What’s New at MHA?

Check out this latest edition of the Update to find out more about our new and continued programs, including our upcoming E-Racing the Blues, taking place at Glasgow Park on October 2nd!

Make sure to save the date for our upcoming Empowering Community Health Symposium (formerly the Community Mental Health Conference) which will take place on November 18th, from 9AM to noon, at the Riverfront Events Center. This is the second of two events this year that celebrate the 20th year of this important conference.

Also inside find registration links to our 3 day, virtual Peer Support Summit, as well as to many other training opportunities for peer specialists and those interested in peer services.

Flyers posted in the following pages link to virtual AND in-person suicide prevention training opportunities and provide zoom information for new groups developed during this time of social distancing. We are also providing in-person wellness groups, so make sure to check out that information as well! Groups include general depression and anxiety groups as well as specialty groups like survivors of suicide group, women’s group, men’s group, BIPOC wellness group, and even a virtual karaoke group on Friday nights!

We continue to offer our monthly “Homestretch” webinar series, providing timely information to our service members, veterans, military families, and those that serve them.

We continue to offer online screening for depression, anxiety, substance use disorders, and a host of other common and treatable disorders. You can find the screening tool linked on our homepage, mhainde.org. Additionally, we are excited to do some in-person depression screening this year in celebration of National Depression Screening Day, which takes place October 7th.

As always, we want to say thank you to our hardworking and dedicated staff, our caring and supportive board members, our faithful and helpful volunteers, our generous sponsors and funders, and all of our friends and supporters in the community who have allowed us to continue to serve Delaware during this time, by executing our mission of advocacy, education and support!
Dear Friends and Supporters,

As we continue to learn how to live in the midst of the COVID-19 pandemic, MHA is grateful to have been able to reincorporate some in-person services along with continuing our virtual services, including providing ASIST training and planning an in-person symposium for November. Our team has also had the good fortune to re-connect with one another in the office on a limited basis.

While we are happy to find some return to normalcy, we are also mindful that this continues to be a challenging time. We want to remind ourselves and our community that there is always support available and that it’s okay to reach out for help. We all need support from time to time!

We are also reminded that community support for our agency has continued full-force, thanks to all the many volunteers and board members who have continued to bolster our mission, our team which has worked through a multitude of challenges with determination and cheerfulness, and our donors who have continued to show us generosity even during this uncertain time.

We especially wanted to acknowledge the sponsors who have kindly contributed to our upcoming walk, E-Racing the Blues, which will take place (in person!) on October 2nd at Glasgow Park at 10AM. You can register, donate or join a team here! We hope to see you there and we are so grateful for your support!

Warmly,
Emily Vera

Thank you to our Sponsors!

Platinum: WSFS Cares Foundation; Christiana Care

Gold:
Nuclear Electric
Stephen & Susan Davies
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Ray and Claire Boston Insurance Limited
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In Kind:
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ADVOCATE EDUCATE SUPPORT
19th ANNUAL
E-RACING THE BLUES
FOR MENTAL HEALTH

SATURDAY, OCTOBER 2nd, 2021

WALK and FUN FEST
GLASGOW PARK, PAVILION #1

10 AM: Registration check-in
10:15 AM: Event begins

$25 Adults includes T-shirt
(pre-registration required to guarantee adult shirt)
FREE for children under 12

REGISTER AT WWW.ERACINGTHEBLUES.ORG
We can only accept cash or check payment on day of registration.

Join us after the walk for snacks, prizes, giveaways,
children's entertainment with games and more!

TO BENEFIT THE
MENTAL HEALTH ASSOCIATION IN DELAWARE

ADVOCATE EDUCATESUPPORT
A COMMUNITY OF SUPPORT AWAITS YOU

Depression & Anxiety Support Group

Wednesdays 6pm-7pm

Callers welcome: 1646 876 9923
Zoom Meeting ID: 363 573 9664

Contact Rochelle at rbalan@mhainde.org
or Shynia at (302) 597-8130 for more information
Visit mhainde.org/about/support-group-schedule for the current schedule

BIPOC Wellness Group
Mondays 5:00-6:00 PM via Zoom
starting September 13th

The BIPOC wellness group is a safe space for people of color to connect, share similar life experiences, and find support.

To register, email Stephanie Reaves at sreaves@mhainde.org
Peer Support Summit and Training

A Peer Recovery Specialist is an individual who has lived experience with mental illness, addiction, co-occurring conditions, AND recovery. Peer Recovery Specialists are specially trained professionals who support others going through similar life challenges they once experienced. They assist individuals in developing the skills and resources they need to live an independent and productive life in the community.

MHA regularly offers a variety of free peer education trainings. We offer Peer 101, an introductory training explaining the role of a peer specialist and the skills needed to succeed in this challenging and rewarding career. We also regularly offer Peer Certification Training, the required, 40 hour training needed to earn peer certification in the state of Delaware. Finally, we offer a variety of CEU trainings on a wide array of topics.

You can find our class schedule and registration here:

mha-in-de.corsizio.com

This year, we will be providing a 3 day, virtual Peer Support Summit that will provide all of the continuing education needed to maintain your peer certification. We hope you will join us on October 19, 20 and 21. Sign up here:

https://www.signup82north.com/beventLive.aspx
We invite you to celebrate the 20th anniversary of our Community Mental Health Conference with us on Thursday Nov. 18th, 2021 at the Riverfront Events Center. We have recently rebranded this event as the "Empowering Community Wellness Symposium" to reflect the core values, revitalized direction and new half day format that the conference is taking. Over the years one of the most popular segments has been our panel discussions which directly address the audience and provide a format for a truly free flowing conversation that everyone is welcomed into. With that in mind we will be offering two panels that will look at some of our communities most current challenges as well as offering insight into the solutions. At the heart of those discussions will be the mental health resources and perspectives that are geared towards empowering our participants to return to their work, families and lives with additional support and knowledge. We are pleased to announce that this conference will be FREE of cost to registered participants, resource vendors will be on hand that day, and a buffet breakfast will be served at 8am prior to the panels. Thanks again to everyone who has been a part of the last 20 years of educating, supporting and connecting our community with these resources. Each of us at MHA in DE are forever grateful and very excited to welcome you into this new chapter!

Please be aware that we are requiring face mask coverings and encouraging social distancing regardless of vaccination status to attend this event. This is a non-negotiable for participation and access to the ECWS in an effort to increase safety for all event participants and staff. We thank you for your understanding and cooperation with this!

Panel Discussion 1: Normalizing Therapy amid the challenges of COVID-19.

This interactive panel will be examining some of the shifts that have taken place due to COVID-19 and the public health pandemic over the last 18 months related to mental health treatment.

Issues of accessibility, challenges and benefits of Virtual Therapy and industry shifts will be explored. This will be an informative discussion examining strategies for parents, educators and families alike.

Panel Discussion 2: Treatment & Disparities

This interactive discussion will focus on disparities that impact not only vulnerable populations but also represent some of the gaps in the mental health treatment process. There are a range of needs that when not met can magnify stress, health concerns and exacerbate challenges with maintaining mental wellness. We will be talking about a wide range of influences on this issue and offering connection to the practical resources that you need to know about.

In addition to the Panel Discussions we will be wrapping up the event with some much needed self-care strategies and exercises. Not just a buzz word, “Self-Care” is vital to anyone who finds themselves in a helping role or wants to actively influence and add balance to their hectic and stressful life. In short, All of us!
At MHA, we provide several evidence based courses including two that can now be provided virtually: Mental Health First Aid and QPR. We have also begun to provide our ASIST training in-person once again.

**ASIST** is a two-day intensive training for any adult who wants to learn more about suicide prevention. It stands for Applied Suicide Intervention Skills Training, and will teach practical skills you can use with someone who is at risk of suicide.

**QPR** stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. QPR can be learned in as little as one hour. As a QPR-trained Gatekeeper you will learn to recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life. QPR is an emergency intervention intended to identify and interrupt the crisis and direct the person at risk to the proper care.

**Mental Health First Aid** is a day-long skills-based training course that teaches participants about mental health and substance-use issues. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. You learn risk factors and warning signs, strategies for how to help, and where to turn for help. Topics covered include depression and mood disorders, anxiety disorders, trauma, psychosis, and substance use disorders.

For more information, including how to register, contact Jennifer Smolowitz at jsmolowitz@mhainde.org.
Join us for a monthly webinar aimed at improving mental health and suicide prevention in the military community—among current and former service members and their families, and those who serve them, especially in the field of behavioral health care. Webinars typically take place the third Tuesday of the month from 12 to 1. Topics such as moral injury, suicide prevention and tai chi are included.

If you would like more information about the program, or to register, please contact our Director for Suicide Prevention, Jennifer Smolowitz, MPH at jsmolowitz@mhainde.org.
Mission:
The Mental Health Association in Delaware promotes improved mental well being for all individuals and families in Delaware through education, support and advocacy.

In pursuit of our Mission, we strive to:

- Improve the community’s understanding of mental health and the mind-body connection between mental and physical health.
- Provide education and opportunities for individuals to identify early warning signs of mental illness and subsequently provide programs and an environment that supports recovery and improves resilience for these individuals.
- Assure that those who request information and need mental health care referral have confidential access to the appropriate information and know how to obtain care.
- Advocate for improved support and treatment particularly at the state and federal levels, especially where reform is needed.

Take a Mental Health Screening Online

If you are feeling sad, anxious or overwhelmed, take a free, anonymous mental health self-assessment from our homepage—

www.mhainde.org.