

## BECOME A FRIEND OF THE MHA

Membership to the MHA Niagara offers the opportunity to improve the services provided for individuals with mental illness, and also to promote mental health education.

### To become a member, check below:

- ☐ I would like to become a member of the Mental Health Association in Niagara County, Inc. I understand membership entitles me to receive *The VOICE* newsletter, use of the resource library and access to all Mental Health Association educational programs and conferences, as well as voting rights at the Annual Meeting.

### Membership Rates:

- \_\_\_ Senior/Student: \$10.00  
\_\_\_ Individual: \$15.00  
\_\_\_ Mental Health Worker: \$20.00  
\_\_\_ Family: \$25.00  
\_\_\_ Organization: \$50.00  
\_\_\_ Sustaining: \$100.00  
\_\_\_ Corporate: \$500.00

Please complete this form, including your contact information below, and mail with check payment to:

Mental Health Association  
36 Pine Street, Lockport, NY 14094

\*Please make checks payable to "The Mental Health Association in Niagara County, Inc."

Your Name

Address (Street and Apartment No.)

City State Zip

Phone

Email Address

- ☐ Please check here if you would like to receive our newsletters by email.

### Vision Statement

The Mental Health Association in Niagara County, Inc. will create a community where mental health disorders are treated in the same manner as physical disorders, where stigma no longer exists, where recovery is an expectation following mental health diagnoses, where finding meaningful employment is possible and living a safe, satisfying life with meaningful relationships is a reality.

### Mission Statement

The Mental Health Association in Niagara County, Inc. will offer programs and services aimed at promoting mental health while advocating for individuals with mental illnesses and working toward dispelling commonly held misunderstandings regarding mental illnesses.



716.433.3780 [www.MHANC.com](http://www.MHANC.com)

36 Pine St. Lockport, NY 14094

*The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the United Way of Greater Niagara, grants, memberships and voluntary contributions.*

February 2019

## Programs & Services



*"Turning **Illness** into **Wellness**"*



# PROGRAMS

## Community Education

### Presentations:

We provide FREE educational programs, presentations, and workshops for all ages on a variety of mental health topics in many different settings. We promote mental wellness while educating about mental illness. (Our school presentations for youth are FREE and are offered for grades K-12.)

### Educational Resources:

You can find helpful links and resources through our website & social media accounts. We also offer free educational brochures upon request, and a lending library of books and DVDs at our office (36 Pine Street in Lockport, NY).

### Trainings & Workshops:

*Hearing Distressing Voices Simulation Training* — In this 2-hour training, participants experience the distraction and confusion of hearing voices while performing everyday tasks.

*Support Group Facilitator Training* — Learn how to be an effective support group leader in this 3-hour workshop.

*Live Your Life Well* — This 2-hour training increases mental health awareness, provides tips for recognizing and managing stress, and shares information about how to get professional help when you need it.

*Working Well Together* — This 2-hour workshop is especially designed for increasing wellness in the workplace through a combination of personal insight, awareness and empathy, communication, problem solving and emotional intelligence.

*\*Please visit [www.MHANC.com](http://www.MHANC.com) for information about our trainings and workshops, including cost and scheduling.*

## In-Home Respite

A planned break for parents in Niagara County raising a child or children with a mental health diagnosis. Childcare workers are screened and trained; childcare is FREE and takes place in the families' homes.

## Legal Advocacy

A free, confidential service for individuals with a diagnosed mental illness, offered by the MHA through a contract with Neighborhood Legal Services, Inc. CSS eligible clients can receive legal assistance with SSI/SSD, Medicaid, food stamps, public assistance, landlord tenant problems, divorce, support, custody and visitation, and orders of protection.

## Peer & Consumer Services

### Peer Advocacy

An outreach program for recipients of mental health services in the community and patients receiving treatment in the Behavioral Health Service Unit at Niagara Falls Memorial Medical Center. Peer Advocates work with the patients, family members and outside sources, providing reassurance and notifying patients of all available services.

### Peer Specialist Services

Our Peer Specialists are individuals with *lived experience* who are trained to support those struggling with mental illness, psychological trauma, and/or substance abuse. We focus on advocating and supporting individuals through goal setting, aiding in self-advocacy, filling out paperwork, creating personalized self-care plans, and attending support groups or appointments by request.

### Consumer Planning Advisory Committee (CPAC)

A collective organization of mental health service consumers who provide input into the local planning process for mental health services. Our monthly meetings provide a unique opportunity for the voices of mental health consumers to be heard amongst policy makers and leaders in Niagara County.

### HOPE House/Hospital Diversion

The HOPE House is a peer recovery respite house located in Lockport, NY and is meant as a hospital diversion program for adults with a mental illness. The MHA, Community Missions, and the Niagara County Department of Mental Health (NCDMH) all play a role. The MHA provides peer support services. Community Missions provides the physical house as well as respite and warm line.

## Compeer Niagara

### Adult Program and Youth Program:

We match trained volunteers in a one-to-one friendship relationship with men, women and youth receiving mental health services. Monthly activities are offered to participants and volunteers.

### Volunteer Program:

An hour of your time each week can make a huge difference in the life of an adult or child. Compeer will match you with someone of the same gender who shares your interests. Free training is provided.

# SERVICES

## Information & Referral

We offer information and referral 24-hours a day, 7 days a week, 365 days a year.

- **HELP Line: 716.433.5432** — One phone number for all of Niagara County. Staff from the MHA and the Niagara County Department of Mental Health Crisis Hotline will offer information about the organizations listed in our HELP Book and other known community resources.
- **HELP Book** — We update and print this book of community resources regularly. We are currently on the 30th edition. Purchase a pocket-sized copy for \$1.00 or access it online at [www.MHANC.com](http://www.MHANC.com).

## Support Groups and More

We sponsor Support Groups throughout Niagara County, including our *Anxiety & Depression* support group. Please call our office at 716.433.3780 for meeting days and times.

## ABOUT MHA IN NIAGARA COUNTY

Since our founding in 1964, we have offered a variety of programs and support services for all members of the community. It is our mission to promote mental wellness by sponsoring and implementing advocacy, education and community service programs. We recognize that mental illness cuts across all social, economic, age and gender lines.

The Mental Health Association actively participates in the legislative process through close contact with our representatives in government and examines pending legislation which will affect the welfare of persons with mental illness.

