



...serving Maryland's Eastern Shore

## Bountiful Benefit for Mental Health

Advocates for mental health will be at Bountiful on November 6 at six to enjoy a night of music and shopping, while a percentage of all sales will go to MHATC programs. Jamie Merida of Bountiful designates one charity each year to benefit from his Holiday Kick-Off, and the MHATC Board is very grateful to be the recipient this year.

Jazz by Bob Johnson/Dave Ross Duo and sweets and hors d'oeuvres from Wildflower Café and Legal Spirits will be served. Bountiful carries a wide supply of stunning furniture and accessories and assistance with interior design.

Carl Widell, MHATC President, asks everyone who appreciates the Mental Health Association's support groups, educational events, prevention programs and advocacy to attend this complimentary evening of jazz and early shopping. The Veterans' Initiative and Mental Health First Aid are two new programs which MHATC is initiating this year. Bountiful, known for its casual elegance, is in Talbottown, 218 North Washington Street, Easton. The MHATC Board asks all friends to put the date on their calendars and come to Bountiful with a friend, November 6 at six pm.



Jamie Merida, of Bountiful; Carl Widell, MHATC President; Jeffrey Messing, MHATC President Elect; Marie U'Ren, MHATC Historian

## Veterans' Appreciation and Homecoming

Veterans' Appreciation and Homecoming will take place on November 22 at 11:00-2:00 at the Easton Fire Hall. Barbecued pig, the St. Michaels Fife and Drum Corps, and children's activities are planned for the day. Regional National Guardsmen and Women and Military Veterans are invited to attend with their families. Resource and employment information will be offered to the veterans inside the hall. The event is free for veterans and family members. All others are asked to pay \$10 each for roasted pig, a variety of salads, and desserts prepared by Darnell's Catering. Chairman Evelyn Capuano and Mike Bargiband, Veterans' Coordinator, welcome the veterans and the public to attend and remind everyone to RSVP by November 14 to [jdavis@mhamdes.org](mailto:jdavis@mhamdes.org) or 410 822-0444. The event is sponsored by the Mental



Photo by Chesapeake Publishing  
l to r: Dr. Frank Milone, Susan Sherman, Christina Mills, Lt. Gov. Anthony Brown, Evelyn Capuano, Pat Price and General James Adkins

Health Association in Talbot County, the American Legion, and Veterans of Foreign Wars.

MHATC is committed to addressing many problems faced by veterans, especially mental health issues created by post traumatic stress.

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## School-Based Programs are Effective at Prevention

**W**ith homicide the second leading cause of death and suicide the third leading cause in ages 10–24, programs aimed at preventing both of these unfortunate occurrences are being implemented in schools. The high causes of death indicate that depression, substance abuse, and aggression are far too prevalent in this age group. Two large-scale studies show that 20% of young people will develop major depression by the age of 18. 22% had used an illegal drug, and 44% had used alcohol. 13% had been in a fight and 7% reported being bullied.

The dangers of drug and alcohol use with depression create serious results. Two thirds of adolescents who attempted suicide had both a psychiatric disorder and a substance abuse disorder. Most occur as a co-occurring disorder. Fortunately, new school-based programs are shown to be effective at preventing depression and violence, according to a Harvard report. With a marked increase in depressive symptoms at age 13, peaking from 16– 24, symptoms usually appear as a co-occurring disorder.

Symptoms of depression tend to vary according to age and sex, manifesting in anxiety and physical problems, such as headaches and stomachaches. In older teens, mood and thoughts are more likely to be affected, such as a loss of interest in normal activities or negative thinking. Girls tend to exhibit tearfulness or social isolation, weight loss or gain. Boys tend to act out and take more risks. New school-based depression screening programs such as Signs of Suicide, SOS, and Teen Screen are now available. Both use screening questionnaires to identify students with

symptoms. Parents are notified that their children are at risk and offered a referral for mental health services.

Prevention programs are emerging on ways to educate staff and students about depression and suicide. The programs provide advice on how to challenge negative thinking and seek to build resilience and problem-solving skills. The most effective programs are those that incorporate some type of booster sessions and ongoing follow-up. The Swensrud Depression Prevention Initiative provides training and an ongoing curriculum incorporating monitoring and intervention. The goal is to create a safety infrastructure that will remain in place after the training ends. The Massachusetts program may be launched nationally in the future, but is now available online. The Director of the Program, Dr. Nadja Reilly, recommends evaluating teens in three key areas: Severity, Duration and Domains.

Recent studies of school-based programs indicate that programs are effective as long as they are given on a regular basis. The Harvard study suggests that school officials find a program that they can reliably implement. Dr. William Pollack, of McLean Hospital in Boston and author of a new study, revealed that a key determinant of whether someone came forward was whether he or she felt a connection to an adult at the school. He encourages school officials to build healthy relationships with students, such as addressing them by name, greeting them, and talking to them about life outside of school. Pollack concludes that connections not only help prevent dramatic incidences of violence or depression, but prevent pervasive suffering, as well.

*Harvard Mental Health Letter, September 2008.*

## Interns Add To Success of Programs

**T**he Mental Health Association was pleased to have two conscientious interns, Becca and Kendall Patterson, in the office this summer. The interns visited ten mental health providers and spent many hours updating information for the website and support groups. They distributed perinatal depression screening kits to obstetricians and delivered copies of *My Child's Journal* to pediatricians. They attended monthly meetings of the Perinatal Coalition and *Coffee Breaks for Moms and Dads*, a monthly parental support group. According to Christina Mills, Director, "The work the interns did this summer has made a big difference in the success of our programs. We are grateful to them and wish them success with their career planning."



*Pictured above are Becca Patterson and Kendall Patterson with Dr. Camille Woodbury.*

# Education in Talbot County

## Mental Health First Aid

Save the Date

**M**ental Health First Aid training will begin, initially, on college campuses this fall and continue into business and community

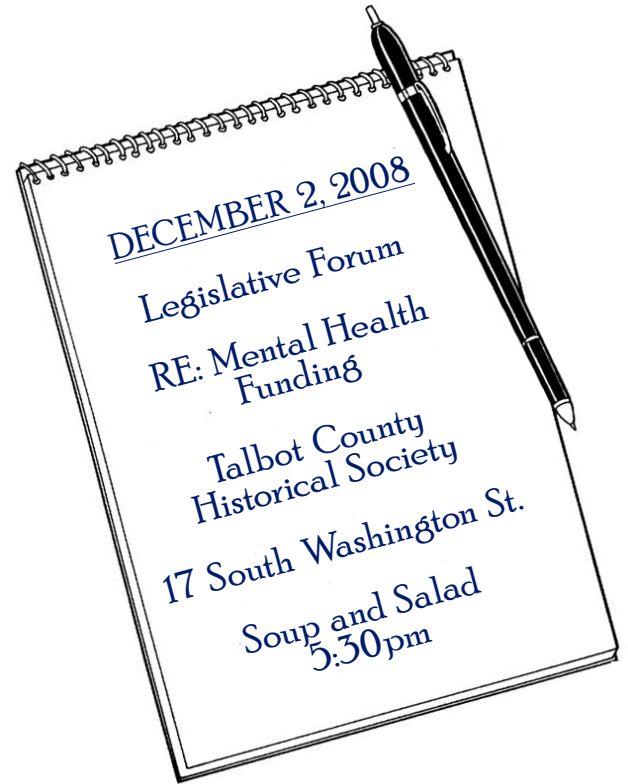
organizations.

Trainers Susan Sherman and Jayne Alexander are prepared to train student leaders and staff to identify a mental health emergency or an emerging mental illness. The training will model the initial help given to someone developing a mental

health problem or in a crisis situation before appropriate professional help can be engaged. During the 12-hour course, participants will learn how to identify early stages of mental health problems, observe signs and symptoms of the most common mental health problems, and learn how to encourage appropriate help. Members of the public can play a useful initial role with improved recognition of mental disorders and increased confidence in providing help. The Mental Health team is eager to present an overview of the training program to any organization which has an interest. One may call 822-0444 or write [tmills@mhamdes.org](mailto:tmills@mhamdes.org)



Susan Sherman and Jayne Fitzgerald,  
Mental Health First Aid Trainers



## 16th Annual Charity Antiques Show and Sale

March 21-22, 2009

Preview Party March 20th



**I**n an effort to become more environmentally friendly, we would like to offer future editions of our *Advocate* newsletter as an e-mail attachment. If you would prefer the newsletter be e-mailed, please call 410-822-0444 or e-mail [jdavis@mhamdes.org](mailto:jdavis@mhamdes.org)



## Book Review

*Building Emotional Intelligence* by Linda Lantieri, with an Introduction and Practices, Guided by Daniel Goleman. Linda Lantieri joins forces with renowned psychologist Daniel Goleman to help children learn resilience to help overcome the challenges of today's frenetic lifestyles. Providing exercises and a CD, the guide teaches children how to rest their minds and bodies and manage their emotions in communication with others. By teaching children progressive muscle relaxation, deep breathing skills, and mindfulness, their stress will be reduced, their immune systems enhanced, and their attention strengthened. Through this book, one may learn to foster the basic competencies that make up emotional intelligence.

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# Calendar of Events

Board of Directors  
May 2008 – 2009

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Kids on the Block*

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## MHAM:

*Linda Raines  
Executive Director*

Visit our website at  
[www.mhamdes.org](http://www.mhamdes.org)  
for a provider list.

## NOVEMBER

**6 Bountiful Benefit for Mental Health**, 6:00 pm  
Talbottown, 218 North Washington Street, Easton

**6 Antiques Committee Meeting** - SunTrust  
Building 9:00am

**20 MHATC Board Meeting** - SunTrust  
Building, 12:00n

**22 Veteran's Appreciation and Homecoming**  
11:00-2:00 at the Easton Fire Hall.

## DECEMBER

**2 Legislative Forum**, Talbot County Historical Society,  
Soup and Salad begins at 5:30pm

**4 Antiques Committee Meeting** - SunTrust Building,  
9:00am

**11 MHATC Board Meeting** - SunTrust  
Building, 12:00n

## Support Groups Offer Assistance

**Survivors of Suicide Victims Support Group** meets the 2nd and 4th Monday of each month 6:30 to 8:00 p.m., Talbot Hospice House, 586 Cynwood Drive, Easton. For six weeks this fall, Norma Trax will provide a more intense bereavement support group for family and friends dealing with grief. For information call Pat Price at 822-0548 or Norma Trax at 822-6681.

**The Support Group for Families of Individuals with Bi-Polar Disorder** meets on the third Thursday of each month at 6:30 pm. Family members are welcome and may call 410-822-0444 for directions and for an email reminder. Beginning in November, this support group will be at a new location, Easton Presbyterian Church, 617 North Washington Street.

**Coffee Break for Moms-Dads**, a group designed to share child development ideas and provide educational material on child rearing, meets on the fourth Friday of each month at the Talbot County Library at 10:00 am. The group will host Talbot County Councilman Corey Pack on Friday, October 24, who will share his thoughts on the importance of fathers in children's lives. On November 21, Dr. Terri Bernard, Chesapeake College Sociology Professor, will discuss Behavior Management, and will focus on Divorce on December 12. Children are welcome, and refreshments are provided.

**Network of Care Project** is in place on the Eastern Shore to offer access to relevant services throughout the complex network of local resources. The phone number is 410 770-4801. Website is [www.networkofcare.org](http://www.networkofcare.org). Its goal is to coordinate and expedite access to services by people in need at no cost to the consumer.



Mental Health Association in Talbot County  
611B Dutchman's Lane  
Easton, Maryland 21601  
[www.mhamdes.org](http://www.mhamdes.org)

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