



Formed in 2018, MHAM's mission is to improve the lives of those suffering from mental illness and mental health concerns in Michiana.



Spring Newsletter

May, 2021

You are amazing and we are so grateful!

Your support has made it possible for us to provide mental health education throughout this pandemic to over 2,000 people in Michiana. You made it possible for us to launch the Pro Bono Counseling Project.

We are grateful to be in a community that not only understands that mental health is a critical part of the overall health of our community, but is willing to take action to support people facing mental health challenges.

Pro Bono Counseling Project

MHAM launched a Pro Bono Counseling Project to improve access to mental health services for those who are uninsured or underinsured in Michiana. This is the only project of its kind in Northern Indiana! Ten volunteer licensed therapists have begun providing services to clients placed through the PBCP. This project has been run completely by volunteers during the pilot phase. We are thrilled... and exhausted! We need to hire staff to take this program to the next level and can't do it without financial support. Can you help us today?

[DONATE](#) to support the Pro Bono Counseling Project.

Jean Davidson, one of our volunteer therapists, shared this wonderful testimonial. We could not say it better.

"Like most mental health practitioners, I am acutely aware of how difficult it is for some people to access mental health care, because they lack insurance, or cannot afford deductibles and copays. MHAM's Pro Bono Volunteer Counseling Project has given me an easy way to make a difference, by pre- screening, referring appropriate clients, and providing support resources if needed. I encourage all mental health practitioners to volunteer. If all of us give just this little bit of our time, we can be an important part of building a healthier community. That is a win for all of us! "



Formed in 2018, MHAM's mission is to improve the lives of those suffering from mental illness and mental health concerns in Michiana.



Educational Programming

Over 500 individuals attended our 8 webinars since January, 2021.

Over 750 more have viewed MHAM webinars on the MHAM YouTube Channel.

Did you know that you can subscribe to the MHAM YouTube Channel and have unlimited access to uploaded classes?

Racial Disparities, Cultural Humility and Trauma

MHAM is committed to providing programming focusing on racism and racial disparities and highlighting its impact on mental health and the delivery of mental health services. 300 people attended five classes that focused on racial disparities in eating disorder diagnosis and treatment, cultural humility, and trauma resulting from racism. Many thanks to Rebecca Eyre and Dr. Erikka Dzirasa from **Project HEEL**, Dr. Weiyang Xie from the **University of Notre Dame**, Debra Stanley and Baye Sylvester from **Imani Unidad**, Marla Godette from **Mentoring Moments** and Kelli Brien from **Mahogany Maternity**. More coming this Fall!

In Response to the Pandemic...

The MHAM Advocacy committee planned a series of educational events geared toward mental health topics of special concern during the Pandemic such as Adolescent Mental Health and Substance Abuse. Additional classes focused on Understanding Grief and Self Care for the provider community. Many thanks to Holly Farmer from the **Center for Hospice Care**, **Margaret Jessop**, PsyD, John Horsley from **Oaklawn**, and **Amberly Nichols**, LCSW. Over 200 participants attended these 4 classes!

Upcoming classes

We have four parent/caregiver classes planned this summer: Understanding Children's Grief (English and Spanish), Understanding Adolescent Mental Health, and Talking to Your Teen about Substance Abuse. Check out the MHAM events calendar for registration details. [Link](#)

[DONATE](#) to Support Mental Health Educational Programming.

Happy Mental Health Awareness Month!



MHAM held its inaugural ***Mental Health Awareness Fair*** on Friday, May 14 in Howard Park.

Isaac Hunt from Goodwill Industries did a great job as our MC for the event. We are grateful to Aaron Perri and the SJC Parks Department for hosting us. Many thanks to Councilwoman Sharon McBride and Chief Scott Ruszkowski for their support. Our speakers gave amazing testimonials. We are in awe of the courage and compassion of Lisa Little, Dr. Susana Lagunas, Tim Hindes, Sharon Dutkowski, Consuela Hopkins, and Staff Sergeant Demetrius Thigpen.

We had a wonderful array of sponsors and vendors, representing inspiring community organizations, mental health and health screenings, a DJ and fun kids' activities. We could not have pulled off this event without our hard-working volunteers pitching in as needed.

Special thanks to our wonderful event sponsors:

Platinum Level: Beacon Health System

Gold Level: Goodwill Industries of Michiana, University of Notre Dame

Silver Level: Oaklawn Foundation, PrayHustleSlay, The Hindes Family

Bronze Level: Bowen Center, Riverbend Cancer Services, Youth Service Bureau, Gibson, 1st Source Bank, League of Women Voters, Tender Love Care, Mentoring Moments, & Lisa Kelly.

Our event Chairperson, Marla Godette, and the MHAM programming committee did a great job organizing this event. We are already looking forward to next year!

*MHAM thanks **Beacon Community Impact** for renewing their financial support of our programming in 2021!*

Please [click here](#) and donate to support mental health with a monthly gift in 2021!