



Mental Health News & Notes

Mental Health Association of East Tennessee

August 2009



Lawford Packs House

Christopher Kennedy Lawford dazzled participants at the Mental Health Matters in the Workplace Conference and a separate CEO's Breakfast with dramatic stories of not only growing up as a "Kennedy," but also as the son of famed "Rat Pack" actor Peter Lawford. As a young boy, Christopher hung out at "Rat Pack" parties and even learned *THE TWIST* from actress Marilyn Monroe.

The convergence of two family's gene pools, overburdened with mental illness and addictive behaviors, left him seriously addicted to alcohol and drugs. Now, clean and sober for 23 years, the actor & author shares his story with audiences across the country.

Some participating employers included:

- | | |
|-------------------------------|------------------------|
| Regal Cinemas | Ruby Tuesday |
| EdFinancial | Peninsula |
| Blount Memorial | Summit Medical Group |
| Knox County Government | Pellissippi State |
| University of Tennessee | Maryville City Schools |
| ORAU | Net Gain |
| TIS Insurance | Carlex Glass Company |
| Home Federal Bank | City of Knoxville |
| Information International | Charles Blalock & Sons |
| Yale Commercial Locks | Department of Energy |
| UT Federal Credit Union | B & W Y12 |
| Knox County Schools | Rivr Media |
| Team Health | Keller Group |
| Harrison Construction | Landmark International |
| ORNL Federal Credit Union | Monterey Mushrooms |
| Pershing Yoakley & Associates | PBR Knoxville |

Sleep Deprivation Adversely Affects Your Health

Nearly two thirds of Americans say they lose sleep over stress. Most of us routinely lose sleep every night due to what is called "poor sleep hygiene" or poor sleep habits. We typically need 7-9 hours of sleep each night to fully recharge our body for the next day's labors. How much each of us really needs depends on whether we awake refreshed or whether we are drowsy in the afternoon. Too little sleep poses risks to your physical and mental health.

Physical Health Consequences of Sleep Deprivation

- Delayed Reaction Times
- Obesity
- Risk of Type 2 Diabetes
- Risk of Heart Disease
- Increased Heart rate



Mental Health Consequences of Sleep Deprivation

- No sleep for 3 consecutive nights can cause psychosis
- Depression
- Hallucinations
- Memory Loss
- Cognitive Impairment
- Irritability
- Suicidal ideation



Get Educated About how Mental Health affects you!

Lack of symptom knowledge is the leading barrier to accessing mental health care. Our staff can do presentations for your employees, church group or civic organization about stress, depression or other mental health issues. *Where have we been lately?*

- East Tennessee Business Wellness Roundtable
- Knoxville CAC Grandparents as Parents
- Knox County Schools – The Skills to Deal with Violence Staff In-Service Training
- Scott County Senior Center
- Grainger County Senior Center
- SOAR Youth Ministries Summer Camp
- O'Connor Senior Center
- Knoxville CAC Leadership Class
- Blount County TennCare Town Hall
- Alcoa High School
- Alcoa Middle School
- Harrogate Senior Center
- Jefferson County Senior Center
- Maynardville Senior Center
- Loudon Senior Center
- Maryville High School



President Obama Supports Mental Health Services As Part of Health Care Reform

In answer to a question at a town hall meeting in Cleveland on Thursday, July 23rd, President Obama said: "I've long been a supporter of mental health services as part of a (health reform) package, and I think that's important."

Stress Management Tips

1. **Take one thing at a time.**
2. **Know your limits.** Learn to say, "No!"
3. **Don't try to be superman or superwoman.**
4. **Exercise.** Thirty minutes of physical activity per day helps both body and mind.
5. **Hobbies.** Take a break and do something you enjoy.
6. **Adopt a healthier lifestyle.** Get adequate rest, eat right, limit your use of caffeine and alcohol, and balance work and play.
7. **Share your feelings.** Don't try to cope alone.
8. **Be flexible!**
9. **Get plenty of sleep!** 6 hours per night is not enough! Most people need 7-8 hours nightly to recharge their batteries.

What if it's more than stress???

Free screenings for Depression, Bipolar Disorder, Anxiety Disorders, Eating Disorders and Alcohol abuse are available on our website.

Follow These Six Steps For a Free Online Screening

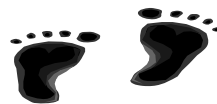
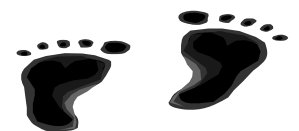
1. Go to



WWW.MHAET.COM

2. Click on "Mental Health Information"

3. Click on your County



4. Click on a screening tool

5. Complete the tool



6. Print results and take to the doctor



Annual Membership Campaign Needs Your Support!

We are grateful to the many long term donors who have contacted us to advise us that despite the economy, the Mental Health Association and its fine programs, will remain in their charitable giving plans in 2009.

The MHAET knows everyone's budgets are tighter this year and we respectfully asks our donors to maintain their giving to the MHA at the same level as last year if they can. Thanks in advance for your support. ~ Ben Harrington, Executive Director

Those you help with your gift are your family, your friends, your neighbors and your coworkers. Help them because they would help you.

Send your check today! Your gift of **\$50** – Will provide educational materials to 200 people.

\$100 – Will provide mental health screenings for 30 people suffering from unrecognized symptoms of depression, anxiety or an eating disorder

\$250 – Provides client or family services by helping 10 persons access the specialized mental health care.

\$1000 – Provides *Mental Health 101* to 500 students

Thank you 2009 Campaign Donors

Pat Abbarno
Candace Allen
B & W Y-12
Hop & Fay Bailey
Eleanor Barker
Doug Beals, DDS
Marty & Ann Brown
Leta Burgess
Brian Buuck
Clayton Mobile Homes
Josephine Cochran
B.E. Colway, LCSW
Covenant Health
Drs. Brent & Carol Ann Coyle
W. Corbet Curfman
Kathleen L. Davis
Raynella L. Dossett
LeAnne Dougherty
Charles Fels
Michael Fisher
Patricia Hall
Mr. & Mrs. Ben Harrington
Paul & Mary Ann Haubenreich
Judy Havner
Helen Ross McNabb Center
Richard Henighan
Home Federal Bank
Laurel J. Humphreys
Dick & Ann Ince
Dr. & Mrs. Joseph Johnson

Mr. & Mrs. Dale Keasling
Jesse & Mary D. Key
Magdalene P. Liles
Michael & Nancy Lofaro
Richard Nash
Mary Nellis
Kay Newton
Terri Parsons, LCSW, PLLC
Virginia Patterson
Keith Richardson
Joyce Robinson-Diftler, LCSW
Mr. & Mrs. Frank Rothermel
William & Elisabeth Rukeyser
Rick Sawyer
Diana Seaver, RN
Larry & Marcia Silverstein
Mrs. F.W. Stallman
Mr. & Mrs. Dan Standley
Glenda Sublett
William & Sharon Thomas
Jeff Torbett
UT Battelle
Sarah Watkins
Jo Zarger, LCSW



“Your contributions help provide outreach in schools, at workplaces and with seniors. Thanks for your support.”

Keith Richardson, President
MHAET Board of Directors

Scenes From the Mental Health Matters in the Workplace Conference & CEO Breakfast



Ben Harrington provides CEOs an overview of the Mental Health Matters in the Workplace Program prior to introducing Christopher Kennedy Lawford.



Christopher Kennedy Lawford answers a CEO's question at the CEO breakfast.



Christopher Kennedy Lawford emphasizes a point at the Mental Health Matters in the Workplace Conference.



Frances Fogerson, Phyllis Chambers, Pat Carson and Betty Penson share a moment at the break.



Mayor Ragsdale watches as Christopher Kennedy Lawford signs books he purchased by at the CEO breakfast.



Some of the capacity crowd at the Mental Health Matters in the Workplace Conference.



Allen Edwards, President of Pellissippi State, meets Christopher Kennedy Lawford.

Christopher Kennedy Lawford's participation in the conference would not have been possible without the generous support of Cornerstone of Recovery & CEO Dan Caldwell, pictured far right, below with colleagues John West, Mike Southerland and Angie McCord from Bradford Health Services.



Harrington & Lawford are pictured below with former MHAET board president and the CEO of Denark Construction Frank Rothermel and board member Diana Seaver.



Christopher Kennedy Lawford meets MHAET Board President Keith Richardson, who works at HUD.



Carol Huffaker from the Cariten affiliate of Humana and Suzanne Rose from Landmark International Trucking



Dayle Hoffman enjoys conversation during the break above, while below, Dave Brundage asks Chris Lawford a question from the floor.



Clare Miller from the Partnership for Workplace Mental Health catches up with Christopher Kennedy Lawford.

Pictures courtesy of MHAET board member Jack Williams. Thanks Jack!



12th Fall Psychiatric Symposium Dates Set for October 29-30, 2009

*A Special Note of Thanks to Our
Funding Partners!*

- United Way Allocations**
- United Way Designations Donors**
- Tennessee Department of Mental Health &
Developmental Disabilities**
- Farragut Presbyterian Church**
- Mental Health America**
- Home Federal Bank**
- First Tennessee Bank**
- Helen Ross McNabb Center**
- Cornerstone of Recovery**
- Horizon Health**
- Bradford Health Services**
- AmeriChoice**
- Volunteer State Health Plan**
- Knox County**
- East Tennessee Foundation**

The 12th Fall Psychiatric Symposium will be held **October 29-30th** at the Knoxville Marriott hotel (former Hyatt Regency).



The conference for mental health and health professionals provides valuable continuing education and training close to home at an affordable rate. The agenda includes many nationally known speakers this year addressing pain, psychosis, addiction, smoking cessation, faith / mental health collaboration.

Mark your Calendars NOW!!!! Look for brochures in the mail soon.



You can support the Mental Health Association with a

designated or undesignated contribution to the United Way of Greater Knoxville and through the Combined Federal and Campus Chest Charitable Giving Campaigns.

**Mental Health Association
of East Tennessee
P.O. Box 32731
Knoxville, TN 37930-2731**



**Mental Illness:
Real, Diagnosable, Treatable**

**A United Way Agency Partner
An Affiliate of the Mental Health America**