Inside:

• Adolescent Depression Awareness Program

• Suicide Prevention Gatekeeper Training

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

I want to thank all of you who contributed to the Mental Health Association in 2008 through United Way, our Annual Campaign, our Eracing the Blues® Walk/Run, the Food, Wine and Art Fest and through your many other contributions. Your financial support is deeply appreciated and I know because of the current economic situation that contributing to us has become more difficult for you. Just at the time when there is a greater demand for services, those same services are becoming harder to fund and more difficult to access, so thank you again for helping the Mental Health Association in Delaware and please consider contributing to us again in 2009.

I’m really excited to tell you that Johns Hopkins, the Brandywine School District and the Mental Health Association in Delaware are collaborating to introduce a program developed by Johns Hopkins to the Brandywine School District’s three high schools as well as Smyrna High School and St. Mark’s High School. The program is known as the Adolescent Depression Awareness Program. The program was developed by Karen Swartz, M.D., Director of Clinical and Education Programs, Johns Hopkins Mood Disorders Center, Johns Hopkins University School of Medicine, Department of Psychiatry and Behavioral Sciences and underwent nine years of research. The objective of this program is education about depression and suicide prevention.

Special thanks to Dr. Jim Scanlon, Superintendent of the Brandywine School District for his willingness to partner with us in introducing this program.

An interesting part of history is that Henry Phipps, a Baltimore philanthropist, wanted to donate to Johns Hopkins Hospital. He was given a book written by Clifford Beers, the founder of what is now Mental Health America entitled A Mind That Found Itself.

The result was that in 1913 the Henry Phipps Psychiatric Service opened at Johns Hopkins. So I guess in a way we’ve been partners with Johns Hopkins since then.

You’ll read about another very important undertaking in Delaware being spearheaded by Delaware’s Supreme Court and led by Justice Henry duPont Ridgely. The Supreme Court has undertaken a study of the expansion of Mental Health Courts in Delaware. Currently there are Mental Health Courts in the Court of Common Pleas in New Castle County presided over by Judge Joseph Flickinger, Family Court presided over by Commissioner Loretta Young and Superior Court presided over by Judge Jan Jurden. The charge of the Supreme Court Criminal Justice Task Force is “to develop recommendations to policymakers to improve prevention and system-wide responses to persons with mental illness involved in the entry into the criminal justice system or re-entry into the community”.

Please enjoy the newsletter. I hope you find it informative and again thanks for your continuing support of MHA’s programs.

2009 Mental Health Association in Delaware

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E-Racing the Blues® 2009

The 7th Annual E-Racing the Blues 10K Run and 5K Run/Walk will take place at the Wilmington Riverfront on Sunday, October 25th. “We are thrilled to once again have AstraZeneca join us as the presenting sponsor of the race,” said Jane Castle, Chairman of the event. “AstraZeneca continues its generous support of the Mental Health Association in Delaware and people living with mental illness,” said Jim Lafferty, Executive Director of MHA in Delaware.

The venue will once again offer a 10K run, 5K run and 5K walk on a course that surrounds the Riverfront. Prizes will be awarded in both female and male categories in numerous age groups. Sponsorships are available offering great marketing value for the sponsoring company. Check out the benefits of sponsorship by visiting the race website at www.eracingtheblues.org or calling the MHA office at 654-6833. Participant pre-registration is also available on the website and affords the racer a discounted entry fee. All participants receive a commemorative, long-sleeve T-shirt, the opportunity to win from a wide assortment of prizes and the satisfaction of knowing that their participation is helping MHA continue helping many people in need.
Johns Hopkins –
Adolescent Depression Awareness Program

Karen L. Swartz, M.D.
Director, Adolescent Depression Awareness Program
Director, Clinical Programs, The Johns Hopkins Mood Disorders Center

The Adolescent Depression Awareness Program (ADAP) is a school-based curriculum to educate high school students, teachers, and parents about teenage depression. The mission of ADAP is to make the curriculum available nationally for health teachers to incorporate into their classes. Through education, ADAP is designed to help students accurate information about adolescent depression. The mission of ADAP is to make the curriculum available nationally for health teachers to incorporate into their classes. Through education, ADAP is designed to help students and parents about adolescent depression.

Karen L. Swartz, M.D., assistant professor in the Department of Psychiatry at the Johns Hopkins University School of Medicine, founded ADAP in 1999. A psychiatrist at Johns Hopkins Hospital for over fifteen years, Dr. Swartz has clinical expertise in the treatment of mood disorders and a special dedication to educating patients and their families about depression. In response to a series of teenage suicides in 1998, Dr. Swartz began volunteering to speak to parents, teachers, and students about depression. After a year of working with a variety of school communities in the Baltimore area she began to develop ADAP’s formal curriculum to become part of high school health classes.

Many high schools do not have a formal curriculum to address depression. Among schools that address depression in health classes, very few discuss depression as a medical illness. With an estimated 5% of adolescents having depression, this is one of the most common illnesses teenagers face. The high rate of suicide in depressed teens underscores the importance of all high school students receiving quality education about depression and learning that depression is a treatable medical illness – the core message in the ADAP curriculum.

The ADAP student curriculum is three hours and employs multiple teaching modalities. Some of the teaching formats include: interactive lectures and discussions, videos of teenagers describing their experiences with depression and bipolar disorder, homework, and video assignments to reinforce key points, and group interactive activities. The goal of the curriculum is to promote depression literacy, which the ADAP team has defined as knowledge of the symptoms of depression, understanding the process of medical diagnosis in order to compare depression to other medical illnesses, and knowledge of treatment or help available for depression. Suicide is addressed in the program as a serious symptom of depression, rather than as an independent focus. The importance of help-seeking behavior (i.e., sharing concerns with parent, teacher, school nurse, or counselor) is also addressed in the program.

An important element of ADAP is not only to teach the students accurate information about adolescent depression, but to assess the efficacy of the program in changing students’ knowledge of and help-seeking attitude for adolescent depression. The team developed the ADAP Depression Knowledge Questionnaire (ADKQ) as the assessment tool. The ADKQ asks 13 “yes/no” questions and asks students to list five symptoms of depression and two symptoms of mania. The students are given a test prior to the program (pre-test) and a follow-up test six weeks after the program (post-test) in order to determine if they are gaining critical knowledge about depression. For a series of publications, the ADAP team analyzed results from a subset of the students from large public school districts. The percentage of students scoring greater or equal to 80% correct on the ADKQ more than tripled (from 20% to 62%) from pre-test to post-test.

ADAP is successful in changing students’ knowledge of and help-seeking attitude for adolescent depression. A key component of the program’s effectiveness is the ADAP training for new instructors. Future ADAP instructors attend didactic seminars taught by expert clinicians, listen to community members share their personal experiences with mood disorders, and study a training video and a detailed training manual. The ADAP instructor training is extremely successful in giving the trainees the knowledge and skills they need to effectively teach the ADAP curriculum in high schools.

The program has been developed following a long-range plan to create a high quality curriculum to achieve the program’s mission of national expansion. Now in the tenth year of the program, the ADAP team has systematically developed a curriculum that has been taught to over 12,000 students. ADAP is in the early stages of national expansion and the program has been taught in Maryland, North Carolina, Oklahoma, Virginia, and Washington D.C. As the training program is now in a replicable format and ADAP has shown that high school students are learning the depression curriculum, the ADAP team has worked to establish collaborations nationwide. New collaborations for the coming year include:

- Delaware – Brandywine and Smyrna School Districts and Mental Health Association
- Red Wing, MN – Red Wing Public Schools
- Prescott, AZ – Northern Arizona University School of Nursing

As ADAP focuses on national expansion, the team will be dedicated to raising funds and putting its training programs into a web-based format in order to reach a larger audience. This is a major effort for ADAP, requiring experts to ensure the same level of quality and accuracy that has gone into its efforts to date.

Based on recent feedback from participating teachers, parents, and students, the ADAP program has been very well received by school communities. Educators at schools have noted that the information contained within the curriculum is valuable and essential. The program not only offers a better medical understanding and awareness of adolescent depression and mood disorders, it also offers hope and reassurance that treatment options are available. With that positive feedback, ADAP looks to a successful 2009 and significant progress towards reaching its mission of national expansion.

One of the highlights for 2009 will be the expansion of ADAP to Delaware. The enthusiastic leadership of the Brandywine and Smyrna School Districts and Superintendents as well as the leadership of the Mental Health Association in Delaware have been critical in launching the effort.
Delaware Supreme Court forms Criminal Justice and Mental Health Task Force

The frequency with which people with mental illnesses enter our criminal justice system and their handling within that system are critical issues across the nation and in Delaware. In an effort to better understand and address these issues, the Delaware Supreme Court is participating in the Chief Justices’ Criminal Justice/Mental Health Leadership Initiative, a national project in its second year. This year Delaware was one of only four states selected by the Council of State Governments (CSG) Justice Center to participate and as one of the states selected, Delaware will receive funding and technical assistance from the CSG Justice Center and National GAINS Center.

Chief Justice Myron T. Steele has designated Delaware Supreme Court Justice Henry duPont Ridgely as the chair of the project due to his extensive experience with criminal justice and mental health issues. Under Justice Ridgely’s leadership, the Delaware Supreme Court’s Criminal Justice and Mental Health Task Force began meeting in December and has brought together judges, state legislators and nonprofit organizations (including the Mental Health Association). Over the next year, the Task Force will work to develop a strategic plan to improve outcomes for people with mental illnesses engaged in the criminal justice system.

“The frequency with which people with mental illnesses enter our courts, jails, and prisons remains a critical problem. This Task Force will greatly enhance our understanding of the problems that individuals with mental illnesses face, enable us to identify specific gaps in resources, including improvements to treatment options, as well as steps to take, when appropriate, to help individuals with mental illnesses avoid contact with the criminal justice system,” said Justice Ridgely.

According to a 2006 report by the U.S. Bureau of Justice Statistics, nearly a quarter of both state prisoners and jail inmates who reported they had a mental health problem had served three or more prior incarcerations. This makes them familiar faces in our nation’s courtrooms. Justice Ridgely noted, “Delaware has already initiated substantial efforts to divert those with mental illnesses from the criminal justice system, including the establishment of pilot mental health courts in New Castle County. Through the Delaware Supreme Court’s Criminal Justice and Mental Health Task Force, we look forward to the opportunity to support and expand these initiatives, and to explore new ways to improve the treatment of the mentally ill within Delaware’s criminal justice system. The Task Force has the joint goals of improving the quality of life for those with mental illnesses in Delaware, increasing public safety, and ensuring that state funds directed towards mental health issues are being used most cost-effectively.”

Charge of the Criminal Justice and Mental Health Task Force

The charge of the Supreme Court Mental Health/Criminal Justice Task Force is to develop recommendations to policymakers to improve prevention and system-wide responses to persons with mental illness involved in the entry into the criminal justice system or re-entry into the community through inter-branch communication, collaboration and allocation of resources for the education of the criminal justice community, the identification of juvenile and adult defendants in need of mental health treatment, the enhancement of victim’s rights and the referral, when appropriate, of defendants with mental illness to mental health courts established in each county for judicially supervised community-based treatment.

For more information about the Delaware Supreme Court’s Criminal Justice and Mental Health Task Force, please contact Stephanie Symons at the Administrative Office of the Courts, (302)255-2475 or stephanie.symons@state.de.us.
The 7th Annual People of Color Mental Health Conference

The 7th Annual People of Color Mental Health Conference was held on Saturday, November 8 at Delaware Technical & Community College, Wilmington Campus. MHA co-sponsored the conference with Attention Deficit Disorder Association. This year’s theme was “Healthy Minds = Healthy Lives through Mind, Body, and Spirit” and featured a keynote presentation by Gwen Scott-Jones, PsyD who addressed the crowd of nearly 200 people about the importance of mental health as a part of one’s overall health.

Conference attendees chose from a series of workshops related to mental well-being and had the opportunity to obtain continuing education credits if so desired in several areas. Morning Workshops included: Helene Gladney addressing Critical Thinking and Decision Making Skills; Staying Healthy through Bullying Prevention and Violence Prevention presented by Niagia Williams; Herman Ortez, MS on Understanding Sexual Violence; and Roberta Waite talking about Women Challenged by Depression and ADHD. While enjoying lunch, participants were treated to a presentation by the Twin Poets. The afternoon featured a panel and group discussion by Philip Thompson, LCSW, Ari Tuckman, PsyD, MBA; Belinda Criddell and Pat Wood about topics related to ADHD and mental health. Rounding out the day was group reports, attendance certificate presentation and a Youth Raffle. The 2009 Conference is planned for Saturday, November 7.

Heroes in the Fight

Heroes in the Fight, sponsored by Eli Lilly and Company, is a recognition partnership program designed to acknowledge and celebrate the heroes who help consumers and their families fight against severe and persistent mental illness in local and statewide communities every day. The 2008 Delaware Heroes in the Fight Awards Breakfast was held on Monday, September 29th at the Dover Sheraton Hotel to recognize all the nominees and winners. Individuals who best exemplify ongoing care and dedication to this effort were selected through a nomination process that relied on input from local partners and leaders.

Nominees for Heroes in the Fight: Front row (left to right) Dr. Saleem A. Khan; Vicky Kelly, PsyD; Desmond D. Wynn, Jr.; Robert Marceluk; Linda Kurtz; Stephen Moores; Penny Chelucci

Back row (left to right) Fran Leslie; Stephanie Traynor, PsyD; Patricia McDowell; Dave Cimariaccone

Suicide Prevention Gatekeeper Training

Integral to reducing the rates of suicide is enhancing the knowledge, skills, and competencies.

1. QPR (Question, Persuade, Refer) gatekeeper training program is a 1.5 to 2-hour training to help individuals, family and community members help those who may be considering suicide. QPR consists of three life-saving skills:
   - Question... a person about suicide
   - Persuade... the person to get help and,
   - Refer... the person to the appropriate resources.

QPR is not intended to be a form of counseling or treatment. It is intended to offer hope through positive action and to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

2. ASIST (Applied Suicide Intervention Skills Training) is to help caregivers become willing, ready and be able to provide emergency first aid to persons at risk of suicidal behavior. ASIST is a two-day workshop where participants will examine their attitudes about suicide, learn how to effectively recognize and review the risk of suicide. All types of caregivers will benefit from participation in the two-day ASIST.

3. SuicideTALK is a community-oriented program exploring issues in suicide prevention. SuicideTALK is a 1.5- to 2-hour exploration in suicide awareness. Organized around the question, “Should we talk about suicide?” it provides a structure in which people can safely explore some of the most challenging attitudinal issues about suicide, and encourages every member to find a part that they can play in preventing suicide.

SuicideTALK explores some of the most fundamental attitudinal issues about suicide and helps people to clarify their beliefs and examine the range of things they could do to help prevent suicide. The goal of SuicideTALK is to:

• Encourage life-protection, preservation and promotion activities
• Facilitate community awareness of suicide as a serious community health problem
• Reduce stigma and taboo surrounding suicide, and
• Increase personal commitment to and action in preventing suicide

The QPR Gatekeeper Training, ASIST and SuicideTALK awareness programs will be hosted by the Mental Health Association in Delaware and the trainers will be Victoria Kim, MSW, who is the Project Director of Delaware Suicide Prevention Plan and by Dana Lee, BS who is the Suicide Prevention Specialist.
Q&A with Sandra Rodriguez

By Pam George

When Sandra Rodriguez was growing up in Philadelphia, her father would exhibit unpredictable behavior. “We lived through some very bad instances with him,” she recalls. “He was very violent. He tried to take his life, and he tried to hurt other individuals.”

He also drank. It wasn’t until years later that the family learned he suffered from bipolar disorder. Once primarily known as manic-depressive illness, bipolar disorder is a brain disorder that causes unusual shifts in a person’s mood, energy and ability to function.

“Later in life, I could put two and two together,” she says. “Drinking was a way for him to camouflage what he felt inside.”

Realizing the need for awareness, Rodriguez — a Delaware resident for 20 years — earmarked United Way contributions to the Mental Health Association of Delaware. Banking jobs in the surrounding Pennsylvania area kept her from taking a more active role. Last year, she took a job in Delaware that allowed her to get personally involved. Today she is on the board of MHA and currently serves as treasurer. Rodriguez, whose parents are from Puerto Rico, is also on the board of the Latin American Community Center.

The two organizations recently began collaborating on a Spanish-speaking support group for depression, anxiety and general life stress. The MHA is also helping the LACC and St. Francis organize support groups in Spanish and English for post-partum depression.

“Sandy has been extremely helpful in developing the link between the two organizations,” says Jim Lafferty, executive director of the MHA. “She can provide us with information on other needs within the Latino community that we may not be aware of.”

Q: Why did you become active with the MHA?
A: My dad was diagnosed when he was 44. He is now 75 years old and living in a nursing home. I saw how he struggled with mental illness.

Q: What about the LACC?
A: Being Hispanic, I wanted to give back to the community and help out in whatever way I could. LACC and MHA are the causes closest to my heart.

Q: Is there a stigma attached to mental illness in the Latin community?
A: I believe that there is, especially among males because there’s such pressure to be macho. It is seen as a sign of weakness to show your emotions. When I was growing up, it was still macho or cool to drink and be one of the boys. My dad hid years of depression through alcohol. But I think the stigma runs across all ethnicities. Depression is taboo. It impacts so much of the population —we have to get the word out that there is help.

Whenever I meet somebody who has suffered from mental illness, or who has a relative with a mental illness, I tell them how important it is to get help — and get help quickly.

Q: How important is it for the LACC to offer support groups?
A: My dad has had so much difficulty finding a therapist or someone who speaks his language. We need to make it easier for people to access the care in the language that they know. It means a lot if you are going to a support group in your comfort zone. The LACC is such a central focus in the Latino community. People can start with the LACC and see what other community programs are out there.

Q: What is the most rewarding part about helping to bring together these two organizations?
A: Knowing that I’m doing my part to get the word out about mental illness. Letting people out there recognize what it is and that there is help.

FOR MORE INFORMATION
For information about mental health support groups at the Latin American Community Center, please call Stephanie Traynor at (302) 295-2160 or visit www.thelatincenter.org.

Smoking and Depression

The Mental Health Association in Delaware offers a “free” brochure about the dangers of smoking and how it relates to depression. The brochure titled “Smoking and Depression: What You Need to Know” was developed through a mini-grant received from the American Lung Association.

Most people are unaware of the connection between smoking and depression. While scientists are still unclear about whether smoking leads to an increase in depression or if depression makes individuals more likely to smoke, the following facts remain:

• There is an inextricable link between smoking and depression.
• We need to understand the correlation in order to protect and improve our mental and physical health.

In addition to the negative effects that smoking can have on an individual’s mental well being, smoking is dangerous to overall health and places individuals at increased risk for heart disease, cancer, and many other life-threatening illnesses.

The grant from the American Lung Association provides MHA the opportunity to distribute the brochure throughout the community as well as provide the brochure and other educational materials to deter people from starting to smoke and support and encourage people who would like to quit. The funding for the brochure and the presentations was made possible through the division of Public Health’s Tobacco Prevention Community Contract. Funding for the Contract is provided by the Delaware Health Fund and managed by the American Lung Association of Delaware.
The Mental Health Association has teamed up with the Latin American Community Center (LACC) in promoting the LACC MENTAL HEALTH PROGRAM SUPPORT GROUPS. UN RESPIRO SANO
Un grupo de apoyo en El Centro Latino para la depresión, la ansiedad, y el estrés. Español: los lunes, 5:30-6:30 de la tarde
Es gratis. Vengan a desahogarse.
Favor de llamar al Centro Latino para registrar, (302) 295-2160.
Este grupo se hace con el apoyo del Mental Health Association of DE.
(LACC support group for depression, anxiety, and life stress.
Spanish: Mondays, 5:30-6:30 pm
Please call LACC to register, (302) 295-2160.
This group is offered with the support of the Mental Health Association of DE.)

LOS ANGELES AZULES
Grupos de apoyo para la depresión posparto, ofrecido por El Centro Latino y St. Francis Hospital con el apoyo del Mental Health Association of DE.
El grupo y el estacionamiento son gratis.
Este grupo ofrece apoyo a mujeres deprimidas que están embarazadas o con bebe recién nacido.
Ingles: los miércoles, 11:15-2:30 de la tarde
Español: los jueves, 11:5 – 23:00 de la tarde
Favor de llamar al Centro Latino para registrar, (302) 295-2160.
(Support groups for Post-Partum Depression, offered by LACC in partnership with St. Francis Hospital, and additional support from the Mental Health Association of DE. There is no charge and parking is free.
The group offers support to pregnant women and new mothers who are depressed.
English: Wednesdays, 11:15-2:30 pm
Spanish: Thursdays, 1:15 – 2:30 pm
Please call LACC to register, (302) 295-2160.)

The Mental Health Association has implemented a pre-registration process with Wilmington Hospital, Meadow Wood Hospital and Dover Behavioral Health Day Programs for individuals. MHA believes support groups are an important part of an individual’s recovery process. As individuals participate in their recovery process at the aforementioned day treatment programs, it is important to offer supportive services that will promote a successful journey towards recovery. In an attempt to reduce gaps in services rendered, it is our hope that we are able to bridge services to individuals by introducing the importance of support groups in the recovery process as well as other community services and implementing this new support group pre-registration process.

Mental Health Association in Delaware Support Groups Winter, 2009
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 locations; locations are provided with registration. Support groups sponsored by MHA are not intended to replace professional mental health treatment.

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<th>For help with ...</th>
<th>Monday</th>
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<td><strong>Depression</strong></td>
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<td>(Depression support groups are peer-led groups for individuals experiencing or who have experienced Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, or Dysthymia)</td>
<td>Newark (7-9 p.m.)</td>
<td>Wilmington (10 a.m.-12 p.m.)</td>
<td>Pike Creek (7-9 p.m.)</td>
<td>Wilmington (for Women) (12-1:30 p.m.)</td>
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<td><strong>Anxiety</strong></td>
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<td>(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)</td>
<td>Newark (2nd &amp; 4th Weds.) (6:30-8:00 p.m.)</td>
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<td><strong>Survivors of Suicide (SOS) for Grief &amp; Healing</strong></td>
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<td>(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)</td>
<td>Wilmington (1st, 3rd &amp; 5th Mon.) (7-8:30 p.m.)</td>
<td>Millsboro (2nd Tuesday) (7:30-9 p.m.)</td>
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<td><strong>Post-Partum Depression (PPD)</strong></td>
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<td>(PPD support groups are professionally run groups for mothers experiencing or who have experienced Post-Partum Depression. The PPD support groups are sponsored collaboratively by MHA and the Latin American Community Center)</td>
<td>Wilmington (1:15 - 2:30 p.m.) (English speaking)</td>
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<td>Wilmington (1:15 - 2:30 p.m.) Spanish speaking</td>
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<td><strong>Survivors of Accidents and Murders (SAM)</strong></td>
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<td>(SAM support groups are professionally run groups for family and friends of people whose deaths were sudden and/or violent. A monthly newsletter discussing coping with sudden and/or violent death is also provided. The SAM support groups are sponsored by MHA and funded through the Delaware Criminal Justice Council)</td>
<td>Wilmington (3rd Mon.) (7-9 p.m.)</td>
<td>Newark (1st Tues.) (7-9 p.m.)</td>
<td>Milford (1st Tues.) (7 - 8:30 p.m.)</td>
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<td><strong>Parent Support Group</strong></td>
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<td>(Parent support groups are professionally run groups for parents and/or caregivers of a child with emotional difficulties. Services and resources for family members and/or caregivers are available. Stipends are available to help with childcare or transportation needs. The Parent support groups are sponsored by MHA and funded through the Division of Child Mental Health Services)</td>
<td>Wilmington (2nd Mon.) (7:30-9 p.m.)</td>
<td>Seaforth (3rd Tues.) (5-6:30 p.m.)</td>
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National Depression Screening Day

Mental Health Association in Delaware (MHA) has done it again. On Friday, October 7, 2008, MHA conducted their 9th National Depression Screening Day. National Depression Screening Day is designed to call attention to the illness of depression on a national level. It is designed to educate the public about symptoms and effective treatment, to offer individuals the opportunity to be screened for depression and to connect those in need to the mental health care system in Delaware. This past year, 15 agencies statewide participated with MHA to continue this good work for all communities in Delaware.

Clinical Depression is a common medical illness affecting more than 19 million American adults each year. Over 61,000 Delawareans suffer from a mood disorder including major depression, or bipolar disorder. Over 51,000 Delawareans experienced at least one major depressive episode in the past year.

It is very important for people to understand the connection of mental health to physical health and overall well-being. An initiative like National Depression Screening Day works to provide Delawareans options if they are reluctant to seek help.

MHA is pleased and fortunate to participate in National Depression Screening Day and will be sponsoring again in October, 2009. For further information please contact Mental Health Association in Delaware at (302) 654-6833.

Get your medicines for $25 or less

What are the AstraZeneca AZ&Me™ Prescription Savings programs?

• Programs that provide AstraZeneca medicines for $25 or less to Medicare Part D enrollees
• Programs that provide free or reduced costs AstraZeneca medicines to people with no prescription drug coverage
• Programs for individuals making $30,000 or less or even for a family of four making $60,000 or less

Who is AstraZeneca?

AstraZeneca is a pharmaceutical company that makes brand-name prescription medicines, and has offered prescription savings programs for over 30 years.

What are some of the medicines included in the AZ&Me Prescription Savings programs?

ARIMIDEX® (anastrozole) NEXIUM® (esomeprazole magnesium)
CRESTOR® (rosuvastatin calcium) SEROQUEL® (quetiapine fumarate)
SYMBICORT® (budesonide/formoterol fumarate dihydrate) Inhalation Aerosol

Other AstraZeneca medicines are also available. Program eligibility criteria, products covered, and cost of products subject to change.

Full Prescribing Information is available at www.astrazeneca.com, or by calling AstraZeneca at 1-800-236-9933.

Call. Ask. Enroll.

1-800-AZandMe (1-800-292-6363) or AZandMe.com

JOIN IN THE FUN AT THE:

The 2nd Annual Food, Wine & Art Fest

The 2nd Annual Food, Wine & Art Fest will be held on Thursday, March 26th from 6:00 to 9:00 p.m. at the Brandywine Country Club. Last year in its debut, the event raised nearly $10,000 thanks in large part due to the sale of some fabulous auction items. This year’s event will feature “spirits” presented by Branmar Wine & Spirits and at this writing, some wonderful auction items were already assembled featuring art work by James McGlynn, James Redding, Kathy Ruck and Dane Tilghman just to name a few. Jewelry and other items will also be a part of the silent auction. Check the MHA website at www.mhainde.org or call the office at 302-654-6833 for ticket information.

Enjoy a wide variety of wines from around the world!

Presented by: Branmar Wine & Spirits
Featuring: A fabulous fare while bidding on a variety of art and other auction items at:
Brandywine Country Club
2822 Shipley Road
Wilmington, DE 19810
Thursday, March 26, 2009
6:00 p.m. - 9:00 p.m.

Tickets - $65 all inclusive if purchased before 3/15/09
$75 all inclusive if purchased 3/16/09 or later
Register online at www.mhainde.org or call 302-654-6833 or send payment to: Mental Health Association in Delaware
100 W. 10th St. Suite 600
Wilmington DE 19801