

“Understanding sets you free”

MHAFA Mental Health America

Mental Health America™ Fauquier County Newsletter Winter 2006–2007 ♦ Volume V, Issue 1

MHAFC grant provides specialist for county schools Position will focus on students’ mental health issues

BY MARY SCHLEGEL
Executive Director

The Mental Health Association of Fauquier County (MHAFC) has provided the Fauquier County Public Schools a grant of \$31,500 per year for three years to be used for a part-time mental health specialist position. The mental health specialist would serve Liberty High School, Fauquier High School and Southeastern Alternative School.

The position will be filled by an individual with a clinical license as well as a good working knowledge of the educational setting and community resources. The responsibilities of the position would include, but are not limited to, assisting with identifying students’ mental health concerns; making appropriate referrals; consulting with school counselors, teachers and parents; follow-up to assure referral process is completed; and consulting with private practitioners and community agencies dur-

ing and after treatment.

We hope to raise enough money to make this a full-time position starting in the fall of 2007. **In addition to the MHAFC pledge of \$94,500, we need an additional commitment of \$40,000 per year for three years to make this a much-needed full-time position.**

With your generous support we can make this full-time position a reality.

For more information about the MHAFC, visit www.fauquier-mha.com.

A tribute to advocate Marshall Bailey

BY MARY SCHLEGEL
Executive Director

As I contemplate the accomplishments of the Mental Health Association of Fauquier County (MHAFC) over the last three years, my thoughts keep wandering back to Marshall Bailey.

The MHAFC hired Marshall as a consultant to help us with a strategic plan so that we could better understand how to achieve our goals for the Fauquier County community. At the time Marshall began assisting us, we did not realize what a special gift we had been given.

Marshall was caring, dedicated, enthusiastic, an advocate and an all around special person. He was a truly great human being and was always available whenever we needed him.

As a result of the foundation he laid for us,



**Caring, Dedicated, Enthusiastic
Marshall Bailey 1944—2006**

we have been able to achieve our goals and have been able to better serve those with mental health issues. Thank you Marshall. We miss you and will never forget you.

News & Notes National issues

Action on fiscal year 2007 spending bills for mental illness research and services, housing and veterans’ programs is expected in Congress. At stake is funding for current fiscal year priorities at a range of agencies that provide critical services. This includes efforts to restore cuts originally put forward by the President, and in some cases, to maintain increases endorsed by the Senate.

Critical to this effort is restoring the overall \$5.5 billion difference in spending authority between the Senate and the House. If the Bush Administration and congressional leaders can agree on the higher overall spending level recommended by the Senate, then a range of critical priorities for FY 2007 can be met including:

- National Institute of Mental Health research
- suicide prevention funding, allowing for an \$8.7 million increase for youth suicide prevention funding
- homeless assistance funding, including allowing Congress to fully fund a \$10.56 million increase for an initiative to finance services in permanent supportive housing as recommended by the Senate
- restoration of funding for the HUD Section 811 program, as well as important changes to fix the HUD Section 8 funding formula and stem the tide of cuts to the rental voucher program.

To learn more, visit Mental Health America at <http://www.nmha.org/>.

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Did you know...

that the Web site of Mental Health America Fauquier County has a brand-new look? The site provides a one-stop source for information about mental health, including:

- resources for locating therapists in the county or nationwide
- useful links to other mental health-related Web sites
- a self-help directory
- fact sheets
- coping strategies.

MHAFC helps link mental health resources



The Honorable H. Dudley Payne and other community leaders discuss area mental health needs. SEE STORY ON PAGE 3.

Letter from the MHAFC President

Hello everyone,

This has been a great year for the Mental Health Association of Fauquier County. Following our vision of creating, enhancing and increasing accessibility to all citizens of Fauquier County, we have formed a Mental Health School Committee. The coalition has worked closely with the school system to identify the mental health needs of the students and of the school community, and based on that foundation, we are helping to fund an administrative mental health specialist position for the county high schools.

After serving six years, this is my last year on the board of the MHAFC, and I am very proud to have been part of an organization that is bringing about posi-

tive mental health changes in our community. The MHAFC's consultant, Marshall Bailey, helped us identify goals and direction in our strategic plan, and without his efforts, we would not be where we are today. MHAFC Executive Director Mary Schlegel worked with Marshall, understood his vision and has made it happen for this organization. She has been a joy to work with, as have the rest of the board members. I have appreciated the opportunity to have been part of it.

We look forward to continued progress in 2007. To find out more about our outreach and growth, please read and enjoy this issue.

Sincerely,
Beth Turner

News & Notes In our schools

As reported in our last newsletter, the Mental Health Association of Fauquier County (MHAFC), the School Health Advisory Board (SHAB), the Mental Health School Coalition Committee (MHSCC) and the Rappahannock Rapidan Community Services Board (RRCSB) have partnered together to bring a comprehensive mental health awareness program to our schools.

The program is ongoing and consists of presentations on the signs of suicide (SOS), "Question Persuade Refer" (QPR), recognizing mental health issues and resiliency. These presentations have been given to the faculty, students, school nurses and administration at various Fauquier County public schools, Wakefield School and Highland School.

Another part of the mental health awareness program in the schools is the hiring of a part-time mental health specialist who would serve Fauquier High School, Liberty High School and Southeastern Alternative School. Please see front page of the newsletter for more details about this much needed position.

The four presentations described above are being offered to the whole Fauquier County community. **If you know of a group, business or organization that would be interested in any of these presentations, please feel free to get in touch with the MHAFC.** (See contact information at bottom of page).



We would like to take this opportunity to thank the **International Academy for Preventive Medicine** for their continued support of our mental health awareness programs in the schools and for their support of the mental health specialist position.

Community action

One of the most effective ways to dispel the stigma associated with mental illnesses is by providing a venue for "real" people to come forward and tell their stories. Mental Health America has developed "Real Lives," a new Web site that invites individuals who've coped with mental illnesses to break the silence and share their stories.

Real Lives will make it clear that mental illness isn't something that just happens to other people, and that recovery from mental illnesses is possible. To submit your story, visit www.mentalhealthamerica.net/reallives.



Mental Health America Fauquier County Affiliate News

MHAFC helps link community mental health resources

To help fulfill the Fauquier County community mental health needs, the Mental Health Association of Fauquier County (MHAFC) held its yearly community luncheon on May 2, 2006. The Honorable H. Dudley Payne, Judge Juvenile Domestic Court was the guest speaker. Again the entire Fauquier County community was represented, including the legal and law enforcement community, education community, adult court services, the mental health community, the Rappahannock Rapidan Community Services Board (RRCBSB), emergency room personnel from Fauquier Hospital, the medical community, the Department of Social Services and mental health consumers and their families.

One of the objectives of the MHAFC is to help ensure that community citizens are aware of and understand the local programs available to them for better mental health. The key strategy under this objective is to create an effective program to disperse information about all areas of mental health services.

By obtaining the input from all of the communities at the luncheons, the MHAFC is able to create a program that really connects to their needs and their jobs. The continued theme is to make sure that people in Fauquier County with mental health issues get connected to the proper mental health services in a timely fashion and with sufficient results.

We have made great progress during the past year. We are addressing community concerns in each of five key outcomes from the luncheons of 2005 and the concerns from the May 2, 2006 progress report luncheon.

As part of the continuing effort to serve the community, the MHAFC:

- Continues to work closely with Fauquier Hospital and the Fauquier Medical Society, with the support of the local community, to bring psychiatrists into the area.
- Continues to work closely with the Fauquier Free Clinic to help with patients who come to the clinic with mental health issues. The community should also know that there is a mental health professional in the emergency room of Fauquier Hospital. In addition, the RRCBSB has hired a psychiatric nurse practitioner to assist a psychiatrist and other mental health professionals in the clinic. The RRCBSB also has hired another psychiatrist.
- Supports the new crisis stabilization unit in Charlottesville, to which our mental health consumers in Fauquier County have access.
- Continues to explore the concept of a crisis stabilization unit in Fauquier County.
- Continues to work with the community in bringing more services for all adults and children.
- Works closely with the RRCBSB and others in the community to support group/independent homes for young adults and living clusters for this population
- Built a Web site that will give the community better information and interaction regarding availability of services, funding sources, Medicaid information, and, links to mental health community, to name a few.

- Continues a Mental Health Awareness Program in schools at all grade levels. The MHAFC has included county private schools in the programs. See the "In Our Schools" section of News and Notes on page two for more details on the school programs.

Welcome

The Fauquier County Mental Health Association Welcomes New Officers and Board Members For 2007

Officers:

Max Tufts, President
Sandra Maskas, Vice President
William T. Patchett, Treasurer
Margaret S. Ward, Secretary

New Board Members:

Renee Norden
John Rosch
Mary Beth Stephens

More Mental Health Facts: What's Stressing Americans? The survey says...

A new survey from Mental Health America details the top life stressors in American life and the most common activities Americans engage in when feeling overwhelmed or anxious.

"The majority of Americans struggles to find balance in the face of a multitude of challenges in our busy society," said David L. Shern, Ph.D., president and CEO of Mental Health America. "How they choose to cope—whether it is distracting activities, exercise, talking through their troubles or more harmful measures of smoking and doing drugs—affects their mental health. If inappropriately or inadequately addressed, chronic stress and other mental health problems jeopardize the health and well-being of

Americans and of the nation as a whole."

Overall, the majority of people view their mental health and well-being as excellent or very good. Yet, they still feel besieged by financial, health and employment issues in their daily lives. Among other results, the survey revealed:

- Nearly half of Americans (48 percent) are stressed by finances.
- Health issues stress more than 34 percent of Americans.
- Employment issues are the third main source of stress for Americans (32 percent).
- Parents feel the most stressed of all demographic groups. Nearly 40 percent report feeling stressed from at least three

sources—among them relationships with significant others or family, employment and finances.

- Americans with a college degree are less stressed overall.
- People living with mental illnesses are far more likely to feel stress than those without such personal experiences.
- When faced with stress, a vast majority of people, 82 percent, turn on the television, listen to music or read.
- Family and friends serve as a solid support for 71 percent of those polled.
- Prayer or meditation is a recourse for 62 percent and exercise sustains 55 percent.



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Mental Health Association of Fauquier County Board of Directors

Beth Turner, President
 Max Tufts, Vice President
 William T. Patchett, Treasurer
 Margaret S. Ward, Secretary

Laura Fox; Walter Hitchcock; Scotti Joseph; Melanie Lillard; Sandra Maskas; Ruth Rider, Anne Schwartz; Todd Tylek; Johnnie Lu Zarecor

- ◆ **Executive Director:** Mary Schlegel
- ◆ **Advisory Board:** Kristen Knight; Edith Larson; Nina McKee;

Our only funding is through people like you.

Enclosed is my gift of:

- \$25
- \$50
- \$100
- \$250
- Other _____

Please clip and mail to:

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 P.O. Box 3549
 Warrenton, VA 20188

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Thank you . . .

To our many generous supporters.