

Mental Health Matters

Winter 2011

Find us on Facebook 

A Message From MHADC Director Jacki Brownstein

MHA of Dutchess Soon to Open New Program:

For over two years MHA has been anticipating the opening of a Personalized Recovery Oriented Services program. Now, we are ready to open our doors in the next couple of months. We are transforming what used to be our clubhouse programs to a rehabilitative and restorative PROS program. The Beacon Wellness Center at 249 Main Street will be the site of PROS. We are currently developing the program with its components of Community Rehabilitation and Support, Intensive Rehabilitation, and On-going Rehabilitation and Support. After numerous trainings and workshops, a lot of discussion and even more paper work, we are getting ready to implement this exciting new venture.



People with mental illness enter the program and through an assessment process, create a recovery plan that supports their individual goals and desires. In developing the plan they assess their strengths and identify barriers caused by their mental illness in achieving their goals. Then PROS services that will help them overcome those barriers and help in the restoration of functional abilities are identified. During the process, mental health recovery is promoted.

SAMHSA defines recovery as a "...journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."

We at MHA want to be partners in that journey as we welcome people into the Beacon Wellness Center.

In This Issue

Noteworthy Staff News

MHA Fall Successes

Quick Links

[Visit Our Website!](#)

[Jacki Brownstein announces retirement; Read details from MHA Board President](#)

[MHADC Seeks Executive Officer](#)

[Join Our Mailing List!](#)

[Donate to MHADC](#)

NOTEWORTHY STAFF NEWS !



MARLENE TAYLOR, COORDINATOR OF COMMUNITY EDUCATION, completed a 35 hour Transformative Mediation Training in October. The training was offered by the Mediation Center of Dutchess County and is a program of the New York State Unified Court System's Office of Alternative Dispute Resolution and Court Improvement Programs.,

EMILY ROBISCH, DIVISION DIRECTOR OF FINANCE & ADMINISTRATION, was elected to the Board of Directors of the Mental Health Association in New York State.

It is with great pleasure that Family Support and Advocacy Services (FSAS) announces that two of our staff have achieved the Family Peer Advocate credential. **Ms. Lynn Rogers and Ms. Kasha Morgan** both completed the requirements for the credential earlier this fall.

In order to achieve the FPA credential, one must demonstrate extensive personal and professional experience as a family advocate, training in key skills and competencies, and a commitment to ongoing professional development. A key requirement of the application is also letters of support from colleagues and supervisors.

Each applicant for the FPA credential must also have completed the Parent Empowerment Program training (PEP), developed by Columbia University and the New York Psychiatric Institute. The PEP training is a 40-hour, week-long experiential and classroom training, followed by six monthly group telephone supervision sessions, facilitated by two of the original PEP trainers. Each month, every PEP trainee must "present" a family he or she is working with for group feedback and assistance. A Certificate of Completion for PEP is given only after the six group sessions have been successfully completed.

The application for the FPA credential is itself a major exercise in self-examination and a thorough record of both personal and professional experience. The application is lengthy and takes about two months to complete.

Ms. Rogers and Ms. Morgan submitted their completed applications during the summer of 2011, and received their Family Peer Advocate credentials in the fall. FSAS and the MHA offer them both congratulations on this professional validation of their wonderful work with families!

MHA FALL SUCCESSES

"SWING AWAY STRESS"

On Friday, September 23, 2011, Christos Restaurant in Poughkeepsie provided not only a lovely setting, but also delicious dinners for Mental Health America of Dutchess County's major fund-raiser of the year, "Swing Away Stress".

Inspired by the reality television shows such as "*So You Think You Can Dance*", and "*Dancing With The Stars*", more and more people are once again excited about dance. MHA has emphasized the importance of dancing for years as one way to maintain wellness and as a great stress release by featuring it in our signature fund-raiser held each year. By playing a wonderful mix of music, *The Harvest Band* drew attendees to the dance floor and allowed everyone to "exercise" in a fun way during the evening.

With generous support from the community through attendance, journal ads & listings, sponsorships, table purchases, donations, raffle tickets, silent auction bids and stock donations, MHA had its most successful dinner-dance ever. Only our 50th Anniversary Gala held back in 2004 raised more funds for the people we serve.

WREATH SALE

When the time came to send out the familiar "green" flyer for Mental Health America of Dutchess County's annual wreath sale, everyone was commenting on how warm the weather was, and how hard it was for them to even "think" about the holidays. Thankfully, all of our longtime supporters looked beyond the thermometer and placed their orders...enabling us to have a very successful fund-raiser...selling 862 wreaths, and exceeding last year's total by 75 wreaths.

This sale could not take place without the individuals, businesses, and organizations in our community who believe in the mission of MHA, and continue to support our fund-raising efforts that strengthen and enhance our mental health programs and services that we provide to those working toward recovery.

Bringing Wellness Home,

