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CAPP: Child Assault
Prevention
Program

Compeer: A Mentoring
Program for
People
Experiencing
Mental Illness

Mental Health
Education
I.C. Hope - "Don't
Duck Mental Health"

ParentTalk Newsletter

PS: Parent Support

PAVE: Prevent Assault
and Violence
Education

Suicide Prevention Program

YES: Youth Engaged in
Service

Support Services

- Depression and Bipolar Disorders
- Anger Management
- Families in Touch
- Obsessive Compulsive Disorder
- Schizophrenics Anonymous
- Advocacy
- CHADD Children & Adults with ADD/ADHD

Shaping our Future with Change by Paddy Kutz, Executive Director, Mental Health America of Licking County

There are few single words that can conjure up such diverse feelings as worry, fear, excitement, anxiety, happiness, sadness, stress, and yes, even comfort, as the single word "change". But, change is inevitable and is simply another process that demands our attention.

Change is a source of energy and therefore with the appropriate perspective, it can be directed into positive and productive outcomes. The energy that change creates can either be harnessed for constructive use or left unattended to develop as a destructive force.

We intend to continue to be constructive and positive.

We have changed our name to Mental Health America of Licking County. We are still the MHALC, but now use America instead of Association. Our tag line, we are Bringing Wellness Home, means that we will help Licking County residents become more and more aware of how important their mental health is to their physical health.

The MHA envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential free from stigma and prejudice. We want people of all ages to understand that everyone can live a mentally healthy life. Even if you are experiencing depression, bipolar disorder, ADHD, addiction disorders, schizophrenia, anxiety disorders or other mental illnesses you must focus on wellness and recovery. With appropriate changes in our lives, things get better for us.

MHA prevention, education, advocacy and consumer and family support services all promote good mental health just as our new logo signifies action with the bell ringing. Our new colors are blue and gold that signifies wellness and resolve, sometimes with a touch of green to represent growth.

I hope you will continue to support the MHALC and spread the word to your family, friends, workmates, and neighbors that we can bring wellness home to Licking County.



We are an affiliate of Mental Health America and a member of The United Way, NAMI & CMH&R Board
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