

MENTAL HEALTH AMERICA OF INDIANA FACT SHEET

What: Mental Health America of Indiana, formerly the Mental Health Association in Indiana. The organization has seven subsidiaries including:

Indiana Mental Health Memorial Foundation	Junior Mental Health Association in Indiana
Indiana Addictions Issues Coalition	Community Connections
Depression and Bipolar Support Alliance – Indiana Chapter	
Indiana Association for Infant & Toddler Mental Health	
Indiana Mental Health and Aging Coalition	

Who: Representative members include persons in recovery and their family members, individuals with mental illness and their family members, providers, community volunteers and policy makers in over 50 local affiliates throughout the state. The Indiana organization, an affiliate of the national Mental Health America, is one of the oldest and largest in the nation. Membership across the state is 20,000.

How: The Mental Health America of Indiana is a citizen's organization and is the only organization today concerned with every aspect of mental health. Among its success stories are the formation of:

The seven subsidiary organizations	A statewide addictions movement
Community Mental Health Center system	Indiana University Psychiatric Institute
Mental Health Parity in insurance	
Addictions Parity must be offered	
Unrestricted access to mental health medication within the state Medicaid program	

Why: The mission for the organization upon its founding was to improve attitudes toward mental illness and people with mental illness; to improve services for people with mental illness; and to work for the prevention of mental illness and promote mental health. Mental Health America of Indiana focuses to promote mental wellness everywhere people live, work and play; support emotional development of young people; empower people to protect their rights and to direct their own mental health and well-being; and to ensure access to quality mental health care for all everyday and in times of crisis.

Where: Mental Health America of Indiana, 1431 N. Delaware Street, Indianapolis, IN 46202.
Telephone: (317) 638-3501 or (800) 555-MHAI Fax: (317) 638-3540
Web Site: www.mentalhealthamericaindiana.net

MENTAL HEALTH AMERICA OF INDIANA HISTORY

In 1915, the Indiana Board of State Charities adopted a resolution requesting the Governor to appoint a committee of eight to determine “what the problem of mental defectives is in Indiana, including the epileptic, feebleminded and insane; what is being done for them here and elsewhere, and in the light of the best experience, what programs can be suggested in the state.”

Early Years

Clifford Beers, founder of the Mental Health America, formerly the National Mental Health Association, was present for the committee meetings. In 1916 at the Indiana Conference of Mental Defectives, Beers helped to organize what was originally called the State Society for Mental Hygiene. Only the third such state organization in the nation, the Indiana mental health organization would be affiliated with the National organization. The Indiana Society and the National organization set forth the following goals:

- to improve attitudes toward mental illness and the mentally ill;
- to improve services for the mentally ill; and
- to work for the prevention of mental illness and promote mental health.

Thus the beginnings of what was to be renamed the former Mental Health Association in Indiana, now Mental Health America of Indiana, which maintains its status as an affiliate to the national organization, Mental Health America. Mental Health America of Indiana (MHAI) has always been a citizen’s organization and is the only organization today concerned with every aspect of mental health. From the individual whom has a mental illness to the family member charged with care giving responsibilities, from the community advocate to policy makers across the state, MHAI is involved.

Recent Highlights

In 1994 MHAI’s board of directors made the decision to create subsidiaries, thereby allowing other organizations to take advantage of the strong administrative structure of the organization. As a result, MHAI is the parent corporation of seven such organizations including: Indiana Mental Health Memorial Foundation, Junior Mental Health Association in Indiana, Indiana Addictions Issues Coalition, Community Connections, Depressive & Bipolar Support Alliance - Indiana Chapter, Indiana Association for Infant & Toddler Mental Health, and Mental Health & Aging Coalition.

In 1997 MHAI's board of directors voted to include addictions issues as part of the organization's mission. In this historic move, a separate subsidiary was formed to focus on building a statewide addictions movement.

In 1999 MHAI was able to pass mental health parity in insurance law so that individuals with mental illness can obtain insurance on parity with physical insurance. MHAI has since passed legislation that requires insurance companies to offer policies with substance abuse parity as well.

In 2002 MHAI secured passage of a bill that would insure that a Medicaid recipient in a fee-for-service Medicaid program would not be restricted access to mental health drugs. Two years ago, MHAI was able to amend language so that it now applies to managed care companies as well.

The Bell

During the early days of mental health treatment, asylums often restrained persons with mental illnesses by iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, the former National Mental Health Association issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1953, at the McShane Bell Foundry in Baltimore, Maryland, NHMA melted down these inhumane bindings and recast them into a sign of hope: the Mental Health Bell.

Now the symbol of the MHA, the 300-pound bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today, the Mental Health Bell rings out hope for improving mental health, achieving victory over mental illnesses, and marking progress in the fight for victory over mental illness.

The MHAI recently acquired a replica of the original NMHA bell cast from the same foundry as the original. We proudly display the bell at our public events as a symbol of all we stand for.

Community Connections

Fact Sheet

What: Community Connections is a not-for-profit corporation providing vocational assessment, training, habilitation and employment services to individuals with mental illness, developmental and physical disabilities.

Who: The goals for each participant in the Community Connections program are:

- To increase each individual's vocational and social independence;
- To enhance their ability to be productive members of their community; and
- To provide opportunities for community integration

How: Community Connections provides three distinct types of service:

Employment - Employment Consultants assist individuals in identifying skills and interests; identifying job opportunities; job seeking skills; and on-the-job-training once employment is obtained. Community Connections also provides long-term support and intervention to help individuals retain their employment. Employment Consultants assist employers in recruitment efforts by providing qualified applicants.

Community Access - Individuals with disabilities are provided opportunities to become involved and participate in their community through volunteer positions, recreational pursuits and independent living skills training.

Adult Day Service Program - Individuals with developmental disabilities participate in daily programming to improve upon and/or acquire new skills in job readiness, independent living, academic remediation, advocacy, and safety in the community. Skills are developed through group activities, paid work, and community outings.

The Adult Day Service Program can assist local employers through contract work. Community Connections specializes in labor-intensive work that can be a headache for any company. APS offers an alternative if you find that jobs are backing up, valuable time is wasted, or skilled labor is performing unskilled tasks. Outsourcing with Community Connections may provide a cost effective, efficient solution to these concerns. Community Connections has over 25 years of experience in performing a wide variety of tasks including: Packaging, Collating, Box Assembly, Parts Assembly, Cleaning and Salvage.

Where: Community Connections has multiple facilities to serve the needs of individuals with disabilities and the community.

Greenwood (Adult Day Service Program at this location only) Indianapolis Mooresville
Speedway Richmond Winchester

Indiana Mental Health & Aging Coalition

Fact Sheet

What: The Indiana Mental Health and Aging Coalition, founded in 1991, develops and participates in a wide variety of educational and advocacy activities to improve the availability and quality of mental health preventive care and treatment strategies to older adults and their families and to support better mental health and overall wellness among Indiana's older adult population.

Who: Members of the Coalition include individuals, family members, students, caregivers, professionals, agencies and others involved with or concerned about mental health and aging issues.

How: By participating in local coalition development, members have the opportunity to network with colleagues statewide to educate, inform and advocate about issues to promote wellness:

Mental Wellness	Emotional Well-being
Quality of Life	Depression
Dementia	Suicide
Cognitive Impairment	Alcohol Abuse
Anxiety Disorders	Chronic Mental Illness

Why: The Mental Health and Aging Coalition is dedicated to assisting advocacy, research and public awareness of issues as they pertain to individuals emotional, physical, spiritual and social needs as well as barriers such as stigma, ageism, inadequate insurance coverage, and fragmented service delivery system and scarce support services.

Where: The Coalition, a subsidiary of Mental Health America of Indiana, is located at 1431 N. Delaware Street, Indianapolis, IN 46202.

Telephone: (317) 638-3501 or (800) 555-6424. Fax (317) 638-3540

Website: www.mentalhealthamericaindiana.net

Indiana Association for Infant and Toddler Mental Health

Fact Sheet

What: The Indiana Association for Infant and Toddler Mental Health, founded in 2000, aims to collectively utilize the knowledge and expertise of its members to advance conditions that provide an early start toward optimal mental health.

Who: Individuals, family members, students, caregivers, professionals and agencies and those concerned about young children and the positive mental health of infants and toddlers form the core membership of the organization. The membership is diverse and is representative of all areas of the state.

Why: Infant mental health is the social and emotional well-being that results when infants and toddlers are supported by nurturing relationships.

How: Nurturing relationships are enhanced by:

- Supporting family/caregiver strengths and cultural values/beliefs
- Identifying early signs of emotional and behavioral concerns
- Providing families/caregivers with the necessary skills and tools to support health, social and emotional development
- Promoting successful partnerships among families/caregivers and community support systems.

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Depressive and Bipolar Support Alliance – Indiana Chapter
Fact Sheet

What: DBSA is a support group for and managed by peers which share experiences and educate the public about mood disorders in a safe, non-threatening, confidential environment.

Who: DBSA educates patients, families, professionals and the public concerning the nature of mood disorders as medical diseases and fosters self-help for patients and families.

Why: Depression, a form of mood disorder, is a common medical disease that affects approximately 17.6 million Americans each year. About one million Hoosiers are at lifetime risk. The Depressive and Bipolar Support Alliance works to eliminate discrimination and stigma; improve access to care; and advocate for research toward the elimination of the disease.

How: DBSA offers:

- Support Groups
- Advocacy
- Referral and Consultation
- Training, Education and Workshops
- Literature and Information on current treatments

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Junior Mental Health Association

Fact Sheet

What: The Junior Mental Health Association in Indiana is a program of teens helping teens.

Who: Well-adjusted teens help troubled teens realize that peer recognition and popularity can be gained without the use of drugs or alcohol. It is estimated that 17% or almost 250,000 of Indiana's children and adolescents have some type of mental disorder.

How: The JMHA offers a wide range of programs that

- Promote good mental health through education and prevention
- Help others
- Develop and provide positive role models for teens in the community to reinforce the teens helping teens motto

Why: Depression has been linked to poor school performance, truancy, alcohol and drug abuse, and running away. Suicide is often linked to depression. In the last 25 years, the rate of suicide among teenagers and young adults had increased dramatically.

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Indiana Addictions Issues Coalition

Fact Sheet

What: The **Indiana Addictions Issues Coalition** is a broad-based diverse organization focused on creating and taking advantage of opportunities to project a unified voice educating, influencing and advocating for addictions issues and improving the lives of those affected by addictive disorders.

Who: Individuals, agencies and organizations that are involved with the Coalition include:

- Persons affected by and dealing with addiction
- Addiction treatment providers
- Educators, training professionals and researchers
- Housing and homeless providers
- Neighborhood and community organizations
- Medical professionals
- State and local businesses
- Public service providers
- Legal professionals and criminal justice experts
- Other interested advocates

Why: In the past 20 years medical science has made great strides in learning about the biology of substance abuse and the nature of chemical and other addictions. Addiction is a chronic illness that involves significant changes in brain function. Treatment for addiction is as effective as treatments for other chronic medical conditions such as diabetes and high blood pressure.

How: The Coalition serves as the leader in coordinating efforts statewide such as September's National Alcohol & Drug Addiction Recovery Month and other activities to educate the public on substance abuse as a national health crisis, that addiction is a chronic, treatable disease and that recovery of meaningful, purposeful lives is possible.

Where: The Coalition, a program of Mental Health America of Indiana, is located at 1431 N. Delaware Street, Indianapolis, IN 46202.
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Indiana Mental Health Memorial Foundation

Fact Sheet

What: The Indiana Mental Health Memorial Foundation is the fundraising arm of Mental Health America of Indiana.

Who: The Foundation was funded by a bequest from the estate of Katherine Hamilton who had witnessed her sister's hospitalization for mental illness. She dedicated her own life to the mental health cause at the local, state and national levels to make the treatment for persons with mental illness more humane in our country. Since its incorporation, the Foundation has been dedicated to funding services and programs affecting the field of mental health.

Why: The Indiana Mental Health Memorial Foundation exists to fund service and projects to make the lives for persons with mental illness better.

How: The Foundation's role is to promote, develop and otherwise do work of research, education and service in the field of mental health.

Where: The Foundation, a subsidiary of Mental Health America of Indiana, is located at 1431 N. Delaware Street, Indianapolis, IN 46202.
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Who: The Indiana Coalition to Reduce Underage Drinking is a statewide, non-profit advocacy coalition – a program of the Mental Health Association in Indiana. The Coalition is working to educate the public and policymakers about Indiana’s underage drinking problem and the policies that are key to reducing youth access to alcohol.

Why: Research indicates underage drinking is a serious problem here and Hoosiers want action:

- 9 out of 10 Indiana minors say that alcohol is easy to get (*IU Public Opinion Laboratory*).
- Annually, Hoosiers pay over \$1.3 billion in underage drinking costs (Office of Juvenile Justice and Delinquency Prevention).
- 45% of Indiana college students binge drink (ICRUD)
- 9 out of 10 adults in Indiana say they are concerned about teenage drinking (*Mathematica Policy Research*).
- Most alcohol retailers support stronger prevention policies (*Mathematica Policy Research*).

2007 Legislative

Focus: *Social Host Liability* – Parents and other adults are often a source of alcohol. Penalties for providing alcohol to a minor are too low. Social host liability laws send a strong message to parents and other adults that providing alcohol to minors is not acceptable and there are serious consequences.

Increasing the alcohol tax – Research indicates that an increase in the price of alcohol results in decreased underage consumption.

Successes: *Alcohol Compliance Checks* – The Coalition is providing statewide training to local law enforcement agencies and communities on conducting and supporting alcohol compliance checks. Compliance checks have proven to be the most effective enforcement tool to reduce underage drinking.

Keg Tracking – The Coalition was successful in building statewide support to pass keg tracking legislation in 2002. Keg tracking requires kegs to be tagged with identification numbers so that purchasers can be easily identified. At the time of purchase, retailers record the keg identification number and contact information of the purchaser. If a keg is found at a party with underage drinkers, the purchaser of the keg can be easily identified, then arrested or fined.

Responsible Alcohol Service Training – The coalition was successful in working with other organizations to pass mandatory server training in 2005. This law requires all persons who serve alcohol, regardless of age, to be trained in effective alcohol serving policies such as checking ID and recognizing the signs of intoxication.

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