 7:00pm to 8:30pm
- Location:** Mental Health Association, 301 E. Washington Street, Suite 111 Greensboro, NC 27401 (entrance is off Hughes Street)
- Fee:** \$15
- Register At:** www.mhag.org



Class is limited to 15 participants.

Registration is required, and is closed after the second class.

Participants must begin with the first or second class, and must be 18 or older.

In order to obtain a Certificate of Completion, participants may not miss more than 1 class and must attend beginning with the first class.

MENTAL HEALTH RECOVERY SUMMIT 2016

MHAG is pleased to once again partner with Cone Behavioral Health and Greensboro Area Health Education Center to offer *Mental Health Recovery Summit 2016: Empowering Providers to Integrate the Recovery Model, Trauma-Informed Care and Crucial Conversations.*

The provider-oriented summit will be held September 30th. Check the MHAG website for more details coming soon!

