



MINDING YOUR MiND

Enlightening Attitudes Toward Mental Health Issues

IN THIS ISSUE

MAINTAINING THE MOMENTUM

by Executive Director, Trish Larsen

Welcome Back! We hope you enjoyed your summer break and are back in the swing of the fall routine. Now that the summer is behind us, we are looking ahead to another busy year. Here is an update on what we have been working on and a glimpse inside what we have to look forward to this school year.

Our speakers have had a dramatic impact spreading MYM's message and erasing the stigma surrounding mental health and mental health disorders at conferences and panels throughout the summer months. From the PBIS Conference in Hershey, PA for 1000 school administrators, teachers and counselors, to the National SADD Conference in Washington, DC and even at the United Nations in New York City, Minding Your Mind presenters have placed us in the national spotlight and have dramatically increased referrals and requests for our programs both locally and nationally. To help to meet this rising demand for our services, our three new presenters, Billy Egan, Kristin Nordeman and Ali Warren have all worked with our speech coach, Trish Pisauro, this summer to create age appropriate school programs based on their compelling life stories of struggle and recovery. We look forward to

introducing Kristin, Billy and Ali to all of you this year.

Looking ahead, we will kick off our fundraising efforts with our 5th Annual Blue Gene Gala on October 19th. This year's event promises to be a unique celebration held at Martha McGeary Snider's home, the Wharton Sinkler Estate in Chestnut Hill. We will honor Dr. Aaron Beck, "the Father of Cognitive Therapy" and premier our new video. The event will debut our yearlong student-focused marketing campaign, "**Be the One.**"

As MYM continues to experience greater attention and program growth, this surge in program requests demands an increased need for fundraising and outreach. Therefore, we have hired James Fasola, a recent Muhlenberg College graduate, as our new part-time Development Associate. James will work with our staff to help grow our fundraising base and increase our community impact. The addition of James and our three new speakers rounds out our growing staff. MYM has worked tirelessly over the past eight years to earn a reputation as a leader in student focused mental health education and stigma reduction. **Continued- Page 2**



5th Annual Blue gene Gala

Judith Beck, PhD. and Drew Bergman will speak at this year's Gala as we honor Dr. Aaron Beck for his amazing work in the field of cognitive therapy.

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9th Annual Mental Health Forum

Dr. Gail Saltz and Minding Your Mind speaker Carl Antisell addressed the topic of stigma surrounding mental health and the importance of eliminating it.

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Continued- Maintaining The Momentum

Over the years, our reach has increased purely through testimonials and word of mouth. We believe that our success is due to our young adult speakers who use their real life stories to speak honestly and openly about their struggles. Statistics prove that introducing people with mental health issues to the general public, in contrast to mental health education alone, leads to significant and lasting changes in attitudes and behavior. MYM has set out to prove that this is true. MYM is working with Tim Clement, a fellow at The Scattergood Foundation this year. Tim will guide us through a proven process of polling students and gathering data before and after presentations. The surveys will be used to

compile concrete data. At the completion of the program, MYM will have established evidence-based programs which will open up the opportunity for increased funding. MYM continues to be a resource for creative, youth-led mental health education programs in our communities. We look forward to another memorable year and hope that you will continue to promote our efforts. Thank you all for your ongoing kindness, encouragement and support. See you at the Gala!

-Trish

An Update from New Jersey

Our NJ office is up and running with scheduled commitments from Connecticut to South Jersey. For information about programs in the region please contact:



Donna Chambers
donna@mindingyourmind.org

A Look Back

At Minding Your Mind's Students Against Destructive Decisions National Conference

Minding Your Mind was pleased to participate in the National SADD Conference in Washington, D.C. this past June. MYM presenters included Sheila Gillin, Donna Chambers, Carl Antisell Drew Bergman and Yali Szulanski. The theme of the

conference was "Life is a Jungle." With the help of Cori Pisauro and our intern, Fontaine Gutierrez, MYM created an artistic backdrop and interactive display. MYM's booth invited students from schools across the country to "get the monkey off of their back" by writing thoughts and concerns that were weighing them down. Students pinned their expression on a jungle-themed backdrop. As the days went on, the backdrop vine filled with countless, anonymous testimonies of the worries, fears and concerns that these students were carrying. MYM was awarded "Most Interactive Booth" by the student judges, and our display generated the most student interaction of all. Student feedback and support were amazing, and we are so impressed with all of the energy and great ideas that were generated from the experience. This is yet another example of how starting conversations about mental health is a powerful exercise that can impact so many young people.



Welcome Our New Speakers!



Billy Egan



Kristin Nordeman



Ali Warren



Minding Your Mind Speakers with Dr. Gail Saltz at our 9th Annual Forum- Breaking the Silence: Fighting Off Stigma

A Look Back

At Minding Your Mind's 9th Annual Forum

Last May, Minding Your Mind supporters filled the auditorium at Temple Beth Hillel to attend our 9th Annual Forum – **Breaking the Silence: Fighting Off Stigma**. Catey Hill, Music Director and Radio Host of Station WJBR served as our Master of Ceremonies. Our evening's keynote speaker was psychiatrist, psychoanalyst, columnist, bestselling author and television commentator, Dr. Gail Saltz who discussed the overwhelming stigma and false beliefs surrounding individuals suffering from mental health disorders. Minding Your Mind speaker, Carl Antisell, then shared his real life experience battling severe anxiety and how it lead him to substance abuse. Carl's presentation garnered a standing ovation from the crowd as he spoke openly and candidly about his journey to recovery.

At Minding Your Mind's International Youth Day at the UN

MYM speaker Jordan Burnham had the privilege of presenting as part of a panel for International Youth Day on August 12, at the United Nation Headquarters in New York. The event, which was also webcast globally, was opened by the Secretary-General of the United Nations, Mr. Ban ki Moon.



Moving Forward

Minding Your Mind's 5th Annual Blue Gene Gala

This year's five year commemorative Gala promises to be our most festive to date. Set on the grounds of the Wharton Sinkler Estate in Wyndmoor, the garden party presentation will include fantastic food, fun and friendship. Minding Your Mind will honor Dr. Aaron T. Beck, "the Father of Cognitive Therapy," by presenting him with this year's Changing Minds Award. Our Keynote Speaker will be Judith S. Beck, PhD. who currently serves as the

President of the Beck Institute. We will also premier our "Be the One" video which will kick-off our exciting new marketing campaign. Minding Your Mind Speaker Drew Bergman will close the evening with a personal account of his journey through depression and a suicide attempt to recovery and advocacy. Please join us and take part in this wonderful celebration! More information regarding tickets can be found on our website under Events.

5th Annual Blue Gene Gala
MINDING YOUR MIND
Sunday, October 19, 2014

The Gala this year is being held on the Wharton Sinkler Estate. Don't forget to mark your calendars!

Moving Forward

Minding Your Mind's

"Be The One" Video Premier

Stay tuned for the premier of our new video "Be the One." The video is designed to speak to all who are affected by youth mental illness: parents, teachers, and the students themselves. It will provide an overview of Minding Your Mind and demonstrate how starting the conversation about mental illness is crucial to saving lives.

All it takes is *one* – one individual, one conversation – to save or change someone's life. MYM provides the foundation for this important conversation and aims to remove the

stigma attached to mental illness. We create support networks among parents, teachers and friends and provide struggling individuals with a message of hope.

With one in five affected from mental illness, **Be the One** who someone can lean on in a time of need. **Be the One** person who will make a difference in someone's life.



Moving Forward

Minding Your Mind's

Holiday Fashion Show and Fundraiser At Talbots Paoli on November 2, 2014

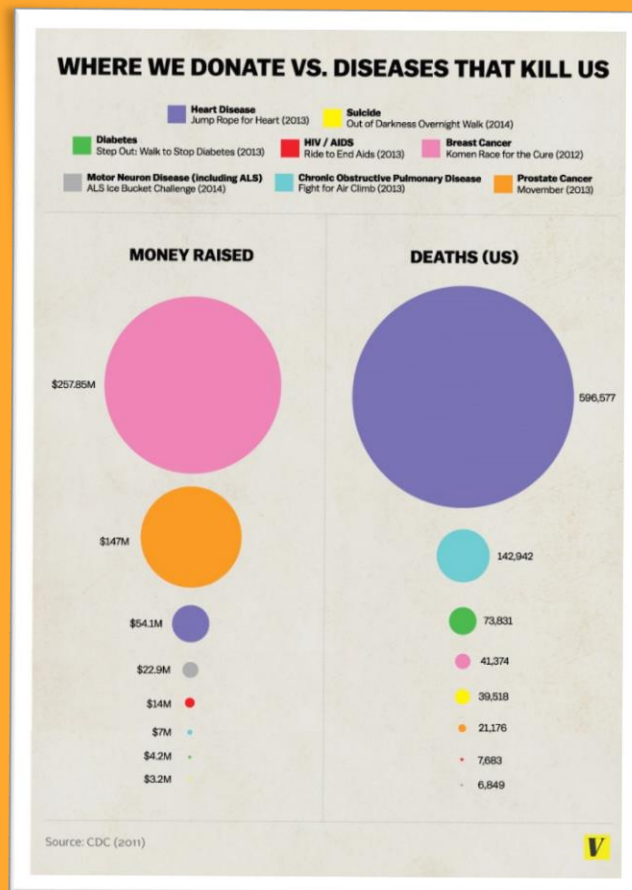
Talbots Paoli has graciously offered to hold a Holiday Fashion Show and Fundraiser for Minding Your Mind. This exciting event will be held at 182 East Lancaster Avenue, Paoli, PA on November 2, 2014 from 5 to 8pm. The actual show will start at 6pm. It will include prizes & gift bag giveaways. Paoli Hospital will help advertise the fashion show and will have an information table and representative present to offer materials regarding mental health resources.

Please join us for a fun holiday shopping experience!



Mental Health Fundraising Lags Way Behind

Take a look at this graphic recently released by the CDC illustrating the deficiency in mental health fundraising.





Featured Speaker

Jackie has been an active mental health and anti-bullying advocate since her early teenage years. She struggled with depression, anxiety and chronic self-injury from the time she was six years old. She had a terrible fear of revealing these issues to her friends and family because of the stigma surrounding mental health disorders and her seemingly perfect external life. Jackie was Student Body President, an athlete and in the top 10% of her class. Internally, she was struggling with her depression, anxiety and self-harm. Her journey to healing began when she began attending Saint Joe's University on an academic scholarship. Through her recovery, she became president of a mental health advocacy organization on campus and has organized suicide awareness and mental health awareness benefit concerts.

Becoming a speaker for Minding Your Mind has given her the opportunity to share her experiences with people who might be feeling as isolated as she did before she received the proper treatment. She also speaks for those who may be simply unaware of the importance of mental health and for those that believe that they can easily identify the face of mental illness. She feels passionately about educating adolescents that recovery may not be simple but that it is so unbelievably powerful when it is experienced.

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Then enter "Minding Your Mind" as your charity and check out like normal! Thank you for your support!



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by visiting us at:

www.mindingyourmind.org



We will be showcasing how our speakers and the students we encounter commit to "Be The One." Follow #BeTheOne to learn more!

<https://www.facebook.com/mindingyourmind>

“4 out of 5
youth
who need mental health
services
don't receive them.”

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