

MHA DELAWARE: THE UPDATE

2019 is off to a fabulous start as we are hard at work providing advocacy, education and support for mental health in Delaware! Thank you to all of our dedicated staff, board members, volunteers and donors who make all of this work possible. We will greatly miss our former Director of Development and Communication, Laurie McArthur, who retired in March, but we are glad she gets to enjoy her well-earned retirement. In just another week we will be celebrating MHA through our annual E-Racing the Blues south walk in Rehoboth beach, and we hope you can join us! We also have a myriad of training opportunities listed below, as well as our support group schedule and an article from one of our fabulous support group facilitators, Alison Gilefski. You can find registration and additional information about any of these events and programs on our website, mhainde.org. We hope you will visit us on the web, and continue to be involved with MHA Delaware!



THE MENTAL HEALTH ASSOCIATION IN
DELAWARE PRESENTS

E-RACING THE BLUES

WALK

FOR MENTAL HEALTH SOUTH

**SATURDAY,
MAY 4TH, 2019**

10:00 AM

REHOBOTH BEACH, DE

May the Fourth be with you! Join us on Star Wars Day for the annual E-Racing the Blues walk! Pets welcome.

Star Wars costumes encouraged!

To register and for more information contact MHA at 302-654-6833, www.mhainde.org



Some of our staff celebrating the retirement of Laurie McArthur, pictured second from the left, first row



Mental Health Association in Delaware Suicide Prevention Trainings



ASIST This two-day training is for anyone who wants to feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. Participants will learn how to do the following: recognize invitations for help, reach out and offer support, review the risk of suicide, apply a suicide intervention model and link people with community resources. Participants must be 18 years of age or older.



safeTALK This three-hour training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Participants will learn to move beyond common tendencies to miss, dismiss or avoid suicide, while also learning how to identify people who have thoughts of suicide and apply the TALK steps (Tell, Ask, Listen and Keep Safe).



A Suicide Prevention Program

This one-hour suicide prevention training can be done for school staff, parents, religious organizations, companies, etc. This general presentation helps participants learn the warning signs of suicide, how to ask someone if they are thinking of suicide and more. There is also a youth training that can be done at schools, camps, afterschool programs, etc.



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. This program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, and schizophrenia.

To learn more about our community trainings or to set up a training for your workplace or organization, please contact Jennifer Smolowitz, Project Director for Suicide Prevention, (302) 654-6833 x217 or [jmolowitz@mhainde.org](mailto:jsmolowitz@mhainde.org).



2019 CERTIFIED PEER RECOVERY SPECIALIST TRAINING

Would you like to become a Certified Peer Recovery Specialist in the State of Delaware?

The Certified Peer Recovery Specialist Training is a 5-day training facilitated by Peer Services at the Mental Health Association in Delaware. This advanced training provides Peer Recovery Specialists who have been working (or volunteering) for at least 3 months with the 46-hour training required to obtain certification in the State of Delaware. An online application, as well as completion of specified online components, is required.

February 20th, 21st, 26th, 27th, & 28th in Felton, DE

March 12th, 13th, 14th, 20th, & 21st in Wilmington, DE

April 16th, 17th, 18th, 24th, & 25th in Felton, DE

May 14th, 15th, 16th, 22nd, & 23rd in Wilmington, DE

June 11th, 12th, 13th, 19th, & 20th in Wilmington, DE

July 16th, 17th, 18th, 24th, & 25th in Wilmington, DE

August 13th, 14th, 15th, 21st, & 22nd in Felton, DE

September 10th, 11th, 12th, 18th, and 19th in Wilmington, DE

October 22nd, 23rd, 24th, 30th, & 31st in Wilmington, DE

November 6th, 7th, 8th, 13th, & 14th in Wilmington, DE

December 3rd, 4th, 5th, 11th, & 12th in Wilmington, DE

APPLY NOW!!

FREE TO THOSE WHO
QUALIFY!

NOW WITH ONLINE
COMPONENTS FOR
YOUR CONVENIENCE!

TRAINING OFFERED
MONTHLY!

For more information
or to register please
go to:

[https://mha-in-
de.corsizio.com/](https://mha-in-de.corsizio.com/)

SUPERVISING PEER RECOVERY SPECIALISTS



This one day workshop is a DSAMH approved training for the Certified Supervisor of Peer Specialists (CSPS) credential with the Delaware Certification Board. You must be currently supervising Peer Recovery Specialists to attend. Come meet other peer supervisors, learn more about supervisory practices with peers, and troubleshoot difficult situations.

- February 5, 2019 in Wilmington, DE
- March 5, 2019 in Wilmington, DE
- May 7, 2019 in Dover, DE
- July 9, in Wilmington, DE
- September 3, 2019 in Wilmington, DE
- November 5, 2019 in Dover, DE



FOR MORE INFORMATION OR TO REGISTER GO TO:
<https://mha-in-de.corsizio.com/>

PEER 101 WORKSHOP

Please join MHA Peer Services for an introduction to the roles and responsibilities of a Peer Recovery Specialist in the State of Delaware. (*Completion of this workshop does not result in certification*)

FEBRUARY 6TH & 7TH, IN GEORGETOWN, DE

MARCH 6TH & 7TH, IN WILMINGTON, DE

APRIL 10TH & 11TH, IN GEORGETOWN, DE

MAY 8TH & 9TH, IN WILMINGTON, DE

JUNE 5TH & 6TH, IN GEORGETOWN, DE

JULY 10TH & 11TH, IN WILMINGTON, DE

AUGUST 7TH & 8TH, IN GEORGETOWN, DE

SEPTEMBER 4TH & 5TH, IN WILMINGTON, DE

OCTOBER 9TH & 10TH, IN GEORGETOWN, DE

NOVEMBER 20TH & 21ST, IN WILMINGTON, DE

DECEMBER 9TH & 10TH, IN DOVER, DE

**FACILITATED
BY MHA PEER
SERVICES!**

**FREE
TRAINING!**

**ALL ARE
WELCOME!**

**OFFERED
MONTHLY!**

**PRE
REGISTRATION
REQUIRED!**

For information or to
register go to:

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de.corsizio.com/](https://mha-in-de.corsizio.com/)



Mental Health Association in Delaware

SUPPORT GROUPS 2019

PLEASE CALL TO REGISTER. 302-654-6833

To maintain the privacy of our members, MHA does not publish support group locations; locations are provided with registration. Support groups sponsored by MHA are not intended to replace professional mental health treatment.

For help with...	Monday	Tuesday	Wednesday	Thursday	Friday
Depression <i>(Depression support groups are peer-led groups for individuals experiencing or who have experienced Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, or Dysthymia)</i>	Newark (7:00-9:00 pm) Dover (7:00-8:30 pm)		Wilmington (10:00-11:30am) Pike Creek (7:00-8:30PM)		
Anxiety <i>(Anxiety support groups are peer-led groups for individuals experiencing or who have experienced Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, and/or specific phobias. The groups use a self-help book on anxiety disorders for discussion during each meeting)</i>				Newark 1 st & 3 rd Thurs. (7:00-8:30 pm)	Milford 3 rd Fri. (12:00-1:30pm)
Survivors of Suicide (SOS) for Grief & Healing <i>(SOS support groups are peer-led groups for individuals who have lost a loved one or friend to suicide. These groups provide insight and comfort to individuals dealing with the trauma and tragedy of a loss to suicide)</i>	Wilmington 1 st Mon. (7:00-8:30 pm) Lewes 1 st & 3 rd Mon. (6-7:30pm) *Youth in grades 8 th -12 th ONLY*			Newark 2 nd & 4 th Thurs. (7-8 pm)	

THE BENEFITS OF SUPPORT GROUP

BY ALISON GILEFSKI

In 2013, I joined the Mental Health Association in Delaware's Wednesday evening Depression and Bipolar Support group. At the time, I felt like not only was I struggling to fire on all cylinders; I wasn't firing on any cylinders. My mind raced night and day with anxieties. A close friend encouraged me to join a support group; he described the power of a group lies in allowing you to speak out loud your worst fears and get them out of your head. Anticipating the first night took courage. Once I met the other members, I realized the benefits of MHA's support groups far surpasses just getting thoughts out of your head. I found a place where others shared my fears and worries. I found a safe space where I can share thoughts difficult to voice with family and friends.

My loved ones saw the benefit I was gaining as well. Through the group, I realized how caught up I had been in my own suffering. There wasn't room in my head or heart for anyone else. I had forgotten that others also need compassion and understanding. My relationships improved both in and out of group. When an opening as a Peer Facilitator arose, I decided to volunteer. Facilitators are part of a team, and MHA provides resources to members and facilitators alike.

In my six years as a Peer Facilitator, I continue to grow. We work to maintain MHA's guidelines. We keep the privacy and anonymity of members. We provide a gently challenging environment, encouraging each other through rough patches and good times. Our members help each other navigate living with a mood disorder. We talk about school services, work places, job searches, vocational rehabilitation, transportation, and treatment services. Depression treatments can feel like an alphabet soup of letters: CBT, DBT, EMDR, FFT, and IPSRT. We share our experiences with treatments while recognizing what works for one of us may not work for another. We commiserate in losses and grief. We celebrate successes such as when a member landed her dream job. Being part of a support group does not mean that everyone leaves magically happy at the end of the night when the clock strikes 8:30. Being part of a support group is being accepted as you are without judgement.