

## *FALL 2022 NEWSLETTER*

# Mental Health America of Putnam County

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# *INTERNATIONAL OVERDOSE*

## *AWARENESS DAY*

This August, Greencastle Mayor Dory signed into action Overdose Awareness Day. This will be a day of education to prevent death and injury from illness, and it will also be a day to remember those we have lost from the battle with addiction. Additionally, Putnam County has set up two boxes at Robe Ann Park and Putnam County Public Library to prevent opiate overdose. DePauw University has become the first university to set up a NaloxBox on its campus.

## *HELPING CHILDREN / CO-PARENTING*

We provide Putnam County Court-ordered classes for families with children living in separate households through divorce or separation of parents. MHAoPC provides three services to the families involved in these situations: One course for parents, one for school-aged children, and one-on-one counseling for teens. Our class provides tools and resources for successful co-parenting that improves both parent and child well-being and comfort through divorce or separation.

*"INSTRUCTOR IS VERY WISE  
AND IS RELATABLE. JUST  
WANT TO SAY THANK YOU  
FOR HELPING ME BECOME A  
MORE SUCCESSFUL PARENT"*





## *2022 "DON'T DODGE THE ISSUES" DODGEBALL TOURNAMENT*

On April 30th, we held our 3rd annual dodgeball tournament. Alongside the game, we hosted a silent auction with many desirable prizes like baseball, basketball, and football tickets. Another exciting part of this event was our Mental Health fair, where Mental Health America, Cummins Academy, and Putnam County Recovery Coalition were able to offer valuable information about our services and resources.

## *MIND YOUR HEALTH 5K RUN/WALK*

Participants gathered on November 5th to participate in our annual run/walk, a fun event to highlight the benefits of a healthy mind and body. We'd like to give a huge thank you to our sponsors for their help, and we're looking forward to next year's event!





## *PUPPET POWER*

This Spring and Fall we brought more fun, engaging, and important information to local Elementary Schools about drug awareness and prevention. Students from local middle schools and high schools volunteered to be our puppeteers, and all youth had a great time. This year we brought useful, lifelong knowledge to over 900 students!



## *CONTRIBUTING TO US*

Consider donating to MHA in support of our programs during the upcoming holidays. Fast and easy ways to donate are through Kroger Community Rewards and the Amazon Smile Program. Support us while buying Thanksgiving Dinner or shopping for Christmas Presents.

**EIN: 3506071355**

## *CRISIS LINES*

This year the state of Indiana launched 211, a helpline offering crisis counseling and resources. Another new development is that the national suicide hotline changed its number to 988, much shorter and easier to remember. 742741 is another great option, offering text services rather than a line. This increases accessibility for those who have hearing disabilities and those who have anxiety about calling. All of these resources are great ways to seek help. If you or anyone you know is struggling with their mental health, be sure to extend the information.



Reach out for help.

Text MHA to 741741

CRISIS TEXT LINE |

Indiana 2·1·1

Get Connected. Get Help.™

## *VOLUNTEER SPOTLIGHT: CHEYENNE OLSEN*

Cheyenne is a Sophomore Bonner Scholar from DePauw University.

Cheyenne began volunteering at Mental Health America this August, and has loved every bit of her work! She is majoring in Psychology and hopes to use the information she learns through Mental Health America in her future career.



## *WELCOME OUR NEW BOARD MEMBERS!*

It is a great pleasure to welcome two new board members to our team, Jai Miranda and Alex Higgins.

We're looking forward to working together to further strengthen and boost our organization.

Thank you Jai and Alex!



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## *CONTACT US!*

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