ENLIGHTENING ATTITUDES TOWARDS MENTAL HEALTH

MAINTAINING THE MOMENTUM
by Executive Director, Trish Larsen

What an exciting few months it has been! Minding Your Mind has and continues to experience exciting and remarkable growth. A recent survey of 75,000 teens in PA found that most students do not feel comfortable openly discussing mental health issues and schools are frustrated by the lack of resources and mental health training available. Our goal is to change that statistic and recent achievements indicate that we may be making a recognizable difference. Throughout the 2012-2013 school year Minding Your Mind completed 335 presentations compared to 118 the year before. This illustrates incredible growth in one year. The dramatic increase in requests for our programs indicates a readiness for change. In order to better serve our community and to insure that we are effectively staffed to deliver and improve our program MYM has implemented a new organizational make up.

We are pleased to announce and introduce our new staff structure. I am the new Executive Director, Melissa Hopely, a long term speaker and advocate for MYM, now serves as the Program Director and continues to be a sought after speaker. Sheila Gillin LSW has joined as the Clinical Director overseeing the clinical content of the programs and Trish Pisauro has joined as our Professional Speech Coach. To insure that we can fulfill the growing requests for presentations we have added three new speakers. Carl Antisell has joined MYM to speak on substance abuse. Yali Szulanski speaks about eating disorders and incorporates her I AM workshops into her presentations. Drew Bergman has returned to MYM to speak on his experience dealing with teenage depression and Francesca Pileggi has also returned as a respected and requested speaker after taking some time away to pursue her advanced degree and complete an internship. For teachers and faculty we have added a new program called Just Talk about It, a teen suicide prevention program listed in the Best Practice Registry. All speakers are trained to facilitate the program.

As we catch our breath, we continue to increase our outreach efforts and add more new schools to our presentation list. We also acknowledge that without the support and generosity of our donors, none of these accomplishments would be possible. Thank you all for your continuous financial support and confidence in Minding Your Mind!

“Most mental health disorders begin to surface among our young between the ages of 14-24.”

4th Annual Blue Gene Gala
Carrie Fisher, actress and mental health advocate, spoke honestly and candidly about her experiences living with bipolar disorder.

8th Annual Mental Health Forum
Eric Hipple, Detroit Lions Quarterback and mental health advocate, shared his personal struggle with depression and the loss of his son to suicide.
On Sunday, October 20, 2013, Minding Your Mind held its Fourth Annual Blue Gene Gala at the Shipley School in Bryn Mawr, PA.

This year, our featured speaker was Carrie Fisher, who has been a compelling force in the film industry since her feature film debut opposite Warren Beatty in the 1975 hit Shampoo. The daughter of Eddie Fisher and Debbie Reynolds, she became a cultural icon when she played Princess Leia in the original Star Wars trilogy.

She spoke honestly and candidly about her experiences with both addiction and bipolar disorder. Carrie shared her childhood through adulthood obstacles and struggles with mental health recovery. Ms. Fisher’s inspiring and witty anecdotes showed her courage and commitment to fighting mental illness and the stigmas that are associated with it.

Minding Your Mind’s Changing Minds Award was presented to Dr. Charles O’Brien of the Charles O’Brien Center for Addiction Treatment at the University of Pennsylvania for his continued advancement in the treatment of addiction. Dr. O’Brien explained how some people struggling with mental health disorders often use drugs and alcohol as a negative coping mechanism to deal their emotional pain instead of seeking appropriate professional treatment.

Minding Your Mind would like to thank all of our sponsors and donors for making this year’s event our most successful to date!

On Monday, April 29th Minding Your Mind held its 8th Annual Mental Health Forum.

Our free and open to the public forums aid in diminishing the stigma associated with mental health disorders while increasing awareness of the impact these issues have on individuals, families and society-at-large.

This year our focus was on “Mental Fitness”, which was highlighted by our keynote speaker former Detroit Lions NFL Quarterback, Eric Hipple. Mr. Hipple shared his own personal battle with depression and mental health recovery including the loss of his 15-year old son to suicide. He shared his work with “Under the Helmet”, a joint campaign with the University of Michigan Depression Center, which is aimed at adolescents and adults about ways to recognize the signs of depression and risks for potential suicide.

Our own, Jordan Burnham, spoke following Mr. Hipple talking to the audience about his own attempted suicide and mental health recovery. Jordan’s powerful presentation was met with a standing ovation.

Once again the forum attracted hundreds of community members a clear indication that our community is interested in our continued work in reducing the stigma associated mental health issues.

Do not assume that behavior & moodiness is a phase.
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A LOOK BACK AT OUR SPEAKERS

Mental Health Awareness Day
Kristen East, MYM Speaker, spoke at LaSalle’s Mental Health Awareness day.

Minding Your Mind Speaker Invited to White House
MYM Speaker, Jordan Burnham, talking with actor/mental health advocate Bradley Cooper at the White House Conference on Mental Health.

FAST FACTS
50%
Young people with mental health issues are 50% more likely to smoke, initiate illicit drug use, and develop obesity as a depressed teen.

AFFORDABLE CARE ACT
For people living with mental illness the new Affordable Care Act is designed to provide insurance coverage for some mental health services and treatments that have traditionally been denied or were not included in health insurance coverage in the past.

This is true for private pay insurance as well as Medicaid, Medicare, CHIP, VA and other health care.

A Look Back
At Minding Your Mind’s 1st Annual Music Festival
On Saturday, August 24th we held our 1st Annual Music Festival at the Thomas Mill Farm in Chester County, PA hosted by Diane and Bob Roskamp. Minding Your Mind supporter Buddy Cleveland and his Blues Band The Porkroll Project rocked the night away along with other musical guests Jamall Anthony, Riley Road and Roger Girke. The success of the event was due to the numerous volunteers, especially Buddy and Sandy Cleveland, whose time and talent made the whole day possible.

Philadelphia Marathon
On Sunday, November 17th, Minding Your Mind was represented by runners who choose our charity as the recipient of their fundraising efforts associated with running the marathon. All of our spots were filled by runners that created unique Crowdrise pages highlighting why they chose minding your mind.

Visit www.crowdrise.com and learn more about giving back via online donation campaigns.

At Minding Your Mind’s Recent Noteworthy Successes
Last Year Minding Your Mind’s Speaker Program grew from 118 presentations in the previous year to 335 this year.

We added 3 new speakers, Drew Bergman, Yali Szulanski and Carl Antisell.

This summer our speakers were certified in “Just Talk About It,” a best practice registry, teen suicide prevention program.

June 2013, Minding Your Mind speaker, Jordan Burnham was invited to the White House in recognition of his mental health advocacy work. The event marked the public introduction of the mentalhealth.gov website.

Our speaker, Melissa Hopely, spoke to over 4,000 people at the AFSP “Out of Darkness” walk on Sunday, October 6th.

Speaker Kristen East spoke at LaSalle University for Mental Health Awareness Day.

Jordan Burnham, Minding Your Mind speaker, presented at the PA State Suicide Prevention Conference in October 2013 in State College.
A Look Forward

At Minding Your Mind’s
Pre-Holiday Shopping presented by Minding Your Mind and New Leaf Club
November 25, 2013

On Monday, November 25th from 6-9pm Minding Your Mind and New Leaf Club will host a “Pre-Holiday Shopping Extravaganza!”

Join us for live music, fall food and great shopping benefiting Minding Your Mind and New Leaf Club. Featured vendors include Zoet Bathlatier, Stella and Dot, Lex Muller and many more.

Don’t miss this great night and great way support us!

Location
New Leaf Club
1225 Montrose Avenue
Bryn Mawr, PA 19010

A Look Forward

By Minding Your Mind’s
Adolescent Wellness Night hosted by the Philadelphia Flyers
January 8, 2014

Minding Your Mind, a charity of the Flyer’s Wives Fight for Lives, will be the featured organization at “Adolescent Awareness” night on Wednesday, January 8, 2014.

We are proud to join our Philadelphia Flyers to help inspire and educate youth on the importance of mental health and peer support.

Come support us and receive awesome giveaways!

Speakers Kirsten East and Melissa Hopely representing Minding Your Mind at 2013’s Flyers Awareness Event.
Carl Antisell is in long-term recovery, which for him means he has not used drugs or alcohol for over three years. At a young age, Carl began using addictive substances as a way to relieve his ongoing anxiety and depression. His use quickly progressed and eventually spun out of control. In his recovery process, he has learned healthy, effective ways to handle his emotions as well as life’s ups and downs. Carl believes that the lessons he continues to learn in recovery are valuable not only for those suffering from substance abuse, but to anyone facing life’s difficulties. Recovery has shown Carl that the feelings he struggles with are universally felt and faced by young people everywhere, and he is grateful to have learned more effective ways of coping with those emotions.

Carl has extensive experience educating young people and their families about mental health issues, as well as advocating for more openness surrounding youth mental health-specifically the challenges and stigma facing youths in recovery. He is one of the founders of the Philadelphia Chapter of Young People in Recovery, a national advocacy organization that attempts to educate the public on the issues faced by young people in recovery and empowers local youth to facilitate that change. His passion for providing resources to youths who suffer from addiction led him to establishing The Haven at University City, the first collegiate recovery residence in the Philadelphia area. His experience has shown that the most important resource for youths in recovery is peer-based support. He believes that educating young people about mental health issues will lessen the stigma attached to such problems, thereby empowering the youth community to voice their needs and allowing the greater community to build resources to support them.

Supporting Minding Your Mind

Interested in starting in giving back online? Visit our Crowdrise page at: http://www.crowdrise.com/mindingyourminds

The individual that raises the most money by 12/31/13 wins an iPad!

“4 out of 5 youth who need mental health services don’t receive them.”