

Issues and Insights

Mental Health Association of Wells County

Volume 6

Issue 17

What's Inside

Did You Know	Pg. 1
Health	Pg. 2
Mental Health Centennial	Pg. 3
New Domestic Violence	
Law	Pg. 3
Mental Health Medication	
Access	Pg. 3
Coming Events	Pg. 4
Dues are Due	Pg. 4



Spring
is
Here!!!

Change of Address?

Please be sure to let us know if your address, phone number, or e-mail address changes so that

I don't miss your copies of Issues and Insights, the Mental Health Association of Wells County newsletter.

Report changes to:

Mental Health Association of Wells County, 223 West Washington St., Bluffton, IN 46714. Telephone number 260 824 1514

"DID YOU KNOW"

THERE'S NOTHING TO DO!!

SPRING has finally "sprung"! My it as an adventure and a great learning experience. Bring home memories to share with your relatives and friends. If you live in an area where there are rules for using facilities or curfews, abide by them. Don't make a pest of yourself. Many persons are in the same situation you are in and caring and sharing is the standard for everyone.

Before long the kids will be out of school for the summer and "what can I do" will be the question. Many students who are old enough to get a job won't be able to get one because of the tough economic situation the country is in. (Dad and/or mom may be currently unemployed, too.)

I'm sure there is plenty to do around the house but that might be considered too much work. Besides, who sees what has been done but the people living at that house?

Whether you are "city folk" or "country folk", there are plenty of fun things to do that doesn't involve going too far away from home or costing much. A "stay-cation" (stay at home vacation) could be an adventure. A different family member could be in charge of planning the day's events. Each planner should plan things that involve all family members. Don't try to outdo each other—have fun!

If your family is lucky enough to go on vacation (even if it is a short one and not far from home) enjoy every minute. Think of

it as an adventure and a great learning experience. Bring home memories to share with your relatives and friends.

If you live in an area where there are rules for using facilities or curfews, abide by them. Don't make a pest of yourself. Many persons are in the same situation you are in and caring and sharing is the standard for everyone.

When I was a kid, "vacation" was just a word. Going to visit relatives 125 miles away was a big deal and it only lasted a couple of days. In the summer, the neighborhood kids spent hours riding bikes, playing hopscotch, tag, reading each other's comics and playing games on someone's front porch. There were plenty of things to do! Moms would make Kool-Aid and maybe popcorn and we had all we wanted. Before we knew it, someone's mom would be yelling to come home for supper. If one kid had some chores to do first and needed help, we all worked. Usually the chores were done under the supervision of an adult (mom or grandma). We had fun all year long.

Make the most with what you've got and be happy.

SMILE (it's contagious!)

By: Jean Reef

Mental Health America Offers 10 Tools to Help You "Live Your Life Well"

With increasing economic troubles piled on to the stress of work and family demands, more and more Americans are suffering. In fact, 58 percent of Americans reported struggling in their lives at the end of 2008, according to the Gallup-Healthways Well-Being Index. This represents an increase of more than 22 million Americans who reported struggling earlier in the year.

During these difficult times, Mental Health America wants you to know that there are tools that can buffer the effects of stress and help you cope better with the many challenges you face. This May, in honor of Mental Health Month, the organization is launching the **Live Your Life Well** campaign to provide you with 10 specific, research based tools that can combat stress and promote health and well-being.

Live Your Life Well website (LiveYourLifeWell.org) provides 10 research-based, straightforward tools and ways to apply them in everyday life. From relaxation techniques to journaling exercises to simple ways to get better sleep and improve eating habits, the site offers a wide range of resources to build resiliency and well-being. The 10 Tools of **Live Your Life Well** also includes information on seeking the help of a mental health professional.

These tools do not require making drastic changes to your life or a large time commitment. The website provides clear, easy-to-understand information on how to incorporate these changes into your life, and all of the contents are free to the public.

To learn more about each of the Tools and how to incorporate these steps into your life to better manage stress, visit the **Live Your Life Well** website at www.LiveYourLifeWell.org or contact your local Mental Health America affiliate at: 260-824-1514.

Note: To access additional information from the **Live Your Life Well** website (www.LiveYourLifeWell.org) (website will be activated in May) or the Mental Health Association of Wells County website (www.wellscounty.org and select Mental Health Association under the County Offices Heading). If you have any questions, please call or contact the Mental Health Association of Wells County at 223 W. Washington St., Bluffton, IN 46714 or call 260-824-1514. Office hours are 10:30 A.M to 1:00 P.M., Monday, Tuesday, and Thursday.



Bed Bugs



THE BED BUGS ARE COMING and are tougher than ever before. Until recently, bed bug infestations were a rarity among pest control professionals. Few households of this generation have ever seen a bed bug.

Infestations were common in the United States prior to World War I. But with the use of insecticides (DDT, Chlordane, Lindane) during the 1940's and 50's and better hygiene, the bugs all but vanished. Our society has had more than a thirty year vacation from this pest.

The bed bug has remained fairly prevalent, however, in other regions of the world including Asia, Africa, and Eastern Europe. But In recent years, bed bugs have also made a comeback in the U.S. They are increasingly being found in dormitories, homes, schools, health care facilities, shelters, hostels, motels, hotels, and various modes of transportation, laundries/dry cleaners, furniture outlets, and office buildings. What is aiding the increase in the bed bug population is greater human mobility in the 21st century and the lack of effective bed bug pesticides. The U.S. found out how to take care of the cockroach and forgot the bed bug which is now making a strong move into our busy spaces and we need to understand how easily it can make our life miserable.

The bed bug likes warmth, carbon dioxide, and blood which a human body or a warm blooded pet can provide. They normally hide during the day but are active at night looking for food (blood). Begin your first search for them in the bedroom. They are usually found in or on the mattress, in folds of the sheets, on the foundation box, or within 15 feet of the bed. They do not restrict themselves to the bedroom and can be found in any small crack or piece of furniture.

The bed bug can move quickly but cannot fly. Therefore, humans do the best job at moving them from place to place. Any traveler (student, business man, grandma) who has luggage may unknowingly bring bed bugs home from previous infested living quarters. Try to remember that the finest to dirtiest living spaces are happy homes for bed bugs as long as they have access to a warm body (human/pet) blood source. And if they find your happy home, just remember each female bed bug lays 200-250 eggs before it dies and they may not be leaving as soon as you would like. To determine how to eradicate bed bugs talk to a pest control specialists or a county extension agent.

In an effort to avoid ruining your summer vacation, no further information will be printed. Just be on the lookout for an oval, flattened, brown, wingless insect that is the size of a wood tick which moves at night looking for you.

By: Kay Manges

MENTAL HEALTH AMERICA'S CENTENNIAL
TALKING POINTS

By: Nancy Bonham

Honoring 100 years of steadfast commitment to America's mental health, the nation's oldest mental health organization, Mental Health America, celebrates its Centennial in 2009. The theme, **Celebrating the Legacy: Forging the Future**, pays tribute to the work of a dedicated organization that represents a growing movement of Americans who promote mental wellness for the health and well-being of the nation---everyday and in times of crises.

The National Committee on Mental Hygiene, later known as Mental Health America, was founded in New York City in 1909 by Clifford W. Beers, a young businessman with a mental illness. In 1908, he published his autobiography, *A Mind That Found Itself*. This roused the nation to the plight of people with mental illnesses and set a reform movement into motion. On February 19, 1909, Beers embraced the future by creating the National Committee for Mental Hygiene, as a hallmark of a major reform effort in American mental health. From that momentous day, Mental Health America and its 300 plus affiliates have built a legacy of change and progress.

From our beginnings, MHA has had a public health vision that combines effective treatments for people with mental illnesses with mental health prevention and wellness activities that build healthy individuals and communities.

The recent passage of federal legislation that dramatically reduces discrimination in health insurance coverage is a recent milestone in our advocacy work. The legislation recognizes mental health is integral to our overall health, and treats mental illnesses like all other health conditions.

Mental health is integral to our overall health. We want all Americans to have mental wellness---a set of life skills that help prevent illnesses and allow every person to enhance their physical, mental, social, spiritual and environmental well-being. Our message is simple: good mental health is fundamental to the health and well-being of every person and of the nation as a whole. *There is no health without mental health.*

We invite everyone in Wells County to join us at the Mental Health Association of Wells County in our quest for greater well-being and good health for all the citizens of the county. We appreciate your memberships in our organization. We also welcome any suggestions you might have to help us improve the health needs of our community through our programs. You can call our office for information on membership requirements by calling 260-824-1514 or visiting our office at Mental Health Association of Wells County, 223 W. Washington St., (Annex)

Bluffton, IN 46714, between the hours of 10:30 a.m. - 1:00 p.m. on Monday, Tuesday and Thursday.

JOIN IN THE CENTENNIAL CELEBRATION OF
MENTAL HEALTH AMERICA!!!!

NEW LAW ON DOMESTIC VIOLENCE

By: Melba Cole

On a clear night in Bluffton, IN on October 2008, holding people spellbound was Terra Brantley, who passionately told her story on domestic violence. There were times during her recitation that she would pause and excused herself to regain her composure and wipe away her tears. Looking around I saw other people including myself chasing those tears away. Some knew too well the anguish and pain they too suffered at the hands of their abusers or felt the pain Terra Brantley endured for years.

What brought this to mind was the article that the Journal Gazette printed recently under "Briefs" on February 25, 2009, the article "Domestic Violence Gun Ban Upheld." The Supreme Court affirmed in a 7-2 decision the use of a federal law barring people convicted of domestic violence crimes from owning guns. Many states have laws against battery and the state laws need not mention specifically domestic violence to fall under Federal guidelines of domestic violence gun ban enacted 1996. Justice Ruth Bader Ginsburg wrote in her majority opinion stating that there only needs to be an involvement in a domestic relationship with its attacker.

I only hope that we as a community make aware to its citizens that there is help for all those who seek escape from domestic violence. If you, neighbor or friend needs assistance, please contact the Mental Health Association of Wells County at 260-824-1514.

COMMITTEE PASSES SB 98 TO ENSURE OPEN
ACCESS TO MENTAL HEALTH MEDICATIONS

By: Melba Cole

The Indiana House Public Health Committee passed SB 98 on a vote of 9-0. This bill will extend the life of the Mental Health Quality Advisory Committee (QAC). The QAC insures access to mental health medications in the Medicaid program as well as appropriate mental health prescribing practices to insure quality mental health treatment. The QAC is responsible for making recommendations to the Drug Utilization Review Board to ensure that appropriate prescribing practices are in place and being followed. This bill will make the QAC, which will otherwise sunset, a permanent committee.

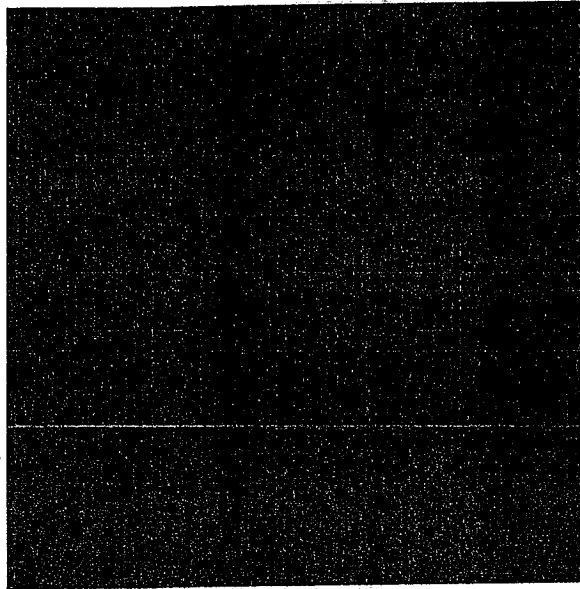
With the passing of the bill out of the House Public Health Committee, it will now head to the House Floor for Second Reading.

**MENTAL HEALTH
ASSOCIATION OF
WELLS COUNTY**

**223 W. Washington Street
Bluffton, Indiana 46714**

www.mentalhealth@wellscounty.org

260.824.1514



WORD FOR APRIL

**"Since fear and dread and worry
cannot help in any way, it's much
healthier and happier to be cheerful
every day."**

Helen Steiner Rice

DUES ARE DUE

If you haven't paid your annual dues, it is time to do so now. Your participation as a member of the Mental Health Association of Wells County is vital to achieving our goals and providing mental health education in our community through our programs (see Schedules for meeting dates).

COMING EVENTS

- April 9 -- Education Committee Meeting
- April 15 -- Monthly Board Meeting
- MAY IS MENTAL HEALTH MONTH**
- May 10 --- Mother's Day
- May 14 ----Education Committee Meeting
- May 20 --- Monthly Board Meeting
- May 25 --- Memorial Day
- June 11 -- Education Committee Meeting
- June 17 ---Monthly Board Meeting
- June 21 ---Father's Day
- July 4 -----Independence Day
- July 9 ----Education Committee Meeting
- July 15 ----Monthly Board Meeting