What Delawareans Should Know about Choose Health Delaware

Health insurance reform is changing things for the estimated 90,000 uninsured people in Delaware. Those who want to sign up for health insurance through the state’s marketplace can get more information from www.ChooseHealthDE.com.

ChooseHealthDE.com is the state’s official source for individuals, families, small business owners and others to access up-to-date information about health insurance. People who are currently uninsured or underinsured can shop for plans and enroll starting Oct. 1 for coverage that begins Jan. 1, 2014. Open enrollment will continue through March 31, 2014, for coverage in 2014.

“The Choose Health Delaware site is a great introduction to the marketplace and an excellent place to find answers to basic questions,” says Rita Landgraf, secretary of the Delaware Department of Health and Social Services. “We strongly encourage people to visit ChooseHealthDE.com and to spread the word to family and friends who can benefit from the marketplace.”

All plans offered through the marketplace will offer 10 essential health benefits, including emergency services, prescription drugs, and mental health and substance abuse disorder services. Other key features of the site include crucial dates relating to the marketplace, plans and rates, how to access in-person enrollment assistance, community events, FAQs and a link to enroll.

Important Dates to Remember

Enrollment starts October 1, 2013

Sign up by December 15, 2013, and coverage, including Medicaid, will start January 1, 2014

Open enrollment closes March 31, 2014, for the plan year 2014

For more information visit www.ChooseHealthDE.com or call 1-800-318-2596.

Inside:

• Q & A with Dr. Janet Kramer

• Community Mental Health Conference, 11/14/13

Learn how you can get involved!

(302) 654-6833
(800) 287-6423
www.mhainde.org
A message from Jim Lafferty

Executive Director, Mental Health Association in Delaware

Happy fall! I can’t believe its fall already. Not only do I enjoy the trees turning and the cooler temperatures but I also enjoy two things MHA does each fall.

The first is our 11th Annual E-Racing the Blues Race© which will take place on Sunday, October 27. See the article by Fern Skelly, co-chair of the event for more details about the race and how to register.

The second is the 2013 Community Mental Health Conference which is being held on Thursday November 14 at the Double Tree Hotel in Downtown Wilmington. Alexandra Gawel has written an article with more detail on the conference and you are invited to attend. First Lady Carla Markell will give the opening remarks.

One of the most important things happening for Delawareans is health insurance reform. Over 90,000 of us do not have insurance and now is a great opportunity to learn more about the health plans available and their cost. You can learn more by going to Delaware’s Choose Health Delaware website to learn more. You can visit www.choosehealthDE.com or call 1-800-318-2596. I know that people have been experiencing problems enrolling because of capacity and response issues with the federal website healthcare.gov but I believe things are getting better and by the time you get our newsletter all of the problems will be fixed.

Another change that is really important is that Medicaid eligibility in 2014 will change from 100% of the Federal Poverty Level to 138% of the poverty level. So if you applied for Medicaid in the past and were not eligible you may now be eligible for Medicaid. When you apply for health insurance, based on the information you provide a determination will be made as to your eligibility. You can also go to ASSIST the state’s online screening and enrollment website (https://assist.dhss.delaware.gov/ to determine if you are eligible for Medicaid.

Finally, I want to thank all of you for your support of the Mental Health Association in Delaware. I want to thank you for your financial support, your volunteer hours, your dedication to eliminating the stigma associated with having a mental health condition, for educating others about mental health conditions and treatment options and for helping to insure that access to mental health care is continually improving.

Thank you!

Jim

7 Creative Ways to Remember MHA

You can use one or more of these types of gifts to ensure that MHA can continue providing vitally needed services in the future. You also receive a tax deduction and, in some cases, income. Please contact us at MHA at 654-6833 for additional information.

- Life Insurance policy
- Retirement plan assets
- Charitable bequest in your will
- Charitable gift annuity
- Charitable remainder trust
- Charitable lead trust
- Real estate or other property

2013 Mental Health Association in Delaware

BOARD OFFICERS
Janet M. Brown, MSN, APRN, BC - President
Sandra M. Rodriguez, Vice President
Lawrence G. Boyer, Treasurer
Patricia Daniels, Secretary
Timothy J. Snyder, Esq., Past President

BOARD
Jack M. Akester, Ph.D.
John du Pont
Jane H. Gibson
Niki Hawkins
Ann L. Hilkert, MS, MI
Hon. Jan R. Jurden
Catherine Bakerian Kempista
Paul E. Lakeman, FACHE, CFRE
Kathleen S. Matt, Ph.D.
Fern Skelly

Remember our designation number of 430 when the time comes to make your United Way pledge this year. If you forget, all agencies are listed alphabetically on the back of the pledge form.
Q&A with Dr. Janet Kramer

We hear about Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder on the news. We read about it in magazines. We may know children who’ve been diagnosed, but we may not realize that adults can have ADHD as well.

Raising awareness is part of the mission of the Attention Deficit Disorder Association (ADDA), a national/international nonprofit that helps adults with ADHD lead better lives through awareness, advocacy for evidence-based diagnosis and treatment, and through public policy.

What’s the difference between ADHD and ADD? In the mid-1970s, the medical community sought to separate the two. That’s changed. “In the past 10 years, ADHD is generally used to describe both the hyperactive form and the attention issues; in fact, most individuals with ADHD have...both hyperactivity and inattention,” says Janet Kramer, an ADDA board member and retired Wilmington physician.

For six years, Kramer has been ADDA’s liaison to the planning committee of the People of Color Mental Health Conference, now called the Community Mental Health Conference. Sponsored in part by ADDA and the Mental Health Association in Delaware, the conference features ADHD experts.

This year, the Community Mental Health Conference is scheduled for Nov. 14 at the Doubletree Hotel in downtown Wilmington, and workshops will include “ADHD and Co-morbidities: Two Mental Health Challenges for One Person” and “High Risk to High Potential: Transition Issues for High School, and College and Students with ADHD.”

We asked Dr. Kramer how ADHD impacts people from youth to adolescence to adulthood and why this much publicized but little understood disorder is a mental health disability.

What causes ADHD?

There’s a strong hereditary component. A lot of parents realize they have ADHD when their children are diagnosed. Most people have it when they’re born. However, a person can develop ADHD if he experiences head trauma or is exposed to lead or other toxins/poisons that cause changes in the dopamine receptors in the brain.

Intelligence has little to do with it, although a lot of people who have trouble performing as well as their peers without ADHD may not think they’re as smart. ADHD affects all races, ability levels, cultures and financial levels. However, not everyone has access to quality diagnosis and treatment. Specific learning disabilities occur more frequently in those with ADHD, but they may not be recognized because of the more apparent behavioral symptoms of the ADHD.

Many people link the disorder with an inability to focus or stay still.

Some experts feel that the ability to focus is the major problem with ADHD. The individual with ADHD may struggle to focus or can over-focus – they may not know when to stop and go on to another higher priority activity. Most individuals with ADHD find fidgeting actually improves concentration/focus and may play with pencils or other objects, doodle, or tap a leg or fingers in order to concentrate.

Is it challenging to diagnose ADHD in adolescents?

Diagnosis is very difficult if ADHD is considered as a diagnosis for the first time during adolescence. An adolescent’s behavior is a little “strange” anyway, and differentiating behavioral issues occurring during normal adolescent development from behavioral issues that have existed throughout childhood – and are now increased during adolescence – requires a careful discussion with parents and teachers.

Would symptoms still be evident in the teen years?

Sixty percent of those diagnosed with the disorder as children continue to have significant symptoms into adulthood.

Despite the publicity, are many people still going undiagnosed? Only about 40 percent or less of those challenged with ADHD are diagnosed. ADHD can be present with many other major mental health issues, such as depression and bipolar disorder. The symptoms of ADHD may be masked by other mental health issues and may not be considered until the individual doesn’t respond well to what is considered appropriate treatment for the other mental health issues.

What kind of treatment is available?

The primary treatment is medication, which works on specific dysfunctional areas of the brain. Too many people, though, take medication erratically or not at all. Some people learn skills and they don’t use medication as adults. However, the most successful treatment occurs when the diagnosis is carefully made, co-occurring mental health disorders are recognized and an integrated treatment with medication and cognitive behavioral treatment (CBT) – including motivational interview, skill development and trauma-informed care – are available to address individual treatment needs. ADHD coaching in adults with ADHD can be very helpful to address the executive function problems.

Tell us about ADDA’s College Transition Initiative.

Kids in general may have issues as they transition into college, but people with ADHD have specific ADHD-related issues. Most students with ADHD need to learn how to attend classes and how to schedule classes so they perform best. For instance, we’ve learned that exercise helps with the focusing issues, so college students with ADHD may need to schedule classes so they include time for daily exercise.

There are also coaches who help college students with ADHD to develop a routine, which is optimum for the student. The coach may call the student when there’s a paper due or to check on the student’s progress in organizing their time to best achieve their goals. It’s critically important for the student to have someone who helps the student to recognize challenges and skill needs and to learn to self-advocate for reasonable and appropriate accommodations.

What are the consequences of going undiagnosed?

Folks with ADHD who are untreated are twice as likely as those who receive appropriate medication to develop a substance abuse disorder. Alcohol is many times the substance of choice because it’s available. But untreated individuals challenged by ADHD may smoke, use large amounts of caffeine or use street drugs to self-medicate. In addition, those with ADHD because of difficulties with executive functioning have more difficulty keeping their jobs, developing long-term relationships, and ultimately achieving their goals.

Unfortunately, those who’ve not been recognized or treated are then more likely to end up in jail because of issues such as driving under the influence or driving recklessly and substance abuse. If they get arrested, they’re much more likely to get intimidated by a courtroom interviews, behave defensively and even plead guilty if they’re not guilty.

[In November, ADDA and the Delaware Center for Justice will sponsor a judicial roundtable to promote ADHD awareness to justice professionals and discuss treatments and accommodations to help people transition from the system back into the community.]

Where can people learn more about the disorder?

To become educated, visit the ADDA website, www.adda.org. If you’re focused on children, visit the website of Children and Adults with Attention-Deficit/Hyperactivity Disorder, www.chadd.org. Talk to your primary care provider. Diagnosing ADHD requires a really good history and physical including a mental health evaluation.

Many people today say they have ADHD if they can’t concentrate or forgot something. It’s tossed out there. Does that minimize the disorder’s severity?

It shouldn’t be referred to casually. ADHD truly is a disability that keeps many people from doing as well as they want to, and affects their ability to function well at home, in the community and in school or at work.
The 11th Annual E-Racing the Blues® Race

By Fern Skelly

A week from Sunday we will run the 11th year of E-Racing the Blues® 5K Run/Walk and 10K Run on October 27th, at the Riverfront Wilmington! Please sign up today as the pre-registration site closes on Tuesday.

The Competitive Walking Event will again be a separate chip-timed race. The E-Racing the Blues® race is one of only a few in the area offering competitive walking and it has become extremely popular in the last 3 years. Day of registration for all events opens at 7:30. The 10K run will start at 8:30 a.m. The 5K run will start at 9:45 a.m., followed by the 5K competitive and recreational walks. All events will be chip timed, one of the most accurate timing devices used today. Teams are welcome and people are encouraged to start a team consisting of 3 or more people. Last year over 30 teams competed and represented companies, organizations, and groups of family members and friends. Along with individual competitive race awards, teams raising the most dollars and having the most team members will also receive prizes and recognition! Refreshments and the awards presentation will take place at the conclusion of the 10K race and after the 5K events. Several new items this year include: A “laughter warm-up” by MHA’s friend, Christa Scales of Giggle On, facepainting, a pumpkin decoration contest, and more.

Supporting this event makes a difference to help “e-race” the stigma surrounding mental illness and depression. Mental Health is how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood. Staying mentally healthy is not always easy, especially during tough times.

Regular physical activity is one of the most important things you can do for your health. It can help:

• Control your weight
• Reduce your risk of cardiovascular disease
• Reduce your risk for type 2 diabetes and metabolic syndrome
• Reduce your risk of some cancers
• Strengthen your bones and muscles
• Improve your mental health and mood
• Improve your ability to do daily activities and prevent falls, if you’re an older adult
• Increase your chances of living longer

This event connects family and friends and shows the advantage of exercise. The recreational 5k walk (3.1 miles) encourages families to walk with their children. Strollers are welcome.

E-Racing the Blues has attracted over 4,000 participants and helped us bring our total raised for the event in the last 10 years, since its inception, to over half a million dollars!


E-Racing the Blues® Committee members are: Fern Skelly - Chair of the event, Niki Hawkins - Vice Chair, Jack Akester, Marcia Cloud, Patty Daniels, Roberta Fishgold, Jane Gibson, Lauren Golt, Pat Gugerty, Shawn Hanshew, Jessica Hill, Chris Johnson, Gail Keller, Rachel Lee, Laurie McArthur, Carol Osburn, Deenie Reeves, Jan Wilkinson, and Wendy Wise.

To register for the race or start a team, simply visit our website at www.eracingtheblues.org, use the registration form below or contact the office at 654-6833 for a registration form.

The 11th Annual E-Racing the Blues Race registration form

<table>
<thead>
<tr>
<th>Date:</th>
<th>Sunday, October 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Times:</td>
<td>Registration opens 7:30 am</td>
</tr>
<tr>
<td></td>
<td>10K Run starts 8:30</td>
</tr>
<tr>
<td></td>
<td>5K Competitive Walk starts 9:50</td>
</tr>
<tr>
<td></td>
<td>5K “fun” walk starts 9:55</td>
</tr>
</tbody>
</table>

Dravo Plaza, Wilmington Riverfront, Wilmington DE

<table>
<thead>
<tr>
<th>Course:</th>
<th>10K and 5K - USATF Certified – Start and finish at Dravo Plaza</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chip Timing by Mid Atlantic Timing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feas:</th>
<th>10K Run -</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$30 pre-registration (by 10/22)</td>
</tr>
<tr>
<td></td>
<td>$35 race day registration</td>
</tr>
<tr>
<td>5K Run/Walk -</td>
<td>$20 pre-registration (by 10/22)</td>
</tr>
<tr>
<td></td>
<td>$25 race day registration</td>
</tr>
</tbody>
</table>

| Awards and prizies: | 10K Run, 5K Run, and 5K Competitive Walk - Overall male and female, Top 2 male and female in 10 year age groups - 13 and under through 70 and over. Top fundraiser and team captain with most members. |

| Amenities: | Entertainment, refreshments, exhibitors. The first 750 participants receive long-sleeve race T-shirts |

| Registration: | Pre-registration for individuals and teams available online at www.eracingtheblues.org or by requesting registration forms from MHA. To pay by check, mail with form to MHA, 100 W. 10th St., Suite 600, Wilmington, DE 19801 |

| Information: | For more information, contact MHA at (302) 654-6833 or on www.mhainde.org |

---

I am unable to attend but have enclosed a donation.

**Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and delay or inhibit accurate race results. Unregistered runners/walkers, running with dogs, strollers, rollerblades, bicycles, and the wearing of headphones are prohibited on the race course at any time to ensure runner’s and walker’s safety and to comply with liability standards. Thank you.**

**Signature:**

(Parent’s signature required for participant under 18 years old)
When a traumatic event happens in your school or community, you can be a Lifeline.

According to the American Association of Suicidology, suicide ranked as the third leading cause of death for young people (ages 15-24). While suicides accounted for 1.4% of all deaths in the U.S. annually, they comprised 12.2% of all deaths among 15-24 year olds. In Delaware, someone dies by suicide every 3.5 days.

To schedule a FREE Lifelines Program at your school, contact Emily Vera at the Mental Health Association in DE at (302) 654-6833 or evera@mhainde.org

Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Teens

Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Teens is a school-wide program made up of three components: Prevention, Intervention, and Postvention. This trilogy of programs is the only existing model of its kind available for teens. The program includes tools for administrators to assist with policy planning around crisis situations, training and educational programs for parents and school staff, and evidence based curriculum for students.

The complete Lifelines Trilogy is based on over 20 years of suicide-in-youth research that indicates an informed community can help to prevent vulnerable teens from ending their lives.

Statewide Suicide Prevention Gatekeeper Trainings

Year 2013 (January-September)

ASIST (Applied Suicide Intervention Skills Training) is a two-day training for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this evidence-based two-day, highly interactive, practical, practice-oriented workshop. ASIST is the most researched suicide prevention skills training world-wide, and evaluations have shown that interventions skills learned at ASIST are retained over time and put to use to save lives.

The Outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential.

Learn how to:
- recognize invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

Who to Contact:
Mental Health Association in Delaware:
(302) 654-6833 or (800) 287-6423

safeTALK: a 3 hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Why should I come to safeTALK?
In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more willing and able to perform an important helping role for persons with thoughts of suicide.

Why is safeTALK for everyone?
Most persons with thoughts of suicide go unrecognized—even though most all are, directly or indirectly, requesting help. Without safeTALK training, these invitations to help are too rarely accepted, or even noticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they need.
On Tuesday, September 10, 2013, the Mental Health Association in Delaware (MHA) in collaboration with the Delaware Suicide Prevention Coalition (DSPC) sponsored the 2013 Veterans Mental Health Summit & Carnival of Wellness in support of suicide prevention month. The event took place at the Embassy Suites Hotel in Newark and focused on presenting and disseminating information and resources to veterans, service members, families, and support members in Delaware.

The day portion of the event emphasized workshops for service providers who work with veterans and the military. Topics ranged from Suicide Prevention to PTSD. The morning schedule also included a panel session with moderator, Dr. Patrick A. Little, who is the local Recovery Coordinator at the Wilmington VA, and veterans who are in recovery and finding support through the Wilmington VA and their respective communities. The keynote address was given by Clark Flatt, who is the founder of The Jason Foundation, Inc. Mr. Flatt spoke about his tragic experience of losing his son, Jason, to suicide, who the foundation is named after.

The evening portion was a fun-filled night with games, food, face painting, balloon animals, and resources for military families. In addition, the Carnival of Wellness hosted a band and held multiple raffle prize drawings for the families who attended. The event hosted 28 exhibitors, which included many agencies who work directly with military families and veterans, throughout the entire event.

The Veterans Mental Health Summit had approximately 175 people in attendance, and the Carnival of Wellness had around 115 family members come throughout the evening. This day-long event was an excellent forum for sharing resources and increasing understanding of mental health issues in the military population in Delaware. MHA would like to send a big thank you to the Delaware Suicide Prevention Coalition Military Subcommittee, which includes MHA in addition to the Delaware Commission of Veteran’s Affairs, Delaware National Guard, Department of Veterans Affairs, Division of Prevention and Behavioral Health Services, the Division of Substance Abuse and Mental Health Training Office, and MeadowWood Behavioral Health System. The event was a big success, and the coalition appreciated the support and ongoing commitment to preventing suicide in Delaware.

Highmark Blue Cross Blue Shield of Delaware’s BluePrints for the Community grant

Thank you to Highmark Blue Cross Blue Shield of Delaware for their BluePrints for the Community grant that has allowed us to provide community based peer support groups. These support groups are for those experiencing depression, those who have lost someone to suicide and those struggling with co-occurring disorders of substance use and mental health. These new groups are located in Kent and Sussex Counties in Delaware.

If you are interested in attending these groups and would like more information, please call the Mental Health Association in Delaware. Meeting dates and times for the new groups are:

1. Milford Depression Support Group
   Every Thursday from 6:00 to 7:30 p.m.

2. Milford Survivors of Suicide Support Group
   Every Wednesday from 6:00 to 7:30 p.m.

3. Georgetown Double Trouble in Recovery Support Group
   Every Monday from 6:00 to 7:30 p.m.
   Thresholds, 20505 DuPont Blvd, Georgetown Delaware

4. Milford Double Trouble in Recovery Support Group
   Every Tuesday from 6:00 to 7:30 p.m.
   Thresholds, 907 N. DuPont Blvd., Milford, DE 19963

Locations of the depression meeting and the Survivors of Suicide meeting are only provided to registered members. To register, contact the Mental Health Association in Delaware at 800-287-6423.

Double Trouble in Recovery Groups do not require registration. Please feel free to attend these meetings at your convenience.
# Mental Health Association in Delaware

**Support Groups Fall 2013**

**Please call to register.** 302-654-6833 in New Castle County or in Kent or Sussex 800-287-6423

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

## For help with ...

### Depression

(Depression support groups are peer-led groups for individuals experiencing or who have experienced Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, or Dysthymia.)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newark</strong></td>
<td><strong>Dover</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(7-9 p.m.)</td>
<td>(7-8:30 p.m.)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Anxiety

(Angiety 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.)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newark</strong></td>
<td><strong>Millsboro</strong></td>
<td><strong>Milford</strong></td>
<td><strong>Newark</strong></td>
<td></td>
</tr>
<tr>
<td>(2nd &amp; 4th Weds.)</td>
<td>(6:30-8 p.m.)</td>
<td>(6 - 7:30 p.m.)</td>
<td>(7-8 p.m.)</td>
<td></td>
</tr>
</tbody>
</table>

### Survivors of Suicide (SOS) for Grief & Healing

(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.)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wilmington</strong></td>
<td><strong>Millsboro</strong></td>
<td><strong>Milford</strong></td>
<td><strong>Newark</strong></td>
<td></td>
</tr>
<tr>
<td>(1st, 3rd &amp; 5th Mon.)</td>
<td>(2nd Tuesday)</td>
<td>(6 - 7:30 p.m.)</td>
<td>(7-8 p.m.)</td>
<td></td>
</tr>
</tbody>
</table>

### Survivors of Accidents and Murders (SAM)

(SAM support groups are professionally run groups for family and friends of people whose deaths were sudden and/or violent.)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milford</strong></td>
<td><strong>Wilmington</strong></td>
<td><strong>New Castle</strong></td>
<td><strong>New Castle</strong></td>
<td></td>
</tr>
<tr>
<td>(2nd Monday)</td>
<td>(3rd Tuesday)</td>
<td>(7-9 p.m.)</td>
<td>(7-8 p.m.)</td>
<td></td>
</tr>
</tbody>
</table>

### Double Trouble in Recovery

(DTR is the only evidence-based peer support group created for those with co-occurring disorder. DTR offers a forum for people who have a substance use disorder as well as mental illness to address the challenges and issues specific to them in an understanding, inclusive atmosphere.)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Georgetown</strong></td>
<td><strong>Wilmington</strong></td>
<td><strong>New Castle</strong></td>
<td><strong>New Castle</strong></td>
<td></td>
</tr>
<tr>
<td>(6-7:30 p.m.)</td>
<td>(7-8pm)</td>
<td>(7-8 p.m.)</td>
<td>(7-8 p.m.)</td>
<td></td>
</tr>
</tbody>
</table>

*Locations and times are subject to change.*
We Need Your Help

By Laurie McArthur

If you enjoy reading the articles contained in this newsletter, if you have participated in MHA educational conferences and support programs, if you have utilized MHA for information, resources, or referrals, you probably have an idea what this agency does for the people of Delaware. But do you know how we are capable of providing such a wide range of mental health services?

The answer is YOU. Your generosity, individual and corporate donations, in-kind services are fundamental to our work. These funds allow us to provide current and quality mental health information and programming, and to expand our mission of support, education, and advocacy throughout the state.

Help us continue our work. Work that now or in the future you, a family member or friend will need. When you assemble all of your year end requests for support, please put the Mental Health Association in Delaware at the top of your list. You can send tax deductible donations to: Mental Health Association in Delaware at 100 W. 10th Street, Suite 600, Wilmington DE 19801-6604.

Community Mental Health Conference 2013

Journey Toward Health and Wholeness; Mind, Body, and Spirit

By Alexandra Gawel

On Thursday November 14, 2013, the Mental Health Association in Delaware will be sponsoring the 12th annual Community Mental Health Conference. The conference will take place at the Doubletree Hotel in downtown Wilmington, and will focus on the theme Journey Toward Health and Wholeness: Mind, Body and Spirit.

A major highlight of our conference will be keynote speaker, Ihsan Hines, founder of My Brother’s Keeper. Workshop presentations this year will be on topics such as the relationship between homelessness and mental health, suicide prevention, violence in our communities and what we can do about it, mental health and the LGBTQ community, career choices for individuals with ADHD and more. Breakfast, lunch, entertainment, and a raffle prize drawing are also offered throughout the day. National Association of Social Work CEU’s will also be offered at this conference at an additional cost for specific workshops. Online registration is open on our website as well as standard brochures. To request a paper brochure, please contact Alexandra Gawel at the Mental Health Association in Delaware at (302)654-6833 or by e-mail at agawel@mhainde.org

A special thanks goes out to our planning committee members; Abner Santiago, Alexandra Gawel, Audwin Odom, Belinda Criddell, Daniel Norvell, Dona Mesko, Frank Hawkins, Janet Kramer, LaVaida Owens-White, Lonnie Edwards, Norwood Coleman, Olga Matias, Pat Evans, Phyllis Churchman-Boyd, Rev. William Rhines, Roberta Fishgold and Yvette Aviles.

MHA in Delaware would like to thank this year’s participants, volunteers, sponsors, speakers, etc. who are coming together to make the 12th Annual Conference a success! Attention Deficit Disorder Association (ADDA)
Mental Health Association in Delaware (MHA)
Astra Zeneca
Division of Substance Abuse and Mental Health (DSAMH)
Janssen
Division of Prevention and Behavioral Health Services
Rockford Center

Smoking and Depression

By Yvette Aviles

Studies have found that 1 in 3 adults with a mental illness smoke cigarettes, compared to 1 in 5 adults with no mental illness. Smoking affects our body negatively resulting in shortness of breath, the risk of heart disease, cancer, and other illnesses. There is strong evidence that nicotine found in cigarettes and smokeless tobacco products is associated with an increase of symptoms of depression and anxiety. The question has long been asked, which came first, the chicken or the egg? Some might argue that people start smoking which leads to onset of depression or anxiety, or people with depression or anxiety start smoking.

Having depression or anxiety can cause a large amount of stress on an individual. Nicotine has mood-altering effects; therefore, some use smoking and smokeless tobacco as a coping mechanism to alleviate symptoms of stress, anxiety or depression. The effect of nicotine intake is a reduction of these feelings of depression or anxiety for a short period of time.

Nicotine is inhaled and first passes through the lungs then into the blood stream. The heart pumps the nicotine through the body eventually reaching the brain. Within 7-10 seconds a dose of nicotine reaches an individuals’ brain. This process triggers the release of many chemical messengers in the brain such as dopamine, which is responsible for happy and positive feelings. Some of the immediate effects of nicotine are curbed appetite, release of tension and increased concentration.

So how can nicotine be that bad? Over time individuals who smoke tobacco or use other forms of smokeless tobacco will develop a tolerance to the nicotine. This means it will take more nicotine to achieve the same effects. Nicotine also increases the metabolic rate of some medications in the body, requiring higher doses for medications to work. Smoking has also been associated with an early mortality among adults. Tobacco related deaths in the United States are at 430,000 annually, with 200,000 occurring in people with mental illness.

Smoking does not have to be the answer to relieve stress, depression and anxiety from ones’ life. With the proper help and assistance, it is possible to find resources to help with quitting smoking. The Mental Health Association in