



Mental Health System's Office (CSA)
P.O. Box 1745
12501 Willowbrook Road, SE
Cumberland, MD 21502
301-759-5070



Dates to Remember in October

- 7th Candlelight Celebration
- 13th Columbus Day
- 31st Halloween



Who's who at the Mental Health System's Office (CSA)

- Lesa A. Diehl*, Director
- David Sell*, Fiscal Accounts Technician
- Laura Miller, LGSW*
C & A Coordinator & TFC Coordinator
- Heather Haines*, Office Secretary
- Bonnie Williams*,
Detention Center Service Coordinator
- Margee Mattingly*,
Community Support Specialist &
PATH/ Shelter Plus Care Corrdinator
- Sheila Dillon*,
Community Support Specialist, MH Case
Management Program
- Dawn Santmyire*,
Community Support Specialist,
MH Case Management Program
- Sarah Pinardi*,
Community Support Specialist,
MH Case Management Program
- Rose Knippenberg*,
MH Case Management Program,
Community Support Specific Associate
- Kara Lankford*, Mental Health Support
Specialist, Foster Care Support Services
- Brian Dolly*, Mental Heath Support
Specialist, Foster Care Support Services
- Andrea McCray*,
Social Work Graduate Student Intern

Upcoming Training Opportunities

- 6th *Co-occurring Disorders of Mental Illness and Substance Use Disorders Identification, Interaction and Intervention* will be held at 8:30 a.m. - 12:00 p.m.
- 7th training will be held from 8:30 a.m. to 4:00 p.m. on *Expediting Disability Determinations: Developing Information for the SSI/SSDI Application Process.*
- 10th A Wellness and Recovery Program will be held from 12:30-2:00 p.m.
- 24th *Assessment of Adults with Serious Mental Illness: Process, Language and Integration Into Our Services* will be held from 8:30 a.m. to 12:00 p.m.
- **All trainings will be held in the Allegany County Health Department Community Room**

Protect Yourself from the Flu

Flu Clinics are open to the public. There is a \$25.00 charge. Medicare and Non-Federal Blue Cross will be accepted.

- October 7th – Allegany County Fairgrounds**
9:00 a.m. to 3:00 p.m.
- October 17th – Shaft VFD 9:00-11:00a.m.**
- St. James Parish Hall, Westernport 1-3 p.m.
- October 21st – Allegany County Museum, Downtown**
11:00 a.m. to 1:00 p.m. & Oldtown VFD
10:00 a.m. to 12:00 p.m.
- October 31st – Allegany County Health Department**
9:00 a.m. to 3:00 p.m.

In less than three months Christmas will be here, are you ready?

If you are like many Americans, this joyous season is a financially stressful situation. We are so busy buying the “perfect gift” or getting ready to make the “perfect meal” that we don’t take the time to make sure that we are financially prepared to support our holiday spending. Many people will charge gifts and holiday supplies on high interest credit cards while others will put off paying household bills to support their holiday spending. If you have been guilty of these dangerous habits in the past, chances are that you will do it again this year, if you don’t make a change in your holiday spending.

Here are some tips to help

- Only use credit cards for emergency situations such as the car breaking down. Note - a new pair of shoes doesn’t count as an emergency situation!
- Save for the future! If you don’t already have one, set up a holiday account and have money from your pay check automatically deposited into this account. A good goal is five percent of your income. Be careful though, if you save more than you can afford and you need to withdraw this account early, there are penalties for doing this.
- Save on food costs! Most people don’t realize how much money is actually spent on food.

Food Cost Challenge – for one week, keep a log of every penny you spend on food and drinks. Make sure you include restaurants and vending machine purchases. At the end of the week, you will be surprised at the amount.

To reduce food costs, limit eating out to once a month. Pack lunches for work the night before to avoid the temptation of ordering out. Going for a day of shopping? Eat a large breakfast before you leave and take snacks with you.

- Cut coupons for grocery purchases (check the Sunday paper) or go to www.valpak.com for valuable community coupons. If you have coupons, you will not use, exchange them for ones that you will use at the library. Join The Grocery Game at www.grocerygame.com to learn how to use coupons effectively.
- Take advantage of Angel Food Ministries program for quality groceries at a fraction of the cost. This program is open to anyone. For more information, go to www.angelfoodministries.com
- Many churches offer food pantries. In addition, the Second Baptist Church also offers a brown bag program. For more details on this program call 301-722-5190 on Mondays, Tuesdays, Thursdays, and Fridays from 9 a.m. to 1:00 p.m.
- Get creative with your holiday gifts! You don’t have to spend a lot of money to give a loved one a memorable holiday. Consider making them something special or create Christmas Coupons that are good for things that you can do for that person through out the year, such as yard work, cleaning out the garage, baby-sitting, etc.
- Volunteer! The best way to have a memorable holiday without spending a dime is to volunteer to help those less fortunate.

Knowledge is the Key

When someone is diagnosed with cancer, families and communities rally to provide support. The first thing most people do when they hear someone they know has been diagnosed with cancer is to go buy a card or flowers to show they care. Others provide support to cancer patients and their families by making meals or assisting with yard work. When we go out to eat or stop at a convenience store, it's common to see money jars with a picture of someone who is struggling with cancer. Individuals and businesses often support fundraisers for people fighting cancer or other life threatening illnesses.

While it's wonderful to see individuals, families, and communities working together for a common goal, it's also frightening to know that there are people in our country, state, and community who suffer alone in silence. For fear of being stigmatized as "weak" or "not quite normal", people try to cope with their symptoms on their own without help. They wait until moments of crisis before they get help. For others, they feel the only way out of the pain is to end it all.

Mental illness is as common as cancer, diabetes, and heart disease, but those who suffer don't advertise it. The main reason for this is the stigma associated with mental illness, which tends to force people to struggle alone. While individuals with mental illness need the support of friends, family and community members, they often don't get it due to this stigma.

As a community, we must help to breakdown the barriers that prevent individuals with mental illness from receiving the compassion and support they deserve. The way to achieve this goal is through knowledge. To learn more on mental illness, go to www.nami.org or www.whatadifference.samhsa.gov



Do You Know the Warning Signs?

- **Increased use of alcohol or drugs**
- **Feelings of hopelessness**
- **Withdrawing from loved ones**
- **Changes in sleep pattern**
- **Dramatic mood changes**
- **Inability to concentrate**
- **Acting recklessly**
- **Talking or writing about death**

Suicide is a horrible tragedy that is preventable. Knowing the warning signs may help save a life. For more information on other suicide warning signs, go to

<http://mentalhealth.samhsa.gov/publications/allpubs/walletcard/engwalletcard.asp>

Suicide hotline: 1-800-422-0009 –
Crisis counselors are ready to help.

CANDLELIGHT CELEBRATION

In honor of Mental Illness Awareness Week, which is October 5th through the 11th, there will be a Candlelight Celebration on Tuesday, October 7, 2008 at 6:30PM at the Salvation Army. Refreshments will be provided. For more information, please call 301-759-5070.



Volunteers Wanted

Are you a Social Worker, Professional Counselor, or Psychologist? If so, our community needs your help. Volunteers are needed to be part of a Disaster Readiness and Response Team. Training will be provided. If you are interested, please call 301-759-5070.

Strategies for Managing a Busy Family

In this hectic world we live in, it's easy to get overwhelmed with responsibilities, especially when children are involved in activities too. Here are some coping strategies that may be helpful.

- 1) Keep a calendar to help yourself stay organized.
- 2) Set priorities – Ensuring that there is time left to spend with your family and for yourself.
- 3) Try to limit additional activities for yourself and your children.
- 4) Find ways to slow down. Go to the park, take a walk, or just sit and watch your children play.
- 5) Have dinner together, even if you order pizza.
- 6) Schedule a family night. Play cards or board games.

Emergency Preparedness

If disaster struck today, would you be prepared? For most of us, the answer is no. However, being prepared for an emergency could save someone's life or your own life. If you are not prepared for an emergency, here are some tips to help:

First, create an emergency supply kit with a three day supply of water and non-perishable food. Make sure that you have a first aid kit, a hand held can opener, a battery operated radio, and flashlights with extra batteries on hand. If you or your loved ones are on medication, make sure that you have a list of those medications. Some items in your kit will need to be replaced periodically.

Go to www.ready.gov for more ideas on how to be prepared for emergency and other items to include in your supply kit.

Family Friendly Events

October 3rd – HRDC Autumn Expo will be held at the Downtown Cumberland Mall from 10:00AM until 2:00PM. Local businesses will be giving out information intended for older adults. In addition, there will be costume and pie throwing contests, pumpkin decorating, hay rides, and a petting zoo.

October 4th – There will be food and festivities for Oktoberfest in Downtown Cumberland from 11:00AM to 5:00PM.

October 7th - Candlelight Celebration will start at 6:30PM at the Salvation Army.

October 11th – From 9:30AM to 2:00PM, go to the Downtown Cumberland Mall for fresh produce and live music.

October 13th – There will be a team from the Cumberland YMCA to discuss *Developmental Assets- The 40 Elements That Anyone Can Do To Help Children Succeed*. This discussion will be held from 7-8:30PM at the South Cumberland Branch Library. While reservations are not required, they are recommended. To register for this program or for more information, please call the library at 301-724-1607.

For other activities at your local library, go to www.alleganycountylibrary.info

October 19th – Frostburg State University has free public Sunday Planetarium presentations starting at 4:00PM and 7:00PM.

October 25th – Halloween Spooktacular will be held from 11:00AM to 1:00PM at the Downtown Cumberland Mall and 1:00PM to 3:00PM at Canal Place. There will be Trick or Treating, stories, refreshments, Haunted Trolley rides, and a Halloween Parade.

October 26th – There will be a Fall Party at Constitution Park from 3 – 5 PM. This is a fun family event with a costume parade, hayrides, games, and other activities.