

MHA The Mental Health Association of Westchester

580 WHITE PLAINS ROAD, SUITE 510, TARRYTOWN, NEW YORK 10591 ■ WWW.MHAWESTCHESTER.ORG



A Conversation with the New Director of

@MHA

We sat down with Tia Dole, PhD, just as our newest program, OnTrackNY @ MHA was about to launch. MHA Westchester is one of four sites awarded funds for the innovative, evidence-based team initiative which provides recovery-oriented treatment to young people who have recently begun experiencing symptoms of psychosis.

Before coming to MHA, Dr. Dole was co-founder of The PEER Program at St. Luke's-Roosevelt Hospital, an early intervention program for first episode of psychosis. A licensed clinical psychologist, Dr. Dole holds a doctoral degree in Clinical Psychology from Fordham University.

MHA: How did you become interested in early psychosis?

Dr. Dole: I felt that young people were turned off by the mental health field and it didn't have to be that way. I also came to understand that receiving the right care could completely change the trajectory of early psychosis.

MHA: Why is the OnTrack program only for those recently diagnosed?

Dr. Dole: Because early intervention makes all the difference. I've seen clients go back to school or work within months of first receiving treatment. People are often given the message that there is nothing after diagnosis—that the only choice is going on disability. In my experience, I've seen that the opposite is true. I see my clients as normal people who have the experience of psychosis.

MHA: Who is OnTrackNY@MHA right for?

Dr. Dole: Young adults between the ages of 16 and 30 who have recently started to hear or see things others don't, have started feeling scared, or are engaging in either changed or unusual behaviors.



"I came to understand that receiving the right care could completely change the trajectory of psychosis."

MHA: Why is this new program different?

Dr. Dole: OnTrackNY@MHA is using empirically-supported interventions that work—such as cognitive behavior therapy and shared decision-making regarding medication. Also, we now understand that when we can treat someone early, many of the most difficult effects associated with psychosis can be prevented.

MHA: Any last words?

Dr. Dole: The main idea I want to get across is that people can get better. Early psychosis is treatable and it's exciting because interventions work and people recover.

Contact Dr. Dole at ontrackny@mhawestchester.org or (914) 666-4646 ext. 7725 with questions. ■

Mission Statement

The Mental Health Association of Westchester County, Inc.'s mission is to promote mental health in Westchester County, New York, through advocacy, community education and direct services.

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Dr. Amy Kohn, CEO

A message from our CEO

Dear Friends,

I was reminded recently of the too-often-used phrase “not all there” to describe someone with mental health concerns. It riles me because at MHA Westchester we know that while mental health issues ebb and flow, the person remains intact—“all there”—throughout. Intelligence, spirit, determination and the desire to contribute endure and are, in truth, the seeds of recovery.

It is this strong conviction that has us at the forefront of the nationwide movement to reimagine mental health care in person-centered, holistic terms. With national health care reform, mental health and physical health will become integrated and an individual’s complex care will be coordinated. MHA has joined with like-minded healthcare providers to envision and create a new system of care in which easy access and quality services are available to all. Our recovery models are working. Clinicians and peers join our clients to highlight what is right in their lives and develop strategies to manage life’s challenges.

I am heartened by the studies which report a more open attitude regarding mental health—particularly in young people: one in which seeking help is encouraged, not stigmatized. Through MHA’s events, the 5K run/walk and the mega-yoga experience—as well as smaller gatherings, we are keeping positive mental health conversations alive in the community.

On behalf of MHA, I want to thank you for being “all there” for the one person in five living with a mental health challenge and for the actions you take in your own life to continue the conversation. For all of this, I am inspired.

Warm wishes in this holiday season,

50 Years of Holiday Happy

Operation Holiday Joy is celebrating its 50th anniversary this year. 50 years of making the holidays bright for children, families, and individuals in need.

Join the fun and fulfill a wish list today!

Here’s how you can help:

- Sponsor an individual by purchasing items from their wish list.
- Purchase gifts of food, clothing, household items or toiletries that we will match to a child or individual based on their wish list.

Mike Lombardi Named New President of MHA’s Board



Please join us in welcoming Mike Lombardi as the 23rd President of MHA’s Board of Directors. Mike follows Norman Michaels who served MHA as President for 6 years and as a Board Member for 22 years.

Mike has been involved with MHA since the late 90’s, first as a community member, then, beginning in 2002, as a board member who also served on the executive committee. When asked about his motivation, Mike says: “My number one motivator is that I care about the mission. I feel that mental health is important and that the value to society at large is sometimes under-appreciated and under supported.”

As MHA’s new board leader, Mike is engaged with helping the organization evolve and grow in ways that best serve the clients. A seasoned manager in his professional life, Mike feels sure his experience will be put to good use as the transformation of health services in the state continues.

Originally from Washington D.C., Mike is married to writer, Kate Stone Lombardi. They live in Chappaqua and have two children. Serving as President is becoming a family tradition: Mike’s mother-in-law, Jean Stone, was President of MHA Westchester from 1992 to 1995. ■

- Donate a store gift card (i.e. Target, Kmart, Bed, Bath & Beyond, Stop & Shop).
- Make a financial contribution and we will shop on your behalf.

To make someone’s dreams come true for the holidays and be part of our very special group of gift-givers, or to make a cash donation, please call our Development Department at (914) 345-5900 ext. 7511 or email development@mhawestchester.org. ■



Thomas Greenbaum: Newest Member of MHA's Board



We are so happy to welcome Thomas Greenbaum to the Board of Directors. During his long and varied career in marketing and entrepreneurship, Mr. Greenbaum has written five books as well as over one hundred journal and newspaper articles. In addition, he has dedicated his time to numerous non-profits,

including the Mid-Fairfield AIDS Project, the Town of New Canaan Human Services Commission and as a business counselor for SCORE. Mr. Greenbaum received his MBA from Columbia University and has taught extensively at the university level.

Mr. Greenbaum lives in New York City with his wife Dr. Rosalie Greenbaum. They have two children and three grandchildren. Dr. Greenbaum, a psychologist, is a consultant at the Center for Pediatric Assessment and Treatment at Norwalk Hospital in Connecticut and an Assistant Clinical Professor at Yale Child Study Center in New Haven. ■

NYAPRS Award for MHA!

The New York Association of Psychiatric Rehabilitation Services (NYAPRS) presented Dr. Amy Kohn and The Mental Health Association of Westchester (MHA) with The Marty Smith Memorial Award at their Annual

Conference at the Hudson Valley Resort and Spa on September 10th.

The honor is presented to a uniquely inspired and dedicated provider who has demonstrated exemplary contributions to the advancement of best practices in service to New Yorkers with psychiatric disabilities.

In response, Dr. Kohn said, "We were so honored. I believe it is the commitment to a strong set of values and standards by the MHA Board and staff that make us worthy of special recognition." ■



MHA's October Fest!

A crisp and glorious autumn evening accompanied the guests as they arrived on October 17th for An Evening At Metropolis, MHA's annual benefit. "It was a night of gratitude and appreciation. I am extremely proud of MHA for being an agency that not only gives hope to thousands living with mental health issues, but more importantly takes an active role as a partner in their recovery," said Board President Mike Lombardi, who also co-chaired the event with his wife Kate Stone Lombardi. Kate added, "MHA has made many friends during its long history in Westchester and we were glad to have so many of them join us to celebrate."

MHA honored Andrew Solomon, the award-winning writer and lecturer, Dr. Lisa Dixon, Director for Practice Innovations, New York State Psychiatric Institute, Willa Brody, Director of Government and Community Relations, NewYork-Presbyterian Hospital and Ralph Lieblich, MHA volunteer. Some 160 guests applauded the accomplished honorees and helped mark MHA's 67th year in Westchester.

By evening's end, the event had raised \$110,000 for mental health initiatives. CEO Dr. Amy Kohn commented: "I am truly buoyed by the spirit of nights such as this one. Feeling the support for what we do by those that attend is precious to me, the board of directors and the staff as well. It's an effort that helps keep MHA's many services available and accessible to the community." ■





The Mental Health Association of Westchester
580 White Plains Road
Suite 510
Tarrytown, New York 10591

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Save the Dates!

**5K Run/Walk and
1 Mile Kids' Race**

10th Anniversary Celebration

Sunday, May 4, 2014

FDR State Park, Yorktown Heights, NY

**Get on Your Mat
for Mental Health!**

The Mental Health Association of Westchester County, Inc.

Mega Outdoor Yoga Event

Presenting Matthew Sanford

Wednesday, June 18, 2014

Court Street, White Plains, NY



Matthew teaches at yoga conferences, studios and workshops world-wide. He is a pioneer in adapting yoga for people living with disabilities. "We all live on a continuum of abilities and disabilities,"

he says. "The principles of yoga apply to all people and to all bodies." Matthew shares his personal story in his critically acclaimed book, Waking: A Memoir of Trauma and Transcendence.

Visit us at www.mhawestchester.org