



Mental Health America of Putnam County

765-653-3310

mhaopc.org

info@mhaopc.org

Facts & Stats

700+ Children

able to view our Puppet Power Program in grades Kindergarten to 5th Grade all over the 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



Learn about our successful Mind Your Health Run/Walk that took place this October Pg 2.

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



MHAoPC receives \$1500 grant! Read about our new training opportunity Pg 3.

Mark your calendars for our Don't Dodge the Issues Dodgeball Tournament, April 13th Pg 3.



Read reviews about our Helping Children/ Co-Parenting Class Pg 4

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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 give through Kroger Community Awards and the Amazon Smile Program.

Kroger Community Rewards:

Register at: www.krogercommunityrewards.com.
Type Our Organization Name.
Organization #: 11543



Amazon Smile Program:

Register at: 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 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 Putnam County, 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 some point in 2019!



Upcoming for 2019!



We are excited about the 2019 Dodgeball event Don't Dodge the Issues at DePauw's Lilly Recreation Center. The board team is now planning the event to happen on April 13th, 2019! We hope to see everyone there!

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



We will be having our annual High Tea event some time in the spring of 2019! This will be a fundraiser for MHA to provide community support!

We will continue with our Helping Children/ Co-Parenting Class starting in the middle of January! We value as an organization how much we impact our community!



May is Mental Health Awareness Month! We are hoping as a community to bring awareness to mental health and remove the stigma that follows it!

After every 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. Thank You Board!

Christina Wagner, President

Christina Kerns

Jan Hodges, Vice President

Austin Malayer

Pam Lage, Treasurer

Dan McMurty

Mary Zerkel, Secretary

Diana Meo

Greg Allen

Harriet Moore

Erin Flick

Chris Weeks

**Contact
Us**

Karen Martoglio

Office Hours are 9-Noon Weekdays and by appointment

Location: 10 1/2 N. Jackson St. Greencastle, IN 46135

Phone: (765) 653-3310

Email: info@mhaopc.org

Facebook: MHAoPCIndiana