



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



**January's Dates to Remember**

- 1<sup>st</sup> New Year's Day**
- 19<sup>th</sup> Martin Luther King, Jr.' s Birthday**

**Inspirational Quote**

*The best thing about the future is that it only comes one day at a time.*

Abraham Lincoln



**Upcoming Seminar**

**On April 6<sup>th</sup>, at Allegany College of Maryland**

**Tom Franz, B.S Ed., will be presenting**

**“Disaster: Survivor and Responder”**

- Detailed seminar information will be available closer to the date.



**Emergency**

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

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

## Be Prepared for the “What if”

With the start of a new year, this is a good time to prepare for the future or the “what if”. For example, if you were in a car accident today, and needed life support to survive, would you want it? What if you were unconscious or confused, is there someone that you would want to make financial and/or medical decisions for you? If you haven’t thought about these types of questions or haven’t put these wishes in writing, now is the time.

Appointing a financial power of attorney to act on your behalf, if you would become unable to make your own decisions is incredibly important. Without this, family members may be unable to access your bank accounts to pay your bills, if you are unable to do so. In addition, your family will have difficulty calling your creditors about your bills or setting up disability insurance without these documents. Be careful though, it is important to think thoroughly before appointing someone to make decisions for you. Ensure that it is someone that you can completely trust.

To ensure your health care wishes are honored, you will need an advance directive, a living will, and/or a power of attorney that includes medical decisions. The most important part of these documents is to appoint someone to make health care decisions for you if you would become unconscious or confused. It is best to appoint a primary and alternate health care agent, just in case the primary person would be unable or unwilling to act on your behalf. If you do not want to be put on life support to keep you alive or if you want your body donated, it is important to have this and other medical decisions documented in one of these documents as well.

To complete these important documents, you can see a lawyer. You may also get help with health directives from health care social workers. In addition, these documents may be obtained on the Internet. If witnesses are required, ensure that the witnesses are not related and cannot benefit in anyway from your death. No matter which direction you choose, the important thing is to get it done.

## 2009 Voice Award Nominees Being Accepted

Do you know a mental health consumer with leadership qualities, who has led efforts to reduce stigma associated with mental illness? Does this person show others that recovery from mental illness is possible? Has this person influenced their environment in a positive way? If the answer to these questions is yes, then you should nominate this individual for the 2009 Voice Award. Nominations are being accepted until May 15, 2009. For more information, go to [voiceawards@vancomm.com](mailto:voiceawards@vancomm.com)

## Wellness Tip

Be grateful! Take time each day and think of one person or thing that you are thankful for. When the going gets tough, focus on the people and things you are thankful for in your life.



## Maryland’s Public Mental Health System

According to *Mental Health: A Report from the Surgeon General*, “Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity”. Mental Health generally tends to be taken for granted unless problems occur. If or when problems do occur, many people do not know who to turn to for help. If you have Maryland Medical Assistance, you are eligible for Mental Health help through the Public Mental Health System in Maryland. For more information, call 301-759-5070.

## Tomorrow Is A New Day!

Many people decide to make changes at the start of a new year. Frequently, people will elect to exercise more. Some will choose to eat healthier or go on a diet to lose weight. Several will resolve to take better care of themselves by taking medication and/or vitamins regularly. Others will select more personal changes.

Most people start out the New Year with enthusiasm to make the needed change. However, this pursuit for happiness tends to fade over time. By the end of the year, the majority of people are making the same resolutions again for the start of the next New Year.

Instead of making resolutions to change the things you want to change about yourself at the start of the New Year, try making the change at the start of each new day. Before going to bed each night, make a list of three things you want to accomplish for the next day. Cross out the items as you complete them during the day. When you have achieved your goal for the day, give yourself a small reward such as watching a favorite television show or renting a movie. Make a new list that night, and repeat the steps in the morning.



## Ordinary to Extraordinary People

On December 4<sup>th</sup>, there was a Community Wellness & Recovery Conference with Stephen Pocklington, who is the Executive Director of The Copeland Center. During his discussion, he spoke about an inspiring lady, Mary Ellen Copeland, who was told what she could not do because of her mental illness. However, her internal strength enabled her to discover her own coping mechanisms and learn new coping strategies from others to find out exactly what she could do. To learn more about Mary Ellen Copeland go to [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

## Maryland Medical Assistance for Families, Children, and Pregnant Women

Do you or someone you love need health care insurance, but cannot afford private insurance? If so, you may be eligible for assistance.

### Free Coverage for Children

Beginning July 1, 2008, the yearly qualifying income levels for children before taxes and deductions are:

\$20,800 for a family of 1  
\$28,000 for a family of 2  
\$35,200 for a family of 3  
\$42,400 for a family of 4  
\$49,600 for a family of 5

Add \$7,200 for each additional member

### Free Coverage for Pregnant Women

Beginning July 1, 2008, the yearly qualifying income levels for pregnant women before taxes and deductions are:

\$35,000 for a family of 2\*

\*pregnant woman and unborn child

\$44,000 for a family of 3  
\$53,000 for a family of 4  
\$62,000 for a family of 5

Add \$9,000 for each additional member

### Free Coverage for Adults Caring for Children

Beginning July 1, 2008, the yearly qualifying income levels for families before taxes and deductions are:

\$12,100 for a family of 1  
\$16,300 for a family of 2  
\$20,500 for a family of 3  
\$24,600 for a family of 4  
\$28,800 for a family of 5

Add \$4,200 for each additional member

**For more information on these medical assistance programs and to apply, please contact the Allegany County Health Department's, Maryland Children's Health Program at 301-759-5076.**