



Mental Health First Aid: A Popular New Program at Mental Health Association in Santa Barbara County

Mental Health First Aid, a groundbreaking public education program, is off to a great start at the Mental Health Association in Santa Barbara County. Mental Health First Aid helps the public identify, understand and respond to signs of mental illness and substance use disorders. An interactive 12-hour course, Mental Health First Aid training provides a layperson with the knowledge they need to assist someone experiencing a mental health crisis until appropriate professional help arrives.

Successful participants of the program are certified as Mental Health First Aiders for three years and learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social and self-help care.

Mental Health First Aid trainees are taught how to respond appropriately to mental health problems in a variety of situations, such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. An important component of the Mental Health First Aid training is the opportunity to practice the intervention strategy rather than to just learn about it. This simple experience can make it easier to actually apply the knowledge in a real-life situation. Just as CPR training helps a layperson with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis until appropriate professional help arrives.

Chrystie Lewis, MHA's Mental Health First Aid Coordinator, leads the trainings, which are funded by the Mental Health Service Act, and taught in collaboration with the Mental Health Association in Santa Barbara County and the County of Santa Barbara Alcohol, Drug and Mental Health Services. The program has been so popular, that overflow trainings needed to be scheduled when the 25-person class limit was exceeded earlier this year.

Upcoming Mental Health First Aid trainings include –

Two-course series:

- Saturday, March 12th
9 a.m. – 4 p.m.
- Sunday, March 13th
9 a.m. – 4 p.m.



Three-course series:

- Wednesday, April 13th
5:30 p.m. – 9:30 p.m.
- Friday, April 15th
5:30 p.m. – 9:30 p.m.
- Saturday, April 16th
10 a.m. – 2 p.m.

Three-course series:

- Wednesday, May 18th
5:30 p.m. – 9:30 p.m.
- Friday, May 20th
5:30 p.m. – 9:30 p.m.
- Saturday, May 21st
10 a.m. – 2 p.m.

Three-course series:

- Wednesday, June 22nd
5:30 p.m. – 9:30 p.m.
- Friday, June 24th
5:30 p.m. – 9:30 p.m.
- Saturday, June 25th
10 a.m. – 2 p.m.

The course fee is \$45, and those who are interested are encouraged to register early as past classes have filled quickly. For more information, please visit www.mhainsb.org or contact Chrystie Lewis at (805) 884-8440 ext. 124 or clewis@mhainsb.org.



Mental Health Association Welcomes New Staff and Board Members

The Mental Health Association in Santa Barbara County is pleased to welcome new staff member Chrystie Lewis, Mental Health First Aid Coordinator, and new and returning board members Nancy Chase, president; Ned Emerson, first vice president; Ann Lippincott, secretary; Karel de Veer, treasurer; Robert Young; Kelly Rau; and George Kaufmann, at-large members.

We Are Pleased to Welcome New Staff Member Chrystie Lewis



Chrystie Lewis has joined the Mental Health Association as our new Mental Health First Aid Coordinator. Chrystie will be teaching, coordinating and administering the Mental Health First Aid program at MHA. Mental Health First Aid is an interactive 12-hour course funded by the Mental Health Service Act that teaches participants about the risk factors and warning signs of mental health problems and provides an overview of common treatment options.

Chrystie brings to MHA her years of experience working in social services. She holds a Bachelor's degree in Communication from the University of California, Santa Barbara, and she is currently working toward a Master's degree in Clinical Psychology from Antioch

University.

Mental Health Association Welcomes New and Returning Board Members

Nancy Chase, Board President

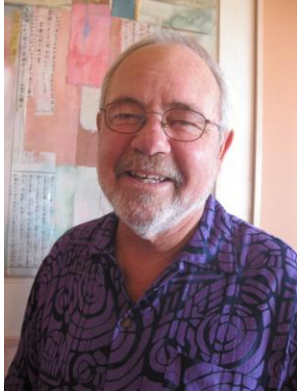


We are pleased to announce Nancy Chase as our 2011 board president. Nancy has served on the Mental Health Association's board many years and currently is active on the Mental Health Association's Education Committee, taking MHA's *Mental Health Matters* curriculum to middle school classrooms in Goleta and Santa Barbara. Nancy also served as the Mental Health Association board president from 2002-04. Nancy has also served on the board of the Nonprofit Support Center.

An active musician, Nancy performs with the Santa Barbara Symphony, Santa Barbara Chamber Orchestra and Opera Santa Barbara. Helping to train bass players of the future, she teaches under the auspices of the Santa Barbara Youth Symphony String Workshop and in her private studio.



Ned Emerson, Board Vice President



We welcome Ned Emerson as our 2011 board vice president. Ned brings to the organization nearly fifty years of experience in sales and management. While attending college, Ned and a partner began a screen-printing company, which later became Shoreline Sportswear, and operated the business for 25 years. He later moved on to serve as an independent sales representative, selling sportswear to college bookstores for over twenty years.

Ned graduated from the University of California, Santa Barbara, with a Bachelor of Arts in Industrial Management. In addition to the Mental Health Association, he currently serves on the board of United Cerebral Palsy/Work Inc. (UCP/Work Inc.) of Santa Barbara County. A recent retiree, Ned lives in Santa Barbara with his wife Ann Lippincott, who is also a Mental Health Association board member.

Ann Lippincott, Ph.D., Board Secretary



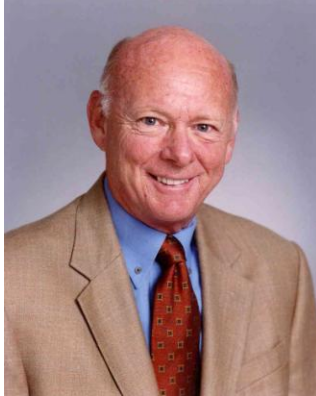
We are pleased to announce Ann Lippincott, Ph.D., as our 2011 board secretary. Dr. Lippincott is currently the associate director of the Teacher Education Program in the Gevirtz Graduate School of Education at the University of California, Santa Barbara.

Dr. Lippincott is also chair of the Education Committee for the Mental Health Association. The members of the MHA Education Committee have developed a curriculum, *Mental Health Matters* that they teach students in upper grades (4th, 5th and 6th) in the Santa Barbara and Goleta School Districts. They also provide mental health information for beginning teachers at both UCSB and Antioch. As well, the Education Committee, under Dr. Lippincott's leadership, is in the process of developing a mental health curriculum for younger children and another that they hope to offer for local high school students. Dr. Lippincott also teaches the Family-to-Family course for the local National Alliance on Mental Illness (NAMI).

Karel de Veer, Board Treasurer

We are pleased to announce Karel de Veer as our 2011 board treasurer. Karel has been a property manager in the Santa Barbara area for 30 years.

Karel's wife, Jane Macedo de Veer, also serves on the Mental Health Association's board.



George Kaufmann, Board Member

We are pleased to announce the re-election of George Kaufmann to our board. George has served on the Mental Health Association's board and executive committee for many years, and is also a member of the Steering Committee of the National Alliance on Mental Illness (NAMI). George is also a certified teacher of Family to Family, a NAMI course about mental illness designed to help family members of people living with mental illness. He frequently speaks at a variety of mental health organizations, mental health provider groups, churches and civic organizations about a variety of mental health issues.

George and his wife, Milly, moved to Santa Barbara from Kalamazoo, Mich. in 1999 after he retired as the vice president of Worldwide Medical Services Liaison and Scientific Affairs with The Upjohn Pharmaceutical Co. The California Institute for Mental Health awarded him its "Champion for System Change" award in 2007.

Kelly Rau, Board Member



We are pleased to announce Kelly Rau as a returning board member. Kelly worked at the stock trading desks at Hayden Stone and Doyle O'Conner & Co in Los Angeles for seven years. While living in Los Angeles, Kelly volunteered at various local schools and community organizations including The Sisters of Social Services, where she was on the board of Juniors Auxiliary. She also served as Chairwoman of Regis House, managing volunteers, organizing the annual fundraiser, and chairing the advertising committee for the annual review magazine.

After returning to Santa Barbara, Kelly assisted with the St. Vincent's Annual Golf Classic as a member of the St. Vincent's board. She has served on the Mental Health Association board for the past six years.

Robert Young, Board Member



We are pleased to welcome Robert Young as a returning board member. Robert is in his 36th year as the Founder and Principal of Young Construction. Joined by his brother, Robert moved the business from Santa Ynez Valley to Santa Barbara in 1985. Prior to founding Young Construction, Robert worked with Bob Halderman Construction, a Rancho Palos Verdes custom home builder.

Robert has served as an Executive Committee and board member for the Mental Health Association in Santa Barbara board since 2006. Robert is also on the Board of Directors for the Santa Barbara Yacht Club where he serves on several committees.



Newsletter of the Mental Health Association in Santa Barbara County
Winter 2011

Dear Friends of Mental Health Association,

Last June, we were among three nonprofits selected to work with Social Venture Partners Santa Barbara. We were granted \$25,000 for general operating expenses along with their professional volunteer consultation on a wide range of Mental Health Association activities, all designed with a focus on capacity building. We are still very involved in these activities and I wanted to take this opportunity to give you a bit of an update.

The SVPSB Co-Team Leaders - Laurie Ashton and Tom Sloan have collaborated with the MHA Board and staff on an annual plan that addresses some key areas we mutually agreed to focus on for the first year. MHA Board of Directors, staff and the SVP Team members are engaged in work in the areas of program evaluation and development, long term strategic planning, expanding our fund development efforts and Board development.

Some of the program evaluation process has taken us out on field trips to visit with the management teams of several other similar agencies in L.A., Long Beach and Santa Monica to get ideas on how to make MHA a stronger organization. Out of these visits came some ideas that left us intrigued and inspired. We are evaluating new programs and revenue sources to support and expand our current programs.

Infused with creative ideas we are determined to grow our capacity and make our presence known to the greater community through a fresh effort to communicate the message about our many programs and resources available. With the assistance of our SVPSB project team we are addressing the challenge of how to reach more people and let them know that Hope and Help is waiting for them here on Garden Street.

As things are more finalized, we look forward to sharing some exciting new directions with you and the greater Santa Barbara community.

Stay tuned!

For more information about Social Venture Partners Santa Barbara, visit www.svpsb.org.