



March 4, 2016

# MHAG TIMES

## CHECK OUT OUR NEW NEWSLETTER!

I am pleased to present the new MHAG newsletter. It replaces the monthly Wellness Academy Newsletter and bi-monthly MHAG flyer. The new newsletter will be published quarterly. We have new programs, new staff and new participation rules to tell you about, so please enjoy this first edition of the MHAG Times.

*Donna Shelton, Executive Director*

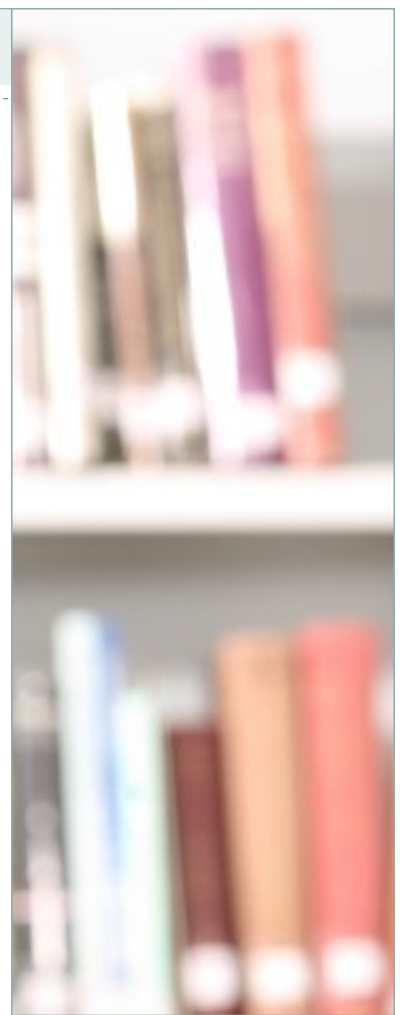


## NEW SUPPORT GROUP

MHAG will begin offering a new support group starting Spring 2016 called **Bridging the Gap**. Since changing the attendance policy in our Wellness Academy, peers may have to wait to begin a course/series if it is in the middle of the course cycle. This support group will be held twice a week, Monday and Wednesday afternoon, from 3:00-4:30pm and be open to those who are awaiting the new cycle of a class to begin.

The new group will be broken into two sections, support group style discussion and skill-based (coping skills, etc.) content. Our mission is to provide an opportunity for participants to share and gain support from other group members, as well as walk away from the group with a potential new tool to use in their recovery.

The new support group will begin meeting on Monday, March 21st at MHAG.



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### 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 Programs.

### NEXT COURSE START DATES

Principles: February 29

Concepts: March 30

Anger Management: April 1

WMR: April 7

WRAP: April 12

### GRADUATION DATES

March 31

June 30

September 29

December 20

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

## WRAP CLASS CHANGES

Dianne Walker, a Copeland trained WRAP facilitator, has brought our curriculum up to date to meet Copeland Center standards, as well as teaching the 20 hour (2 hours per week)/10 week WRAP class to our peers. She has experience teaching in groups and is dedicated to delivering the content as designed by Mary Ellen Copeland.

We currently have 11 peers enrolled in class! We also have numerous peers awaiting the next WRAP cycle to start April 5, 2016.

Both of these cycles of WRAP will graduate and receive their certificates at the June 2016 graduation.



## WELLNESS ACADEMY UPDATE

MHAG is offering new enrichment class curriculum this Spring.

Gaby Boni, our student intern from UNC-Charlotte will be facilitating a new class called Down the Rabbit Hole. This series was developed by Gaby and Alyse Sapp and uses the story of Alice in Wonderland to go through 8 types of cognitive distortions. During the eight week series, peers will learn the eight types of "stinkin' thinkin,'" be able to identify them in their own life, and engage in practicing ways to redirect their automatic thoughts to more realistic, mindful based thoughts.

The Four Agreements, based on a best-selling self-help book by Don Miguel Ruiz, has been modified to be used at the Servant Center with their veteran population. Scott Ciallella, MHAG CPSS, will be facilitating this 5 week class at The Servant Center.





## COMMUNITY OUTREACH

Merciful Hands Day Program (MHDP) contacted Madonna regarding opportunities for referrals from their program. After consultation with staff from both organizations, MHDP participants were offered the opportunity to participate as a group in MHAG core classes.

Madonna, Alyse and Stephanie met with MDHP staff and peers and oriented them to the Wellness Academy, in keeping with our desire to be more flexible in responding to community needs. MHDP will provide bus transportation and supervisory staff so that this cohort of 15 peers may attend the class together.

The first class they will attend will be the Monday morning Recovery Principles class. Alyse will co-facilitate with David Cray due to the size and unique nature of the group.

Staff are excited about this opportunity to test out a new way of offering our services to a new segment of the community. MHDP staff and peers have already expressed interest in completing the Concepts of Recovery class next.

### MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is an eight-hour training certification course that teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual.

Register and review upcoming trainings online at [www.mhag.org](http://www.mhag.org)

Upcoming Dates:

May 3, 2016

### YOUTH MENTAL HEALTH FIRST AID TRAINING

Youth Mental Health First Aid is designed to teach adults who regularly interact with young people how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Upcoming Dates:

April 5, 2016

June 13-14, 2016



**PROVIDER ACADEMY 2016**

March 8: Fostering Resilience in Clients Facing Loss or Change

April 12: Counselor Cultural Competency Training

May 10: HIV and STI education, testing and referral for mental health professionals

June 14: Committed to Continuing

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



**PROVIDER ACADEMY**

The first Provider Academy of 2016 was a success with Lucy Wellmaker, M Ed. from the Women’s Resource Center discussing how to maintain your Life Balance using the Wheel of Life exercise. Living a balanced life means we are not being pulled too hard in any one direction. Balance helps us feel calm, grounded and clear-headed. Providers learned ways to round out their wheel and create a smoother ride on their journey of helping others.

Provider Academy is a series of free workshops for all mental health and substance abuse providers and peer support specialists. Addiction counselors and peer support specialists receive 1.5 NCSAPPB General Skill Building Hours for each session. These trainings

are held at the Mental Health Association the first Tuesday of every month. Register and review upcoming trainings online at [www.mhag.org](http://www.mhag.org)



**MENTAL HEALTH RECOVERY SUMMIT**

Last year’s Mental Health Recovery Summit Open Minds: Eliminating Stigma and Overcoming Stereotypes through Collaboration was a huge success. The Mental Health Association is excited to partner again this year with Cone Health and Greensboro AHEC. The collaborative partners are hard at work lining up guest speakers from across the country to bring new and innovative thinking in the area of mental health recovery to this year’s summit. Providers, mark your calendar for September 30, 2016.



## RONDA ROUSEY ISN'T ASHAMED OF OPENING UP

One week after she admitted to contemplating suicide following an “unthinkable” knock-out in Australia, and one day after rival Holly Holm said she would “never get that low” following a loss in the octagon, the ever-honest Ronda Rousey doubled down on her stance that we need to discuss, and thus normalize the discussion of, suicide in our every-day lives.

And she’s right. Rousey, who lost both her father and her grandfather to suicide, broached the topic on “The Ellen DeGeneres Show” eight days ago, saying that she felt as if she were “nothing” after her November defeat.

“[We need to take] the stigma away from everything suicide and [make] it actually acceptable for people to talk about and look for help and not feel ashamed of themselves for it,” Rousey explained.

If we are truly interested in aiding and alleviating the pain of those who are suffering right now, we need to stop wincing at the notion of depression and tiptoeing around the presence of mental illness.



Excerpted from: Huffington Post Healthy Living: “Ronda Rousey Isn’t Ashamed Of Opening Up About Her Mental Health”

[http://www.huffingtonpost.com/entry/ronda-rousey-mental-health\\_us\\_56cdc177e4b0ec6725e4887c?utm\\_hp\\_ref=mental-health](http://www.huffingtonpost.com/entry/ronda-rousey-mental-health_us_56cdc177e4b0ec6725e4887c?utm_hp_ref=mental-health)

*“I’m scared of failure all the time. But I’m not scared enough to stop trying.”*

*~Ronda Rousey*

## DO THIS WHEN YOU WANT TO QUIT

You’ve tried—really you have. But you’re not seeing results, and you feel like you don’t have more to give. Everyone reaches this point sometimes—whether with school, work, or in relationships. So, there’s no shame in wanting to quit. But being in this state of mind—or actually quitting—can be depressing and demoralizing. Of course, persisting may be a foolish pursuit. So what should you do?

Try the following:

**Pause:** Stop pushing yourself and take a moment to regroup. Then find ways to let go of the tension you hold in your body. Do some deep breathing, listen to soothing music, or go for a jog. Do whatever works for you to clear yourself of the building stress.

**Reflect:** Try to reflect on your situation without being self-critical. Remember, you didn’t consciously choose to be in this position. Just as you would with someone else, give yourself some understanding. Encourage yourself to be honest. It’s okay to acknowledge being at your limit. Doing this can free you to consider what you’ve learned about yourself. But be careful not to take the lessons too far. Telling yourself that you are “a failure” is unnecessarily. You could not have known—until trying it—how well suited

you would be to this new venture.

**Redirect:** Now it’s time to re-evaluate your situation. Do you still really want to pursue your current path? If you do, is there a realistic way to turn things around? This might mean getting a job coach or a therapist. Or, maybe it means doubling down on your efforts. It is important to find support and encouragement. You might look to supportive friends and family, or others who have travelled similar paths.

If you decide that you really don’t want to stay on your current path, think about what you have learned from your recent experience. Take these lessons seriously – they were hard won. Then, using what you’ve learned, turn your attention to what you want to do next. By looking forward to a new aspiration, and not running away from a perceived failure, you will feel motivated to continue on.

~Dr. Becker-Phelps, Clinical Psychologist

Excerpted from: Psychology Today: “Do This When You Want to Quit”

<https://www.psychologytoday.com/blog/making-change/201603/do-when-you-want-quit>



## OUR MISSION

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.

### Mental Health Association in Greensboro

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## THE GRIEF RECOVERY METHOD



AS OUR SEASONS ARE CHANGING FROM WINTER TO SPRING, SO ARE THE PROGRAMS AT MHAG.

WE ARE EXCITED TO ANNOUNCE OUR FIRST EVENING COURSE!

We welcome Nancy Hull!

Nancy is dedicated to supporting people who have experienced loss on their journey of life. After experiencing twenty-two deaths and multiple traumas starting at the age of seven, Nancy became convinced of her calling to help others face loss with compassion and hope. She became certified through the Grief Recovery Institute as a Grief Recovery Specialist, and is currently offering individual and group sessions.

With life comes loss. When we first hear the word 'grief' we think loss of a loved one, but there are many types of loss:

Death

Divorce or end of a relationship

Loss of a career

Loss of trust

Loss of faith

Loss of safety

Loss of health



Incomplete recovery from grief can have a lifelong negative effect on your capacity for happiness. The Grief Recovery Method course offers participants the specific actions needed to complete the grieving process and accept loss. If this has been a part of your journey and you are ready to regain a sense of aliveness, then come join us for this eight week course.

**Dates:** Every Tuesday from March 22nd through May 10th, 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)**

There is no fee to take the course, but participants must purchase the course book at a discounted price (\$15.00). Advance registration and payment for the course book is required. Please register and pay at [www.mhag.org](http://www.mhag.org).