

MENTAL HEALTH ASSOCIATION ATLANTIC COUNTY'S

WAVES OF WELLNESS (WOW!)



INTRODUCTION

The Mental Health Association is a nonprofit organization dedicated to improving the mental health of people in our community by offering support services, community education and personal & systems advocacy. We are not a clinical service provider, however, we augment the traditional mental health system by aiding those who need initial linkages to services and financial assistance, education on mental health and how to access the service provider network. We also offer ongoing support through both our family support groups and over 50+ support groups offered to individuals each week.

MISSION

MHANJ's vision for the future is a world in which individuals who live with mental health and substance use disorders are able to achieve their full potential, free from stigma, and other barriers on their recovery journey.

Editors' Note

Dear Readers,

Welcome to our very first monthly WOW newsletter! We thank you so much for supporting our agency and giving us the opportunity to showcase our services to our lovely county. In this newsletter, you will find MHA and other Atlantic County services, updates, and resources. Our goal is to spread the word about our organization and let our fellow members of Atlantic County know what resources we can access! We hope that your journey to wellness is filled with support from our wellness center, Individuals Concerted in Effort (ICE), and our community.

Stay well,

Emily McCall & Yvonne Tran



Yvonne Tran



Emily McCall

Our inspirational online project

Modern SELF-Love ...is BACK!



We're collecting stories about how you found an appreciation of your worth, well-being, and happiness.

Share your "spin" on self-love.

Submissions will be posted online, WOW, and the UBW newsletter throughout February!

(Concept adapted from the wildy popular NY Times column)

Suggested length is about 250 words or less

Use your name OR remain anonymous

Include a photo or clip art that will appear with your story (or we'll choose one that complements your submission)

Optional: a photo of the author



Send your story or questions to unitedbywellness@mhanj.org.

SERVICES PROVIDED



COMMUNITY ADVOCATES PEER SUPPORT

Trained peers help support and work with individuals who live with mental health challenges to set goals to become more independent.

INTENSIVE FAMILY SUPPORT SERVICES

Services are provided to families with a relative or friend living with a mental health disorder. Our goal is to improve the quality of life of people caring for an adult living with a mental health disorder with information, education, and therapeutic support.

HOARDING INITIATIVE

Our hoarding initiative offers

- in-home services for an hourly cost that varies.
- A drop-in support group, "Too Much Stuff," every 1st & 3rd Wednesday of the month through UBW.
- The Buried in Treasures workshop



SUPPORT GROUPS

Through ICE and UBW, MHA offers over 50 support groups both in person and virtually--no cost or insurance needed. Everyone is welcome and topics vary.

*Click or scan the QR code
to become a UBW member
today!*



FOR MORE INFORMATION:

www.mhaac.info

609-652-3800

mhaac@mhanj.org

A Holiday Tradition



The nearly 170 residents of boarding homes who we support throughout the year receive holiday gift bags of hats, socks, and personal care items in December. Staff organized donations and prepared the gift bags. Pictured above are intern Jacey Caplan and Ashleigh Zappala; below are Emily McCall and Yvonne Tran.



What is it?

Seasonal Affective Disorder

Seasonal Affective Disorder (seasonal depression), is a depressive disorder which follows patterns of the seasons. It usually sets in around Fall and Winter, but not always.

Symptoms:

- Depressed mood
- Loss of energy
- Appetite and sleep changes
- Extreme guilt or anxiety
- Isolation

Coping:

- Try to get some sunlight!
- Therapy services
- Setting realistic daily goals
- Exercise
- Self-care
- UBW support groups!

Myth versus Fact

One of the most common misconceptions about Seasonal Affective Disorder is that it occurs only in fall with the time change. Though fall-onset is more common, some people experience spring-onset Seasonal Affective Disorder as well.



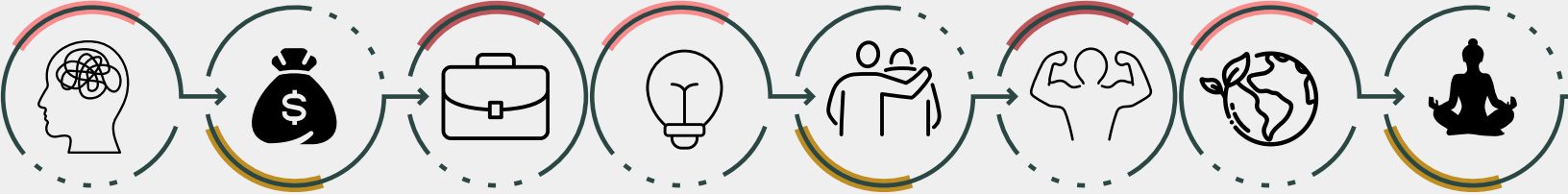
MHA Atlantic staff member Abigail Hamilton, a Peer Support Specialist, contributed to the design content of this section.

Content from John Hopkins ([click here](#))



COMMUNITY

ADVOCATES



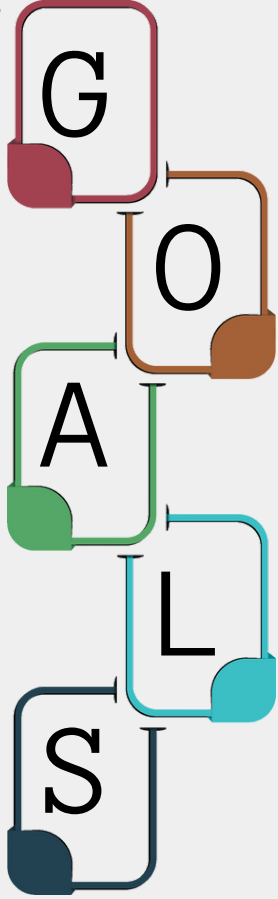
- 8 DIMENSIONS OF WELLNESS**
- Emotional
 - Financial
 - Occupational
 - Intellectual
 - Social
 - Physical
 - Environmental
 - Spiritual

PEER SUPPORT

Our wellness navigators help individuals create goals around the 8 dimensions of wellness.

For more information: 609-652-3800

- Wellness Navigators offer assistance with...**
- advocating
 - developing skills
 - linkages to resources
 - navigating the mental health system
 - developing routines
 - paperwork assistance
 - community integration



For more information:

Office: 609-652-3800

Support Service Coordinator: 609-566-9959

emccall@mhanj.org



Please contact Yvonne Tran for more information

609-652-3800 ext. 308

ytran@mhanj.org

mhaac.info



MHA IN-PERSON GROUPS

Better Together	Mondays 4pm - 5pm Oceanside II Family Success Center 3201 Atlantic Ave, Atlantic City, NJ 08401
Expressions (HYBRID 1st & 3rd)	**<u>This group occurs in person and on zoom simultaneously</u>** Tuesdays 11am - 12pm Mental Health Association in Atlantic County 4 E Jimmie Leeds Rd #8, Galloway, NJ 08205
Got Stress	Wednesdays 9am - 10am John Brooks Recovery Center 660 Black Horse Pike, Pleasantville, NJ 08232 For more information, please contact Emily McCall (emccall@mhanj.org).
Living in the Moment	Wednesday 10:30am - 11:30am Mental Health Association in Atlantic County 4 E Jimmie Leeds Rd #8, Galloway, NJ 08205