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MINDING
YOUR MiND

Enlightening Attitudes Toward Mental Health Issues

Quarterly Newsletter

March 2016

Plans, Projects & Partnerships

By Trish Larsen, Executive Director

As we transition to spring and begin to wind down the school year, we reflect on projects completed and plans for the future. Our ongoing promise to all of you is to **keep educating and supporting students, their families, teachers, and schools so we can continue to effect change.**

In our [Looking Back](#) section, you will read about our most recent milestones and accomplishments, which include a new anti-bullying program offering in New Jersey. Our [Speaker Spotlight](#) will introduce you to two new presenters who are already making their mark by sharing their stories.

[Looking Forward](#) is always my favorite part of the newsletter...it means we are growing and moving onward toward new goals and greater awareness. In this issue, you will read about our upcoming projects and community events, including many new opportunities for all of you to come and join us.

Happy Spring!

Signature Events for Spring

"No More Running: Living with Social Anxiety Disorder" on March 30

A Celebration of Life: Philadelphia on May 19

We are thrilled to present two signature events this spring, which will bring the message of our mission to new audiences.

On March 30, through the generous support of the [Andrew Kukes Foundation for Social Anxiety](#), Minding Your Mind is thrilled to present an evening discussing social anxiety. **"No More Running: Living with Social Anxiety Disorder"** features

retired NFL star [Ricky Williams](#), Dr. Judith Beck, president of the [Beck Institute for Cognitive Behavior Therapy](#), and our very own [Jackie Ricciardi](#). The students of [Cogwell](#) at the University of Pennsylvania will host the program at the Penn Museum. The next morning, the [Anxiety and Depression Association of America](#) kicks off its national convention in Philadelphia. Over 500 students, parents, professionals, athletes, and conference attendees are registered to hear Ricky and Jackie share their personal stories and learn more about Minding Your Mind. We are excited about this new partnership with the Andrew Kukes Foundation for Social Anxiety. We look forward to sharing resources to educate people all over the country and making great strides to reduce the stigma surrounding mental health issues. Please join us by [registering here](#).

May is [National Mental Health Month](#). In recognition of this, Minding Your Mind and speaker [Drew](#)

**NO MORE RUNNING:
LIVING WITH SOCIAL ANXIETY DISORDER**

AN EVENING WITH RICKY WILLIAMS
RETIRED NFL RUNNING BACK AND
HEISMAN TROPHY WINNER

**MARCH 30, 2016
6:30 - 8:30 PM**

HARRISON AUDITORIUM
PENN MUSEUM
OF ARCHAEOLOGY AND ANTHROPOLOGY

3260 SOUTH STREET
PHILADELPHIA, PA 19104

PLEASE ENTER AT THE 33RD STREET HARRISON
ENTRANCE. THE HARRISON AUDITORIUM
IS LOCATED ON THE BASEMENT LEVEL
OF THE MUSEUM.

akf
andrew kukes
foundation for
social anxiety

ADULTS- FREE
STUDENTS - FREE
(SUGGESTED DONATION OF \$10)
LICENSED SOCIAL WORKERS
2 CEs
AVAILABLE
\$20

ADDITIONAL PANELISTS

Judith S. Beck, Ph.D.
Judith S. Beck, Ph.D. is president of Beck Institute for Cognitive
Behavior Therapy in Philadelphia, a non-profit organization that
provides clinical services for clients and a variety of training programs
for professionals worldwide.

Jackie Ricciardi, Minding Your Mind Speaker
Minding Your Mind speaker Jackie Ricciardi has been an active mental
health and anti-bullying advocate since her early teenage years.

HOSTED BY:
**MINDING
YOUR MIND**

REGISTER: MINDINGYOURMIND.ORG/EVENT/NO-MORE-RUNNING
CE PARTICIPANTS CAN FIND COURSE SPECIFIC INFORMATION AND MYM'S CE POLICIES AND PROCEDURES ON THE EVENT PAGE

**MINDING
YOUR MIND**

**A CELEBRATION OF LIFE
PHILADELPHIA**

JOIN DREW BERGMAN FOR **AN EVENING
OF HOPE &
REMEMBRANCE**

MAY 19TH, 2016 8:00PM

UNION TRUST: 717 CHESTNUT STREET, PHILADELPHIA

[Bergman](#) are hosting *A Celebration of Life: Philadelphia*. Drew feels a strong connection to the *A Celebration of Life* event, which began in 2011 to honor the memory of Kyle Craig, a 21-year-old student at Vanderbilt University who took his life in 2010. The same year that Kyle lost his life, Drew's changed forever when he survived his own suicide attempt. The grief over Kyle's shocking loss was transformed into action by Kyle's family and friends. Beginning in Nashville, and expanding to New York City and now Philadelphia, this annual event has raised over \$250,000 for Minding Your Mind. The event will celebrate the memories of individuals lost to suicide and honor the lives of survivors. [Learn more about Kyle and Drew, and register to join us for A Celebration of Life: Philadelphia.](#)

Speaker Spotlight

Welcome Two Speakers to the Minding Your Mind Family

We are pleased to introduce you to two new young adult speakers who generously share their stories of hope and healing through Minding Your Mind programs.

Because of negative messages about her body and a diagnosis of dyslexia, Samm felt very different from her peers as early as elementary school. In order to compensate, Samm threw herself into sports and activities to allow her to



Sammantha Perrine

Looking Back

New Anti-Bullying Program Introduced in New Jersey

What constitutes bullying? How do we know when behaviors cross the line and become bullying? How do we handle a bullying situation in the classroom? What is proper reporting protocol? These questions and many others will be answered during Minding Your Mind's new one-hour presentation, "I Hurt, You Hurt."

Education and awareness are the first lines of defense in preventing bullying. "I Hurt, You Hurt," is designed to inform and educate teachers and staff of the circumstances surrounding bullying, the warning signs of bullying, and how to intervene

feel more in control. This passion became an obsession, which combined with clinical depression, resulted in a struggle with an eating disorder. When she reached a point where her physical health was in serious jeopardy, Samm began inpatient treatment for depression and her eating disorder. Through time and a great deal of work, she has been able to identify her distorted thought processes and learn how to combat these beliefs in positive ways. Now, she is able to share her story and create awareness about the destruction of eating disorders and the underlying issues that can cause them. Samm shares, "It is a privilege for me to be able to share my struggle with young adults with the hope that one day my voice and my story will touch the lives of those who might also be struggling."



Mariel Harrison

Beginning when she was a child, Mariel utilized negative coping mechanisms to battle her bi-polar disorder and feelings of insecurity and inferiority. After developing an eating disorder and resorting to self-harm, Mariel spent the majority of her teenage years afflicted with alcohol

and drug addiction. Mariel entered recovery in 2007 and has been able to maintain continuous, long-term recovery since then.

Mariel has quickly become known as a leading New Jersey mental health and addiction advocate. She co-created the first ever peer-mentorship program with [The Raymond J. Lesniak Experience Strength & Hope Recovery High School](#) for their students (young people in early recovery). In 2015, she was awarded the Young People in Recovery Break-Out Advocate Award. Mariel is also a certified yoga teacher and a marathon runner who believes wholeheartedly in a holistic approach to addiction recovery, and well-being in general. Her work is motivated by empowering youth and arming them with healthy coping mechanisms.

MYM Speaker Joins Steering Committee of NJ Health Coalition

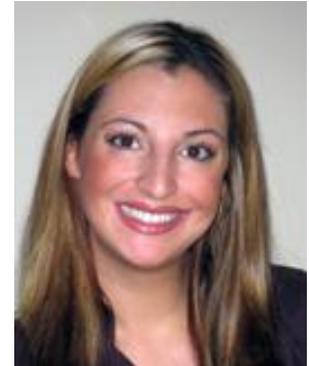
Congratulations to our speaker [Tamia Govan](#) on her appointment to the steering committee of the **Live Healthy Salem County Coalition**. The coalition is a collaboration that includes partners from the public, not-for-profit, and private sectors to improve health outcomes in Salem County, NJ. Their mission is to inspire the residents of Salem County to live healthy, productive lives by enhancing and increasing



when a bullying situation occurs. Participants will be made aware of what environments may be potential risk factors and how to correct them.

"I Hurt, You Hurt" is appropriate for teachers at the elementary, middle or high school levels and fulfills the requirements of NJ statute 18A and PA statute 61.

We are especially pleased to announce that [Dr. Dana Kaspereen](#), LPC, LCADC, will be presenting the program. Dr. Kaspereen has worked extensively in schools and has developed a comprehensive program, which can be presented on its own, or as an addendum to required suicide prevention training. [Please contact us](#) if you are interested in bringing this program to your school.



Partnership with the Cameron K. Gallagher Foundation brings MYM Programs to Richmond

We are thrilled to announce that Minding Your Mind Foundation is working with the [SpeakUp5K/Cameron K. Gallagher Foundation](#) (CKGF) to bring our mental health education programs to Virginia in the greater Richmond area.

In February, MYM met with CKGF leaders and school representatives from central Virginia to finalize the details of the partnership and make plans to move forward to offer MYM programs in middle and high schools in the region. MYM speaker Drew shared his personal story as an example of the unique and exceptional programs we can provide. All in attendance were excited about moving forward with the partnership.



From silent suffering to Speaking Up about depression & anxiety, Drew presents his story.

The Cameron K. Gallagher Foundation is committed to cultivating awareness and understanding of teenage depression and anxiety. [Our work together](#) will help fulfill Cameron's dream of addressing the misplaced stigma held by so many about teenage depression.

opportunities that improve overall health and well-being. Tamia is on the mental health subcommittee and is currently working on planning the blueprint for action.



Grace & Gratitude

Grants Received since
January 1, 2016

Andrew Kukes Foundation for Social Anxiety

Cameron K. Gallagher Foundation

Fox and Roach Charities

How I Decide

KTP Fund

Kyle Ambrogi Foundation

DONATE NOW

Run for MYM in the 2016
Blue Cross Broad Street Run



Minding Your Mind has been granted four charity entries for the [2016 Blue Cross Broad Street Run](#). The race will take place on **Sunday, May 1, 2016**.

The Blue Cross Broad Street Run is the largest ten-mile race in the United States, and an event revered in the Philadelphia region. Runners who've dreamed of an opportunity to participate in this iconic race can partner with Minding Your Mind to achieve their personal goals, and help Minding Your Mind achieve ours.

Racers who qualify for the four charity entries belonging to Minding Your Mind will be assigned a bib number in exchange for raising a minimum of \$500 in support of Minding Your Mind. Interested runners must [email Trish Larsen](#) by **March 30, 2016**.

Trio Raising Funds for MYM

Looking Forward

MYM to be Featured in *Main Line Today* 20th Anniversary Issue

To celebrate its 20th anniversary, *Main Line Today* magazine is spotlighting 20 of the area's most dedicated philanthropists in its April 2016 issue. Minding Your Mind was nominated and selected one of the inaugural **Main Line Today Cares** honorees! We are thrilled to be recognized for "exceptional leadership and drive in [our] efforts to give back to the community where we live, work, and play." Be sure to pick up your April 2016 issue to help us celebrate this honor.



Beta Theta Pi Plans 6th Annual
A Celebration of Life Tribute to Kyle Craig

On April 21, Vanderbilt University's Beta Theta Pi will host its 6th annual spring philanthropy event and concert, *A Celebration of Life* held in honor of Kyle Craig, who took his life in May 2010. In addition to being a member of Beta Theta Pi, Kyle was a dedicated student at Vanderbilt University, a dynamic friend to many; a bright, handsome, and gifted individual across music and athletics, but whose strength of character enabled his growing struggles to be hidden from view.



Minding Your Mind has been the grateful beneficiary of this event, with the brothers of Beta Theta Pi donating over \$100,000 to Minding Your Mind in memory of Kyle. *A Celebration of Life* has been recognized on the local and the national level, named Best Philanthropy Hosted by a Fraternity by Vanderbilt University's Office of Greek Life, and granted the prestigious John Holt Duncan Service Award by Beta Theta Pi's National Convention.

This year's program will feature a presentation by MYM speaker [Drew](#) and a concert by the band [Satchmode](#). "We have a lot of kids volunteering this year and particularly a large number from previously untapped demographics, which will do a lot to help it grow. We are excited for another great event for Kyle and Minding Your Mind," shares Beta Theta Pi brother Dillon Rolnick.

Earlier this year, three friends contacted us with an idea to raise funds to "Stomp Out Stigma." Andrea, Erich, and Lea generously selected Minding Your



Mind as the benefactor of their efforts. With their creativity, a few graphics from us, and generous hearts, they established "**5 Weeks to Stomp Out Stigma**" through GoFundMe. Their message tells their story: "As students and professionals in the fields of Psychiatry, Public Health, & Bioethics we are striving to promote awareness and support for organizations that not only offer mental health services, but also make it their mission to eliminate the stigma and shame that the consumers of such services experience on a daily basis." [Read more about their campaign here](#), and [contact us](#) if you are interested in creating a fundraising event for Minding Your Mind.

Support Minding Your Mind Every Time You Shop at Amazon



Every time you shop on Amazon.com you can help support Minding Your Mind.

Simply use the Amazon Smile web address:

<http://smile.amazon.com/>

Enter "Minding Your Mind" as your charity and checkout as you normally would!

Thank you for your support!

Upcoming Events

MARCH 30 No More Running: Living with Social Anxiety Disorder @ Penn Museum

MARCH 31 NEDA Walk Fundraiser Happy Hour @ Urban Saloon, Philadelphia

APRIL 10 Girl Talk w/Chester County Fund for Women and Girls

MAY 1 Blue Cross Broad Street Run

MAY 1 De-Mystifying Mindful Parenting @ Verge Yoga

MAY 19 A Celebration of Life Philadelphia @ Union Trust, Philadelphia

Follow MYM on Social Media

MYM Partnering in Two Important Workshops

Topics Cover Mindful Parenting and "Girl Talk"



Cara Bradley



Karen Moon

Joining forces with Cara Bradley, author of [On the Verge: Wake Up, Show Up and Shine](#), and founder of Verge Yoga, and Karen Moon LCSW, a psychotherapist specializing in parenting and life transitions, we are pleased to be a part of **De-Mystifying Mindful Parenting: A Practical Approach to Finding Clarity and Calm While Raising Adolescents**, an exploration of mindfulness-based practices and strategies that can positively impact both you and your teen.

4PM to 6PM on May 1, 2016 @ Verge Yoga in Wayne, PA. To read more about the program and register, [visit our event page](#).



MYM will join forces once again with [Chester County Fund for Women and Girls](#) to bring this powerful program for 7th-9th grade girls and their parents. The program will include presentations from MYM facilitators [Melissa Harrison and Sheila Gillin](#), mindfulness exercises by Ali Tomlinson, with speaker [Samm](#) sharing her story. Check our website in the near future for details and registration.

Minding Your Mind in Sarasota

A long imagined goal is on its way to becoming a reality. Thanks to the leadership and vision of our board member Diane Sampson Roskamp and her husband, Bob, we are in the process of bringing Minding Your Mind programs



Dan Austin

MYM hosts an active and ever-growing community of individuals who are interested in making mental health education a priority in our communities. We have over 4,000 followers on Facebook, Instagram, Twitter and LinkedIn, and there is always room for one more. Come see what everyone is talking about!



Click any icon to follow MYM!



to Sarasota, Florida. Dan Austin, director of outreach in Sarasota, is working diligently to educate the Sarasota region about Minding Your Mind's mission and offerings. He is visiting with school officials, like-minded community groups, and potential supporters. We look forward to keeping you up to date on our progress as it unfolds. Onward and upward - and southward!

Memo on Mindfulness

Try It...You'll Like It

by Deb Cyb, MA

Here is a simple mindful breathing exercise that you can do anywhere - even in the office or your car. The goal is to try and stay focused on your breathing for only one minute. It won't be easy...we have an average of 50,000 thoughts a day, so don't judge yourself too harshly about your ability to remain focused. All those thoughts will be working hard to distract you!

1. Sit comfortably in a chair in an upright and not too tight position.

- feet on the floor
- hands resting wherever they are comfortable
- back and body supported and stable

2. Notice any tension or tightness in the body. Slowly try to relax and release it.

3. Close your eyes to block out any distractions.

4. Breathe in and out through your nose. Begin to focus on the sensation of the breath moving in and out.

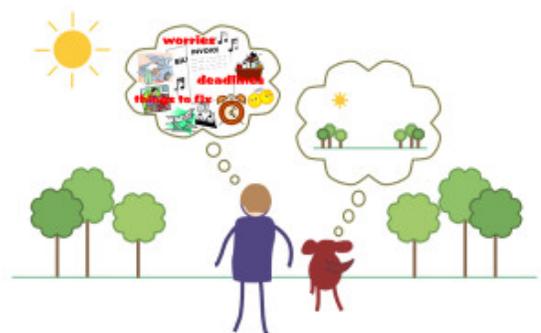
5. Tune into the feeling of the breath, the natural flow of the in and out. Notice where you feel your breath the most in your body and linger there. Can you notice when one breath ends and the next breath begins? Try to stay connected to the breath sensations for 60 seconds.

HINT: set a timer when you begin your session. It will eliminate the distraction of counting!

6. Be ready to catch your mind from wandering off - because it will - then gently and kindly return it to your breathing.

Like a puppy who wants to run and play, your mind wants to wander and think. Stay and breathe. Be kind and return. Sit and notice. Repeat and enjoy.

Try this for only a minute and see how challenging it can be. You are trying to train your brain by strengthening your mind muscle. Like any physical training, this will take time and practice to be successful. Yet, by devoting only 60 seconds a day, your mind muscle just might become the strongest part of your body!



Mind Full, or Mindful?

Featured Facilitator

Minding Your Mind's [prevention education programs](#) teach youth and adults what a crisis is, how stress affects a teenager, the symptoms of depression, the warning signs most often associated with suicide, and ultimately, how to help a student and/or friend. These programs are led by an amazing and gifted group of program facilitators.

Jasmin McCloud has an MA in Clinical Mental Health Counseling from Fairleigh Dickinson University. Jasmin works with children and families doing individual and family counseling and specializes in adoption-related issues as well as working with at-risk children and adolescents. Additionally, Jasmin has worked in local school districts presenting to faculty and students on topics related to social-emotional wellness, peer conflict resolution and substance abuse.



To schedule a [***Just Talk About It***](#) program for your school or community, please [**click here.**](#)
