

FALL 2021 NEWSLETTER

MENTAL HEALTH AMERICA OF PUTNAM COUNTY

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SHARE YOUR STORY
A MENTAL HEALTH PODCAST
ABOUT YOU

Share Your Story is a biweekly mental health podcast dedicated to giving you real, personal stories from everyday people. Each episode will feature a different person with a different story who will tell you all about their successes and struggles through life in an effort to destigmatize mental health.

You can follow the podcast on Twitter @ShareUrStoryPod. If you would like to contact us for business inquiries or to be on the show, you can email us at shareyourstorypod@gmail.com.

Mind Your Health Fun Run!

Every year MHAoPC hosts a Mind Your Health 5k Run/Walk where the community celebrates and strengthens the mind-body connection. This year, the start line was at People's Pathways by Walmart. Community members had the opportunity to either walk or run the entire 5k!

We would like to thank our sponsors for this wonderful event. Thank you to Putnam County Police and Fire Department, Roachdale Volunteer Fire Department, and Hendershot's Service Center. Look forward to information about next year's race in Fall 2022.



Volunteer Spotlight



Sage Sherfick is currently a senior at DePauw University majoring in Psychology from Bloomington, Indiana. She is a Bonner Scholar who has been volunteering at MHA since her freshman year. During her time here, she has helped us in developing our social media including creating our Instagram account. Going into her last year, she hopes to work more on providing mental health resources to students in Putnam County. We appreciate Sage for all she has done and continues to do for MHA.

A Thank You to Healthcare Workers

This year Mental Health America and United Way teamed up in bringing notes of encouragement, a treat and wise information to healthcare workers as a gesture of thanks.

This effort came after MHAoPC received a grant from United Way to provide mental health support and positive programming to those who have received the most pandemic fatigue. This year has been taxing on our well-being, and especially mental health. There have been days when the uncertainty and confusion of all of it became paralyzing, asking us to put every day activities on hold, some for the entire past year.

As always, our organization is dedicated to provide support and resources regarding mental health. With every care package, Our COVID-19 Wellness Pocket Guide is packed with checklists for daily personal and family care, stress, coping and journal ideas. This is designed to decrease the burden, identify area in need of attention and recharge to get through this pandemic.

We are so glad we were able to support Kirsch Family Dentistry, Greencastle Pediatric Dentistry, Greencastle Hometown Dental, Putnam County Hospital, and many first responders.



Mental Health & COVID-19

Severe Depression

- 62% of people scored with symptoms of severe or moderately severe depression.
- 70% had never been diagnosed with a mental health condition and 67% had never received any kind of mental health treatment or support.
- Alaska had the highest percentage of individuals at-risk for severe depression, compared to the overall state population. **Indiana**, Alabama, Wyoming and Arizona followed.

Suicide

- Alaska had the highest percentage of individuals reporting frequent thoughts of suicide or self-harm in comparison to the overall state population, followed by Alabama, Wyoming, **Indiana**, and Hawaii.
- Small and Mid-Size County Analysis: Carroll County, Kentucky had the highest percentage of the population report frequent thoughts of suicide or self-harm, followed by **Switzerland County, IN**, Whitley County, KY, Greensville County, VA, and **Ripley County, IN**.

Announcements

Wishlist: If you have an old iPhone or tablet that can search the web, consider donating it to MHA for mental health screening events

EIN and Donations: Good news! We received our 501(c)(3) certification from the IRS. Our new EIN number is 3506071355. Consider donating to MHA with the upcoming holidays. Quick ways to donate is through Kroger Community Rewards and the Amazon Smile Program. Support us while buying Thanksgiving Dinner or shopping for Christmas Presents.

Join our E-Newsletter: Want more information and news about events taking place for MHAoPC, subscribe to our newsletter. If interested, please email info@mhaopc.org

Meet our Board

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 Kerns & Harriet Moore, *Co-Presidents*

Erin Flick, *Secretary*

Emma Cash

Joanna Muncie

Kim Salsman

Linda Schroeder

Sonny Stoltz

Contact Us!

Karen Martoglio, Executive Director

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