



# Mental Health America of Putnam County

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## Facts & Stats

### 700+ Children

able to view our Puppet Power Program in grades Kindergarten to 5th Grade all over Putnam county in 2018.

### 91 Adults, 25 Children

Those aided by attending our Helping Children/Co-Parenting class in 2018.

### 7.7 million to 12.8 million

Estimated number of children and adolescents who may have a diagnosable disorder. (Department of Mental Health & Human Services)

### The Bell



During the early days of mental health treatment, asylums often restrained people who had mental illnesses with iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, Mental Health America issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1956, at the McShane Bell Foundry in Baltimore, Md., Mental Health America melted down these inhumane bindings and recast them into a sign of hope: the Mental Health Bell.

## Read More In This Newsletter



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Read about the impact that Puppet Power has not only kids, but teens as well -- Page 2



MHAoPC receives \$1500 grant! Read about our new training opportunity -- Page 3

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## Support MHA effortlessly through your regular shopping

It's the start of the holiday season and while you are shopping for gifts you can contribute to MHAoPC through both of the following programs!

### Kroger Community Rewards:

Register at: [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com).  
Type Our Organization Name.  
Organization #: 11543



### Amazon Smile Program:

Register at: [smile.amazon.com](http://smile.amazon.com)





## A Successful 5K!



Thank you to all adults, kids, and even dogs that helped make this a successful Mind Your Health 5K! We raised about \$1500! This money will go towards our community efforts in our organization and so much more! We thank everyone who participated!

Thank you Delta Upsilon at  
DePauw for your Support



Congrats on our 1st-4th Place  
Kids!



# Puppet Power



Puppet Power Program is an established program presented through partnership with MHAoPC, Putnam County Schools, and school counselors. The programs are presented by students to pre-school through fifth grade children in Putnam County. The focus of these presentations is on helping children make better, more informed decisions about many serious situations they may encounter which could threaten their safety.



Not only is this program teaching children, it is also teaching teens. Partnering with the PIE coalition (which stands for Prevention, Intervention, Education, a county-wide anti-drug high school student organization), teenage leaders transform the puppets into engaging characters able to connect with the elementary school aged kids. When asked what they love about PIE the most, they answered Puppet Power!!

# MHAoPC receives grant for community wide Mental Health First Aid

Mental Health America of Putnam County has been awarded \$1500.00 from the Be Great Today: Suicide Prevention Fund through the Putnam County Community Foundation to provide and coordinate training on suicide awareness and prevention for residents of Putnam County. Our goal is to increase awareness among Putnam County residents regarding the signs of mental health issues with specific focus on suicide risk and to increase knowledge regarding how to intervene in such situations as a "front line" responder. This model has been compared to Red Cross First Aid training in that individuals will have some intervention skills and know how and when to refer for more intensive services.

MHAoPC has already communicated with the Greencastle Police Department, Family Support Services of West Central Indiana, the various School Corporations in Putnam County and DePauw University (among others) to determine that there is a need and desire for such training in our community. We have communicated with Hamilton Center Inc., and established that such a training can, in fact, be provided when the needed supports are in place. We are planning to start training in 2019!



## Upcoming for 2019!



We are excited about the 2019 "Don't Dodge the Issues" Dodgeball Tournament at DePauw's Lilly Recreation Center. Mark your calendars for April 13th, 2019 at 1 pm! We hope to see lots of folks there!

We will continue our community efforts through our Puppet Power program this Spring by presenting to Kindergarteners through 2nd graders at elementary schools throughout Putnam County



We will soon be starting plans for our annual High Tea event in the spring of 2019! This will be a great way to improve your mental health by joining in a fun event and fundraiser for MHA to provide community support!

Our Helping Children/ Co-Parenting Classes start up again in the middle of January! See us for exact dates... We value as an organization how much we impact our community!



May is National Mental Health Awareness Month! We to bring awareness to mental health and work to remove the stigma that follows it!

**Feeling Generous this Holiday Season? Looking for 501(C)(3) charities  
to round out your end-of-year donations?  
Keep MHAoPC in mind!**

**After every Helping Children/Co- Parenting Class that we have, we allow the participants to give feedback by taking a brief survey and leave comments about how they felt about the course. Here are some of their responses.**

"Instructor is very wise and is relatable. Just want to say Thank You for helping me become a more successful parent."

"Good information. Love the videos.  
A lot of information to get help."

"I pulled a lot from this class even though it wasn't from divorce."

"My situation is unique, however, I do believe it can be helpful to those who are not as fortunate as I am, and have a supportive ex spouse."

"I feel like the class was very effective and they talked about everything you need to know."



## Meet our Gold Star Board Members!

The backbone of our organization is our dedicated Board of Directors. They share with MHAoPC their pool of experience and connections to our community and each bring unique perspectives to our organization. We've been sad to see some long-time folks go off-board, but have been fortunate to gain new, talented, passionate board members. Thank You Board!

**Christina Wagner, President**  
**Jan Hodges, Vice President**  
**Pam Lage, Treasurer**  
**Mary Zerkel, Secretary**  
**Greg Allen**  
**Erin Flick**

**Christina Kerns**  
**Austin Malayer**  
**Dan McMurty**  
**Diana Meo**  
**Harriet Moore**  
**Chris Weeks**

## Contact Us

### Karen Martoglio, Executive Director

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