

# MHA's Fall 2018 FAMILY EDUCATIONAL PROGRAMS

Specially for families and loved ones of adults who have a mental illness

<p><b>Thursday September 13 7:00-8:30 PM</b></p> <p>Please note location - To be held: <b>MHA of Monmouth County</b></p> <p>119 Avenue at the Common – Suite 5 Shrewsbury, NJ (back parking lot)</p>	<p><b>How Do I Help Someone I love Struggling with Drugs or Alcohol?</b></p> <p><i>Holly Heston LCSW</i> to present. Holly has vast experience working with individuals struggling with substance use. Holly will provide an informative presentation on how loved ones can best react to these painful and difficult situations. Holly will discuss numerous coping strategies and procedures for family members to use on a daily basis to best engage their loved one. If you come to the presentation, you probably know your loved one better than anyone else, which can be an empowering tool to best help them. There is never a one size fits all approach; harm reduction may work for some and AA better for others. The presentation will include: positive focus, identifying the using behavior, communication, use of positive reinforcement, right to choice etc.</p>
<p><b>Thursdays September 20, October 18 &amp; November 15 7:30–9:00 PM</b></p> <p>To be held: <b>Presbyterian Church Meeting House</b></p> <p>352 Sycamore Ave Shrewsbury, NJ (lower building at the end of drive, east of church proper)</p>	<p><b>Mental Health and Well Being</b></p> <p><i>Presented by - David Landy PhD</i>, Psychologist in Private Practice</p> <p><b>Discussion and Q&amp;A on Self and Healthy Relationships</b></p> <p>Potential topics:</p> <ul style="list-style-type: none"> <li>• Reflections On Love, Friendship and Affection</li> <li>• Accessing Our Inner Calm</li> <li>• Suffering is Optional</li> <li>• The Issue is Always How We Relate To The Issue</li> <li>• Happiness Versus Contentment</li> </ul>
<p><b>Thursday October 11 7:00-8:30 PM</b></p> <p>To be held: <b>Eatontown Library</b></p> <p>33 Broad Street Eatontown, NJ</p>	<p><b>Informational Session: MHAMC’s Adult Based Programs</b></p> <p>This workshop is intended for family members and those individuals directly impacted by mental health issues. Program supervisors and staff will provide information, discussion and referral on the following programs:</p> <ul style="list-style-type: none"> <li>• <b>Outpatient Mental Health Services.</b> Outpatient provides one-to-one therapy to adults. Specialized populations include Veterans and individuals transitioning into adulthood.</li> <li>• <b>Community Support Services – CSS.</b> CSS provides community case management to adults impacted by SMI. CSS can be an additional support or linkage to other therapeutic services.</li> <li>• <b>Project Assistance in Transitioning from Homelessness – PATH.</b> PATH provides case management services to homeless or at risk of homelessness adults with SMI. PATH provides linkage and referral to a vast amount of programs and resources, including but not limited to: shelters, affordable housing, mental health treatment, benefit assistance etc.</li> <li>• <b>Intensive Family Support Services – IFSS.</b> IFSS is a free service that provides support and education to family members of adults with SMI. Services are provided in three ways: consultation sessions, support groups and psychoeducational workshops.</li> </ul> <p>The purpose of this workshop is to provide the opportunity for families and individuals to become familiar with MHAMC’s programs and directly engage with program staff; referrals can be processed on site if applicable. The workshop will also provide a broader scope discussion on the system of care and resources. Bring questions!</p>
<p><b>Thursday November 8 7:00-8:30 PM</b></p> <p>To be held: <b>Eatontown Library</b></p> <p>33 Broad Street Eatontown, NJ</p>	<p><b>Trauma and Mental Illness</b></p> <p><i>Jacquelyn Concepcion, PHD LCSW</i> to present. Jackie has an extensive clinical knowledge of trauma and its impact on mental health and physical well-being. Those with a traumatic background may experience difficulty with relationships and often have negative feelings of self-image, esteem and worth that can develop into depression, anxiety and other psychiatric disorders with maladaptive coping “skills” such as, self-harm and substance use. Jackie will provide an educational framework on trauma, so family members can best support their loved one.</p>