

FALL NEWSLETTER

“It is during our darkest moments that we must focus to see the light.”
-Aristotle



Karen Martoglio, MHAoPC Director, and Megan LaRue, Cummins winner in MHAoPC's Office in downtown Greencastle

Cummins Employee Contributions

Employees at Cummins Behavioral Health have the option to support the two Mental Health America affiliates which started Cummins: Putnam and Hendricks counties. This summer MHAoPC had tickets to Cedar Point as an incentive to any Cummins employee to start or increase their contribution. The winner, drawn by random of those newly contributing, is Megan LaRue of Putnam County's Cummins office.

Thank you Megan!

Local High School Seminars

Karen Heavin from Heavin College & Career Readiness Services coordinated Senior Seminars for students at South Putnam and Cloverdale High Schools this fall. One of the requested subjects was Stress Management, learning positive mental health tools on how to manage stress and anxiety. Our executive director, Karen Martoglio, led discussions, explored current and upcoming life changes, and brought valuable resources and resolutions to these bright young adults.

2023 “Don't Dodge the Issues” Review

On May 13, 2023, we held our annual “Don't Dodge the Issues” Mental Health Event, featuring a mental health fair and Dodgeball Tournament at DePauw University. Participants and spectators had a great time not only enjoying the tournament, but enjoying a silent auction, educational tables filled with Mental Health Awareness Month materials, and delicious concessions.

Band of Brothers Dodgeball Team

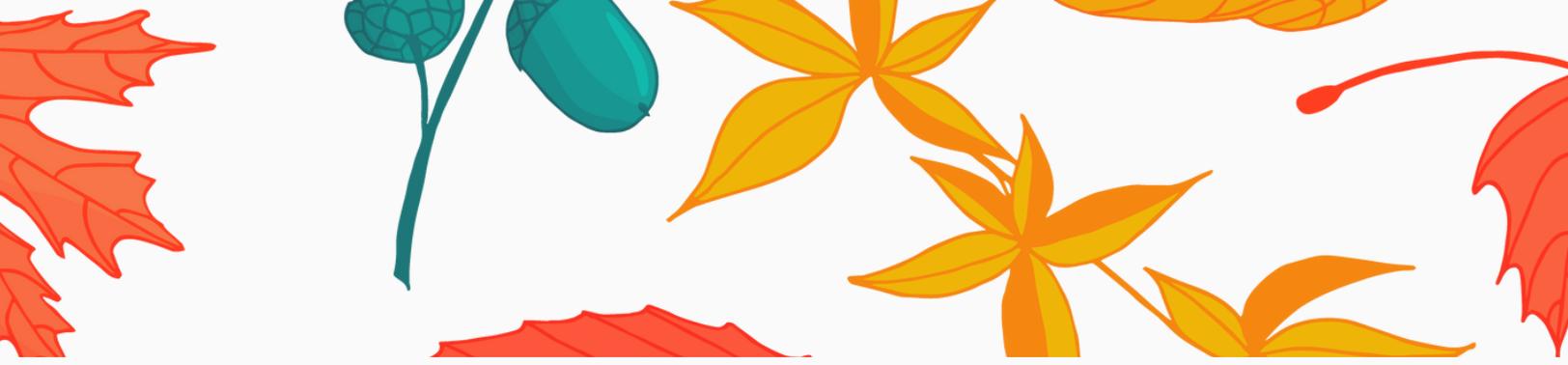


Second Place - Dodgeball Tournament: Everwise (formerly Teachers) Credit Union

Globo Gym Dodgeball Team (who have participated in all our dodgeball tournaments!!)



The Defenders took home the winning title, sponsored by Attorney Jim Ensley with Prime Real Estate Group t-shirts.



First Visit from MHA National

Jenny Sanchez, Mental Health America’s Senior Director of Grants Management & Affiliate Engagement, came to Putnam County to meet our board members. It was a great delight to connect with an advocate from Mental Health America National. We greatly appreciate the support and consideration!



(From Left to Right) Alex Higgins, Joanna Muncie, Jenny Sanchez, Karen Martoglio, and Erin Flick

Kappa Kappa Gamma Philanthropy

Kappa Kappa Gamma (KKΓ) began to focus its philanthropy goal toward mental health in 2021. Members from the DePauw Chapter have raised funds for mental health in Putnam County through their Kappa Karnival, Fiji x Kappa Pumpkin Bash, and various other educational and community-centered projects. Mental Health America would like to extend a huge “thank you” to the wonderful work these sisters have contributed.



Kassie Green (Left) and Kendall Johnson (Right) at the 2022 Kappa Karnival

Volunteer Spotlight: Khue Tran

Khue Tran is a junior Bonner Scholar and International Ambassador at DePauw University. She is dedicated to service both on and off campus. She is pursuing a double major in Economics and Mathematics with a minor in Data Science.

Khue has applied her studies in her work with Mental Health America by compiling data for our annual meetings and building our social media presence since last year. She is currently updating our website to ensure that the latest resources are available and accessible to all members of our community.

Khue is dedicated to advocating for mental health in Putnam county and driven to raise awareness.



SERVICE CORNER

What we've been doing, what help we can use



Service Opportunities!

We have openings on our board for the following seats:

- Mental Health Professional
- Education Professional
- Community Member
- Member of MHA

We'd also like to get more members helping with our initiatives, including input on what you want to see MHAoPC doing in our community. Join our Programs committee to help determine what outreach and services we offer, Love planning events? Join our Ways and Means committee that puts on our Don't Dodge the Issues event, our Mind Your Health Fun Run, or come up with other ideas you think would make a positive impact and raise MHAoPC's profile and donations. Ideas we've done or have thought about: Film series, speaker series, meditative doodling.

MHAoPC Active in Substantive change for mental health funding/advocacy

From advocating for funding coming down from federal and state levels, to helping new non-profits make real change in our community, MHAoPC actively serves on many boards and other non-profits to ensure mental health is on peoples' minds, especially those determining funding and services for our community.

2023 examples:

- Putnam County Opioid Settlement Fund Grant Committee
- Community Corrections Advisory Board
- 360 Coalition (non-profit network for our County)
- Human Relations Committee, Greencastle
- Safe Schools Commission
- Justice Reinvestment Advisory Council
- Putnam County Recovery Coalition
- Client Consultation Board (for Prevention Activities in Region 6), representative of our county to our region
- Local Coordination Council/PIE Coalition (addresses drug abuse issues)
- Putnam County Health & Human Sciences Advisory Committee

New in 2024: Community Education Series

One of the ways we promote community wide mental health is through our commitment to education and advocacy. Each quarter in our new Community Education Series, we will focus on a different theme anchored by a speaker or event. Throughout the quarter, we will share additional resources via social media, our website, and interviews with others in the community

January-March : Depression

April - June: National Mental Health Awareness

July-September: Back to School and Suicide Awareness

October-December: Grief

If you are interested in participating in our community education program, contact us to learn more. We will have more information and a full calendar early in 2024.

KEEP A PULSE ON MHAOPC

Plug into Mental Health Tools, Toolkits, Social Media



Mental Health Tools/Help

Sometimes you just want some good information, or a helpful hand to know where to even start looking. MHAoPC excels at this!!

Take a Screening:



Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Finding Help:

Are you looking for a mental health provider in our area? Perhaps you have a diagnosis and want more information? Is it confusing to find the right resource? Is insurance a roadblock to getting mental health services? We can help!



Do you know our board members?

Co-Presidents	Alex Higgins
Christina Kerns	Jai Miranda
Harriet Moore	Joanna Muncie
Secretary	Lauren Necasario-Smith
Erin Flick	

Reach out and ask them about MHAoPC!

Website - cool new things there!

We just rolled out the latest toolkit from MHA National, focusing on Youth and Technology. Originally released this fall (Back-to-school time of year) it's packed with great information for Parents/Caregivers, Schools, and Students. Take a look here:

- MHAoPC.org/Back-to-School

Every spring in the month of May we curate information from MHA National's Mental Health Awareness Month toolkit. The beauty of these collections of information are they are timeless. Check out our favorites:

- Look Around/Look Within
- Back to Basics
- Tools to Thrive

We are in need of a professional service to help on a couple specific website needs. If you know of or can recommend someone, please let us know!

Follow us on Social Media!

 facebook.com/mhaopcindiana
 [_mhaopc_](https://www.instagram.com/_mhaopc_)