



Fall, 2019 Newsletter | Volume 1, Number 1



Meet the MHAM Board (left to right): Yessica Gonzalez, Nancy Bean, Marla Godette, Lisa Kelly, Heather Holleman and Jim Kelly. Special thanks to photographer Juan Duran.

Greetings from MHAM!

MHAM was founded with the principle that collaboration leads to innovation that can powerfully and positively impact the community. We invite you to read our inaugural newsletter to learn about our accomplishments from 2019 and our plans for the year ahead.

Our Mission

The MHAM board gathered at the start the year to write our mission statement. As a newly formed board, this was a great exercise for us to clarify our shared hopes and dreams for this new organization. MHAM is modeled after the prominent national organization Mental Health America. *Our mission is to develop initiatives that improve the quality of life for the residents of Michiana who struggle with mental illness by promoting collaboration between health and behavioral health providers, and by advocating for improved access to mental health services.* We are committed to promoting Social Justice in all aspects of our organization.

We will continue to develop our long-term sustainability plan in the year ahead. Special thanks to Charmaine Torma for her expertise with our strategic planning.

Community Engagement

We were delighted to host our first community events to introduce MHAM to the community and help us to prioritize programming goals. 250 participants joined us for our three community conversations in March, May and September, 2019. All three events were held at the St. Joseph County Public Library and were free to the public. We thank our speakers Lisa Smith for facilitating our first conversation. Thank you to Regina Preston Williams, Marla Godette, Kathe Streete, Cameron Brevard and Jeff Haupt for speaking at our School to Prison Pipeline conversation. We also thank our event sponsors, the law firm of Anderson, Agostino and Keller and Old National Bank in addition to individual sponsors for making these free events possible.

Watch WNIT's great coverage of our School to Prison Pipeline event. <https://www.wnit.org/educationcounts/s/mental-health-school-discipline-and-the-school-to-prison-pipeline.html>

We heard loud and clear from the conversations that our mission matches what participants identified as needs in the community: more events that foster collaboration, more mental health education, eliminate stigma around

Our goals for 2020

Increase awareness of mental illness and reduce stigma thru community classes.

Build collaboration through educational events and community conversations

Develop a network of mental health providers.

Giving Tuesday is Dec 3.

Help support mental health programming in Michiana!

Donate thru our webpage:

www.MHAMichiana.org/donate

We need corporate sponsors!

If you or your company would like to be an event sponsor, please contact us:

MHA.Michiana@gmail.com



Contact us:

www.MHAMichiana.org

574-222-1707

MHA.Michiana@gmail.com



mental illness and reduce barriers to care. In 2020, we will be planning four community events that promote community collaboration including topics that focus on maternal mental health, bridging the mental health and faith communities and an event to express appreciation for social work and human service workers. Let us know if you are interested in volunteering on a planning committee.

Understanding Mental Health and Stigma Classes

In the last three months of 2019, we provided 3 free Understanding Mental Health and Reducing Stigma classes with community partners in Michiana. Thank you to the Excel Center and Goodwill Industries for partnering with us! We reached 40 people in our first three classes. We will provide more of these classes in the coming year. Please let us know if your organization would be interested in partnering with us!

The Power of Social Media

One of our priorities for 2019 was to develop an on line presence. You can find our webpage at www.MHAMichiana.org where you can learn about mental health resources and access a free on line mental health screening. Thru the social media savvy of board member, Yessica Gonzalez, we have grown our presence on Facebook. We have close to 7,000 followers due to frequent positive posts promoting mental health. The post you see here is from July, 2019 and was shared 45,000 times reaching 3.5 million people!

MHAM is on Facebook (www.facebook.com/MHAMichiana/)

Why affiliate with Mental Health America?

One of our goals is to become an affiliate of Mental Health America. This prominent national organization provides excellent resources on mental illness, mental health screening, and linkages to care as well as a strong voice for advocacy. Our hope is that affiliation will bolster our ability to provide quality, innovative programming and strong advocacy to the Michiana community.

Like what we are doing? You can help!

Donate on our web page: www.MHAMichiana.org/donate

Donations can be mailed to:

Mental Health Awareness of Michiana

3220 E. Jefferson Blvd

South Bend, IN 46615

Mental Health Awareness of Michiana is a 501c3, not for profit organization.

Financial support is tax deductible and greatly appreciated!

