

2020 EDUCATIONAL SERIES

presented by



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OUR MISSION IS TO

promote positive mental health through advocacy, education and service.

OUR HOPE IS THAT

this series will provide education and resources to reduce the stigma so often surrounding mental disorders.

THURSDAY, JANUARY 9



CAREGIVER CARE: TAKE YOUR OXYGEN FIRST
David Cato, BA, MHA Board Member and Caregiver

THURSDAY, MARCH 12



HANDLING GRIEF
Stinson Woodward Ferguson, JD, Director of Organizational Development, J.W. Woodward Funeral Home

THURSDAY, MAY 14



DEPRESSION IN THE ELDERLY
Dr. M. Memon, MD, Psychiatrist

THURSDAY, JULY 9



EXPRESSIVE THERAPY: ART, MUSIC & NARRATIVE
Henry Anderson, BME, LMFT, Instructor in Child Development and Family Studies Program at USC Upstate

THURSDAY, SEPTEMBER 10



STIGMA AROUND HIV, MENTAL HEALTH & TRANSGENDER IDENTITY
Tracey Jackson, BA, MPA, Executive Director of Piedmont Care

THURSDAY, NOVEMBER 12



TRAUMA INFORMED CARE
Dr. Jennifer Parker, PhD, LPC, Professor of Psychology at USC Upstate, Master ACE Trainer, Executive Director, Child Protection Training Center

CONTINUING EDUCATION CREDIT

Continuing Education Credit will be given to social workers and counselors ONLY with a \$15.00 registration fee. NO COST to other attendees.

Social Workers: This program has been approved for 1.0 hours of credit by Spartanburg Regional Healthcare System Corporate Education under its accreditation by the SC Board of Social Work Examiners

Counselors: This program has been approved for 1.0 hours of credit by Spartanburg Regional Healthcare System Corporate Education under its accreditation of SC Board of Examiners for Licensed Professional Counselors, marital and Family Therapists and Psycho Educational Specialists.

CE approval does not imply approval or endorsement of any product. The speaker and planning committee have declared no conflict of interest. Registration not required but RSVP appreciated. You are invited to bring your lunch. Beverages will be provided.

All events will be held at

WILLIAM L. ARTHUR CENTER | 12 NOON – 1:00PM

410 EAST KENNEDY STREET, SPARTANBURG



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MENTAL HEALTH FACTS



1 IN 5

people in the United States will be diagnosed each year with mental illness.

On average, **ONE PERSON DIES BY SUICIDE every 12 hours in South Carolina.**



*Spartanburg County has approximately **54,386** mentally ill and **24,775** people suffering from drug abuse.*



ONLY 15.9% OF THESE ARE HAVING THEIR NEEDS MET.

*Various reasons attribute to this, such as **lack of behavioral health professionals, uninsured individuals and, as importantly, the stigma around mental illness.** People and their families do not seek help or talk about the problem.*

MENTAL HEALTH AMERICA

Mental Health America of Spartanburg County, a 501c3, is part of a county wide Behavioral Health Task Force led by Tom Barnett and the United Way. This task force is making aggressive strides toward improving the overall accessibility to treatment through innovative means.

MHA's mission is **"to promote positive mental health through advocacy, education and service"**. MHA's overall goal is to **REDUCE THE STIGMA AROUND MENTAL HEALTH ISSUES AND TO BEGIN THE CONVERSATION NECESSARY TO EDUCATE ALL OF OUR RESIDENTS.**

MHA filmed a 22 minute documentary available on YouTube as **"From Bull Street to Main Street"** Full Documentary which is available for showing to any size group. Please contact us for more information.

MHA has trained over 500 people in Mental Health First Aid.

MHA has provided educational programs to over 450 people. This includes giving continued education credits to social workers and licensed professional counselors, marital and family therapists and psycho educational specialists. These noon time programs are free and open to the public.

MHA has provided over 100 social workers and long term care administrators with continued education credits which allows them to continue their work in the community.

For three (3) years **MHA** has co-sponsored with Spartanburg Regional Healthcare System a full day mental health symposium.