What’s New at MHA?

3rd Annual Peer Support Summit

MHA’s Peer Training & Outreach Services just had their 3rd Annual Peer Support Summit. Titled “Back to Basics,” this year’s conference focused on discussing the fundamentals of peer support, which included topics such as core values, ethics, boundaries, and cooptation. There were two speakers, one who talked about mental health and wellness in the workplace and another who told us his very (inspiring) life story. There was also a panel of peers and clinicians who went over their roles and provided great insight into both the peer and clinical side.

We were also able to present four Peers, one Peer-led organization, and Lt. Governor Bethany Hall-Long with awards that recognized their continuous hard work and contributions in the peer community.

Below and on the next page you will find some pictures from the event, all taken by Monea Bailey, one of MHA’s Public Allies.
The Mental Health Association in Delaware also recently held their 22nd Annual Empowering Community Wellness Symposium (ECWS). Titled “Mental Health—Another Level of Self-Care,” this conference focused on the ever-growing, important topic of self-care and how it affects us as individuals, as well as our families and the surrounding community. There were two presenters, as well as a panel, whom discussed barriers to self-care and disparities in behavioral health for black males.

Below are some pictures from the ECWS, all taken by Monea Bailey (MHA Public Ally).
Dear Friends,

Thank you for reading our spring newsletter, where I would like to spend a moment discussing resilience. As the days lengthen and the flowers bloom, we are reminded of the resilience of nature and the constant growth of new life. We know that just as skilled gardeners tend their flowers for maximum blooms year after year, there are also things we can do to tend to our own resilience, to keep ourselves mentally healthy and productive with each new season. Some elements that can increase our resilience include engaging in optimism, facing our fears, finding meaning and purpose in things, and knowing and living by our moral compasses (Southwick & Charney, 2018). In the wake of the pandemic, these elements are especially important to bear in mind for those most impacted, including healthcare professionals. 

Even prior to the pandemic, healthcare workers were at increased risk for mental illness, addiction, and suicide. Since the arrival of COVID-19, studies have verified this risk at an international level. For example, 50% of healthcare workers surveyed in Italy had signs of PTSD and 25% had signs of severe depression (Rossi R., et al, 2020). In China, 50% of 1257 doctors and nurses surveyed reported signs of depression (Lai J., et al, 2020). Here in the United States, the average score of 90 healthcare professionals surveyed was in the clinically depressed range (Pearman A., et al., 2020). Many healthcare workers do not access supportive services due to stigma, time, and the fear of professional consequences. Here at MHA, we hope to decrease stigma through education, and share resources that can help reduce the time it takes to find mental health support that is completely confidential.

Agencies who may be interested in providing staff education on developing this type of resilience can contact us for a free presentation, where we will share tips on developing a supportive workplace culture, growing resilience as individuals, and resources to increase support specifically among healthcare professionals.

One of the most important aspects of developing resiliency for healthcare workers (or for anyone, for that matter) is to establish and nurture a strong support network, both professionally and personally. This can take the form of healthy friendships, social groups with shared interests, spiritual and faith connections, peer-to-peer support, and accessing treatment from a mental health professional.

There are many resources that offer these services for the general public, and for healthcare professionals specifically. A few examples are the Emotional PPE Project, which connects healthcare workers in need with licensed mental health professionals who can help, with no cost any public safety or insurance involvement; PeerRxMed, a free peer-to-peer program for physicians and other health care professionals; and Safe Call Now, which includes trained peer advocates who can provide resources and support for any public safety or medical personnel and their families.
As always, we want to remind anyone who is struggling that they are not alone, that there are many caring individuals who are willing to help, and that mental health support is available and effective. Don’t be afraid to reach out. We are grateful to all of the wonderful healthcare professionals who keep our society healthy day in and day out.

Warmly,

Emily Vera

Mental Health Awareness Month, established in 1949, was created to increase awareness about mental health and wellness, as well as to recognize and celebrate those in recovery. However, having conversations about mental health is important all-year-round, as well, and doing so can help reduce stigma and provide education on the topic.

In honor of May being Mental Health Month and raising awareness around mental health, we have included some information/resources below:

- **988 Suicide & Crisis Lifeline** offers 24/7 call, text and chat access to trained crisis counselors who can help those experiencing suicidal, substance abuse, and/or mental health crisis. Discover more at https://www.samhsa.gov/find-help/988

- **National Alliance on Mental Health (NAMI)** is celebrating Mental Health Awareness Month with their More Than Enough campaign or “an opportunity to come together and remember the inherent value we each hold.” Find at more at https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month

- **Mental Health America (MHA)** is using this month to “challenge ourselves on how we examine the world and how it affects our overall health.” To do so, they have created a toolkit, which includes information about how the environment can impact one’s mental health and suggestions on how to improve mental well-being. You can access the toolkit here: https://mhanational.org/mental-health-month

- **Mental Health Association in Delaware (MHA in DE)** offers continuing trainings in regards to mental health, such as suicide prevention trainings and varying wellness groups. Find more at www.mhainde.org
Do you have personal experience with mental health and/or substance abuse and consider yourself in recovery? Are you looking for a way to use your lived experience to give back to others, and turn it into a career? The profession of Peer Support might be for you! Please join us at a Peer Support information session, where Peer Educators at the Mental Health Association in Delaware will take you through the roles and responsibilities peers face, requirements needed for employment, training opportunities, our yearly Peer Internship program and other relevant opportunities. See you there!

**Date:** Wednesday, May 24th

**Time:** 10 am-12 pm

Combating the tidal wave of opioid use in Delaware is becoming increasingly harder and harder each day. Delaware is among the nation’s leaders in opioid use, medically assisted treatments and most importantly overdose deaths. This workshop not only will provide peers with the resources they will need to aid in the fight against the opioid crisis, but also provide them with the history of this crisis and how it became the epidemic we know it as.

This workshop is open to all that want to aid in the fight against opioid use. This will be a zoom style workshop and handouts will be provided with information about the various facilities, programs, and contact information for each of the facilities. This is to pool all available resources within the state so that Peers are familiar with all the various types of support available to them. Lastly, this workshop will provide a history of the opioid crisis in Delaware, how it has evolved over time and actions that were already taken to combat this crisis.

**Registration Link:** https://mha-in-de.corsizio.com/c/642ad518896be37c0ac1e95c
Thursday, June 1 - Friday, June 2  
Milford, Delaware  
9:00am - 4:00pm (ET)

Tuesday, June 6 - Wednesday, June 7  
Wilmington, DE  
9:00am - 4:00pm (ET)

Thursday, June 22 - Friday, June 23  
Milford, DE  
9:00am - 4:00pm (ET)

Thursday, July 6 - Friday, July 7  
Wilmington, DE  
9:00am - 4:00pm (ET)

ASIST is a two-day, in-person training.  
Participants must attend both days and stay for the entire time.  
There is no cost to attend.

CEUs are not provided but participants will receive a Certificate of Attendance and a course description should you want to obtain 15 CEUs on your own.

Space for these trainings are extremely limited. We ask that you only sign up if are definitely able to attend. All cancellations must be done more than 72 hours prior to the start time for the training.

Come join our
MHA's Wellness Groups

CLICK ME!
To view more information

MHA offers a variety of peer-led wellness groups for adults, including Depression & Anxiety, Survivors of Suicide for Grief and Healing, COVID Wellness, People of Color, LGBTQ+, Disability Haven, Seeking Safety, Men's and Women's Wellness Groups

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<tr>
<th>Location</th>
<th>Virtual (via Zoom) or In-Person (Newark, Pike Creek and Lewes)</th>
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<tbody>
<tr>
<td>Price</td>
<td>Free</td>
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<tr>
<td>Schedule</td>
<td>Offered Mondays - Thursdays</td>
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<tr>
<td>Group Access</td>
<td>All groups are closed- registration is required</td>
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<tr>
<td>Registration</td>
<td>To register, contact Jennifer Wendell at <a href="mailto:jwendell@mhainde.org">jwendell@mhainde.org</a></td>
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6 PM FRIDAY JUNE 16 THROUGH 5 PM SATURDAY JUNE 17

6TH ANNUAL ONE MILE AN HOUR - 24

The 6th One Mile an Hour is set for Fri/Sat June 16-17. We’ll be running one mile each hour for 24 straight hours, starting at 6 pm. We hope you will join us for one or more of those miles, to support teen & veteran suicide prevention and mental health awareness programs offered by the Mental Health Association in DE. Visit www.onemileanhour24.com for more information on the event and how you can participate. Or visit us on Facebook, at Facebook.com, search One Mile an Hour.

Map out a mile in your neighborhood, take pics and post them to your favorite site (#onemileanhour24) OR Join us in-person for one or all 24 miles at The Odessa High School Fairview Campus Stadium (Tony Marchio Drive, Townsend, DE).

To donate, visit www.mhainde.org, CONTRIBUTE.

(Under OPTIONAL INFO, please mark in honor of One Mile an Hour)
THE MENTAL HEALTH ASSOCIATION IN DELAWARE PRESENTS-

FUNNY BONE

LIVE STAND-UP COMICS

THURSDAY, JULY 13TH, 2023
7:30PM - 9:30PM
DOORS OPEN AT 7PM

DELAWARE THEATRE COMPANY
(200 WATER ST, WILMINGTON, DE 19801)

TICKET: $30 (INCLUDES COMPLIMENTARY DESSERT DURING INTERMISSION)

DONATIONS ARE WELCOME

REGISTER ONLINE UNTIL JULY 11TH, OR AT DOOR THE NIGHT OF BY CASH/CHECK ONLY

FOR MORE INFO, CONTACT ROBERTA:
RFISHGOLD@MHAINDE.ORG

ADVOCATE EDUCATE SUPPORT
SAVE THE DATE!

TUESDAY, SEPT. 26TH
8AM-12PM
IN-PERSON →
FREE!

GOLDEY-BEACOM COLLEGE

STAY TUNED FOR MORE DETAILS

"YOU MATTER: HOW TO NAVIGATE YOUR MENTAL HEALTH"
KEYNOTE SPEAKER, PANEL SESSION, SELF-CARE ACTIVITY AND MORE!

FOR MORE INFORMATION, CONTACT JENNIFER WENDELL AT JWENDELL@MHAINDE.ORG
Call 654-6833 in New Castle County or 1-800-287-6423 in Kent and Sussex Counties for more information. You can also email MHA at information@mhainde.org or check us out online at www.mhainde.org.

Interested in Quitting?

Delaware QuitLine
1-866-409-1858
*Offers stop smoking resources and counseling on the phone or in person, as well as online support.*

American Lung Association HelpLine
1-800 LUNG-USA (1-800-586-4872)
www.lung.org
*Offers a telephone counseling program, online chat, materials and resources to help you quit.*

Teen Cessation (under 18 years)
Not on Tobacco (NOT) 1-800-LUNG USA
www.lung.org

*This article is made possible through the DE 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 in Delaware.*

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**Mission:**
To strengthen knowledge, resources and support around mental health and recovery.

**Vision:**
To create an environment in which everyone feels supported throughout their mental health and recovery journey.

**Core Values:**

**Dignity:** We respect the dignity and worth of every person. We all have the right and responsibilities to achieve our full potential in our society.

**Compassion:** We treat every person compassionately, free from stigma and prejudice.

**Community Understanding:** We persistently promote community understanding of mental health.

**Elevating Voices:** We advocate for those with lived experiences to have their voices heard.

**Collaboration:** We collaborate with others, and we actively look for partners to strengthen mental health.

**Integrity:** We work together with integrity and a sense of purpose.