

Mental Health America of Putnam County



FROM OUR FALL RUN 2019



ONE OF OUR TOP POSTS OF 2020



PUPPET POWER VIRTUALLY

What a Year...

BY KAREN MARTOGLIO

None of us could have imagined at the beginning of 2020 how we're living our lives today. At the heart of many discussions in 2020 is mental health. Good thing our newly renovated website has enabled us to deliver timely information to a number of targeted audiences. For example, the annual Back-To-School Toolkit has wonderful information not only for educators but for students and parents. Racial injustice, another key social topic, and its ties to the mental health of our nation was also an MHA focus that is featured there. So check out all the wonderful resources we have on the website, mhaopc.org. We look forward to continuing to be active and engaged in our community!

Inside:

- 2 Mental Health & COVID-19
- 2 State of Mental Health in America
- 3 Puppet Power goes Virtual
- 3 #Tools2Thrive
- 4 Volunteer Spotlight
- 4 Meet Our Board

Mental Health and COVID-19

Our national affiliate, Mental Health America, has been busy with their screening tool. A lot of individuals have taken it once quarantine and the pandemic started. Here are the numbers:

50%

of all people who will have a mental health disorder in their lifetime start to experience symptoms by age 14



The median age for onset anxiety disorders is 6 years old

Of 11 to 17 year olds who took a screening at mhascreening.org since March 2020

83%

(11,000) screened positive or at-risk for anxiety

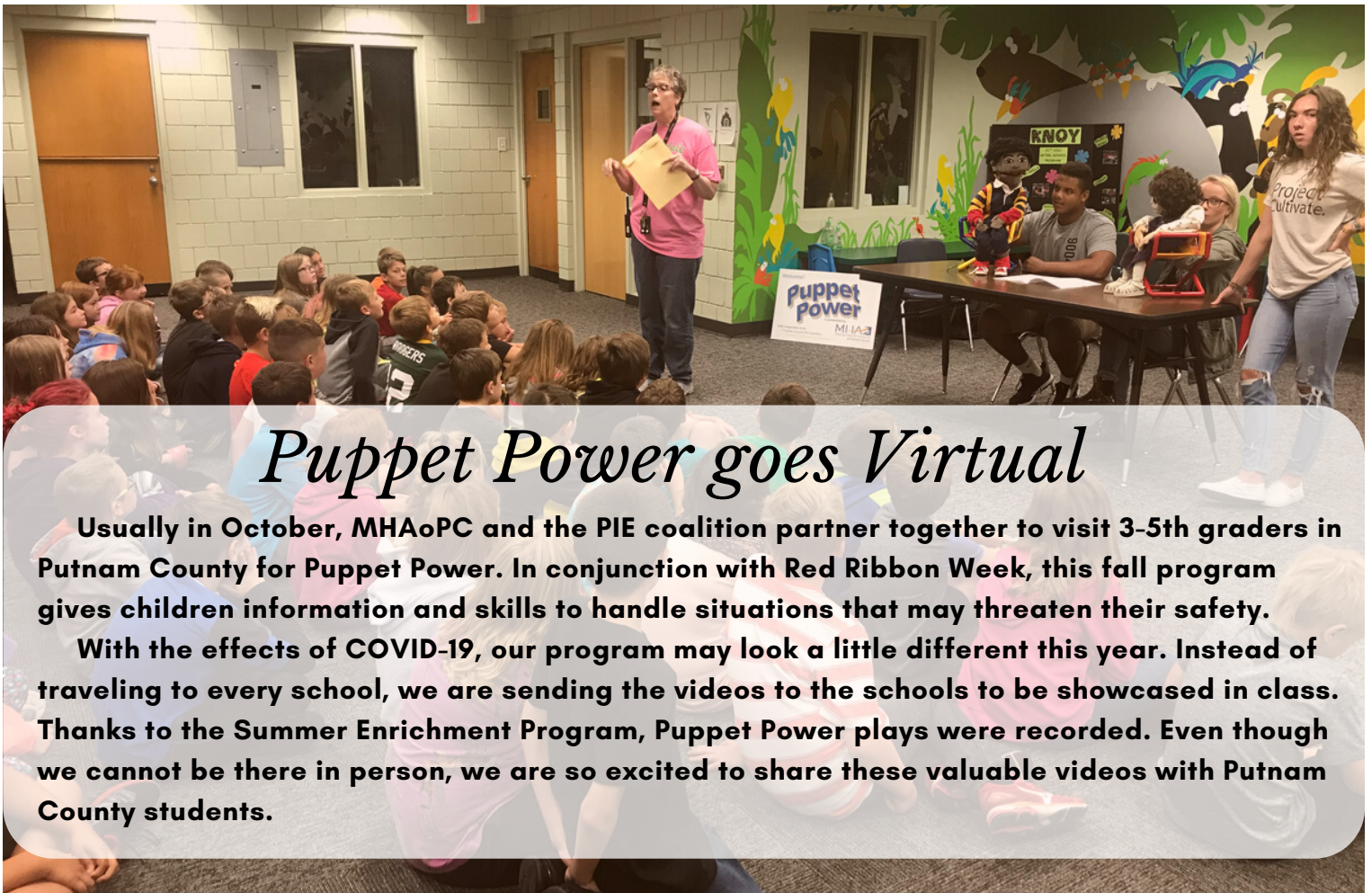
91%

(23,000) screened positive or at-risk for depression

State of Mental Health in America

It doesn't take a researcher to know mental health is a concern in our country and state. But it can help us to recognize where we need to focus attention, as well as just becoming aware of the scope of issues our society is dealing with. When I read statistics for mental health I tend to see where Hoosiers do best and worst, but also recognize that these times are indeed unique.

For the categories **Adult Prevalence of Mental Illness** and **Adults with Any Mental Illness (AMI)**, **Indiana ranks 48 out of 51** and for **Adults with serious thoughts of Suicide, Indiana ranks 43**. But there's good news as well... Indiana has ranked in the most favorable percentage brackets for Youth Access to Care (13th) and Youth with Substance Use Disorder (6th). All this information can be found in MHA's "State of Mental Health in America" report, which just came out late October.



Puppet Power goes Virtual

Usually in October, MHAoPC and the PIE coalition partner together to visit 3-5th graders in Putnam County for Puppet Power. In conjunction with Red Ribbon Week, this fall program gives children information and skills to handle situations that may threaten their safety.

With the effects of COVID-19, our program may look a little different this year. Instead of traveling to every school, we are sending the videos to the schools to be showcased in class. Thanks to the Summer Enrichment Program, Puppet Power plays were recorded. Even though we cannot be there in person, we are so excited to share these valuable videos with Putnam County students.

#Tools2Thrive

As the number of cases of COVID-19 increases, so does the associated anxiety. For the general public, the mental health effects of COVID-19 are as essential to address as are the physical health effects. We need to take personal, professional, and policy measures now to address these effects. To aid individuals and communities during this time, MHAoPC has compiled a range of resources and information for all of our community members.

Started in May 2020, MHAoPC is proud to share and explore topics that can help you build your own set of #Tools2Thrive. These areas include: recognizing and owning your feelings; connecting with others; finding the positive after loss; eliminating toxic influences; creating healthy routines; and supporting others - all as ways to boost the mental health and general wellness of you and your loved ones. For all the resources, please visit our website: mhaopc.org.

If you or someone you know is in crisis. Text MHA to 741741, or call 1-800-273-TALK (8255) to reach a 24-hour crisis support.

Volunteer Spotlight



DePauw University and their Bonner Scholar Program have some amazing volunteers and we are so glad we are able to work with them.

This year we are giving a shoutout to Nemkhe! She is an international student from Mongolia with a double major in Computer Science and Economics. This past summer she helped MHAoPC through the NonProfit Consulting Core and helped develop our website! It was such a great pairing, she's signed on to continue this wonderful work throughout this school year, adding banner features, another section to highlight our most recent website additions, and is working on a Facebook chat bot. Thank you for the hard work Nemkhe!

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 Wagner, President

Chris Weeks, Vice President

Erin Flick, Secretary

Cierra Frazier, Treasurer

Christina Kerns

Adrian Lepine

Jan Long

Harriet Moore

Ruth Myers

Dr. DJ Rhodes

Sonny Stoltz

Contact Us!

Karen Martoglio, Executive Director

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