

MAY is Mental Health Month 2017 Calendar of Events



Phone: 401.726.2285
Fax: 401.437.6355

345 Blackstone Boulevard,
Providence, RI 02906
mhari.org



Mental Health Association of Rhode Island
An Affiliate of Mental Health America

SINCE 1916

1916 – 2017

Celebrating 101 years
of Advocacy and Service to Rhode Island

Coordinated by the

MAY is Mental Health Month MHA RI

Sponsors

Gold Sponsors:

Bradley Hospital
Hon. J. Clement Cicilline
CODAC
The Journey
The Substance Use and Mental Health
Leadership Council of RI

Silver Sponsors:

Care New England/Butler Hospital
Community Care Alliance
East Bay Center/EBCAP
Gateway Healthcare
Parent Support Network of Rhode Island

Bronze Sponsors:

Fellowship Health Resource, Inc.
NAMI Rhode Island
The Kent Center
The Providence Center

Friends:

The Interfaith Counseling Center

Partners:

Cookie Place Cafe, Inc.
Mental Health Consumer Advocates, Inc/OASIS
Office of Mental Health Advocate
Rhode Island Department of Behavioral Healthcare,
Developmental Disabilities, and Hospitals
Rhode Island Department of Children, Youth
and Families

Dedicated in memory to Joseph Bevilacqua, PhD, and Daniel J. McCarthy, long-standing board members of the Mental Health Association of Rhode Island, for their outstanding service and advocacy on behalf of people with mental illness and their families.

Upcoming Events 2017

Thursday April 27

May Is Mental Health Month Kick-off Event

Host: Mental Health Association of Rhode Island
Time: 12:00 pm; pre-program resource tables at 11:30 am and music
Location: RI State House, Governor's State Room and Rotunda

This year's theme is "Mending our Mental Healthcare System... Together. Your Voice Matters!" Please join us to proclaim May Is Mental Health Month in Rhode Island. Mistress of Ceremony Barbara Morse Silva of WJAR 10; Honorary Chairwoman Governor Gina Raimondo. Legislators of the Year Awards presentations to former Senator Teresa Paiva-Weed and Representative Robert Craven. Refreshments following.

Tuesday May 2 and Wednesday May 3

Mental Health First Aid

Host: Bradley Hospital and The Interfaith Counseling Center
Time: 8:30 am – 12:30 pm, both days
Location: The Bradley Learning Exchange, 3300 Pawtucket Avenue, Riverside, RI

Eight hour course which gives the skills to help someone over 18 years of age who has developed signs of a mental health problem or a mental health crisis. The program builds mental health literacy, and helps people identify, understand and respond to signs of mental illness. It reduces the social distance created by negative studies and perceptions of individuals with mental illnesses. To register, contact Liz Defreitas at 401-432-1087.

Wednesday May 3

Mental Health Recovery Day on the Hill - Rally For A Recovery-Oriented Mental Health System in RI

Host: Mental Health Recovery Coalition of RI
Time: 3:00 pm
Location: RI Statehouse, Smith Street side.

ADHD and Mindfulness Ahhhh...How Mindfulness Training Can Help You Stay in the Moment and Focus on What You Want!

Host: CHADD of RI (Children and Adults with ADD/ADHD of Rhode Island)
Location: Bradley Hospital, Pine Room, 1011 Veterans Memorial Parkway, Riverside, RI
Time: 7:00 pm

Presentation by Stephanie Gove, owner of "Integrative Health Services" (www.mindful.org) holistic stress management center for body, mind and spirit offering Integrative Health Coaching, Mindfulness-Based Stress reduction (MBSR), Mindful Meditation, REIKI, Whole Foods Education, Mindful Eating and Tobacco Cessation. For more information, contact Roberta at 401-369-0045 or email rhode-island@chadd.org

Wednesday May 3 and Thursday May 4

Information Session: Tides Family Services presents information and referral support

Location: Project Outreach, 1520 Broad Street, Providence, RI
Time: 9:00 am – 10:00 am

Wednesday May 3 and Thursday May 18

Information Session: The Providence Center presents Community Resources for Treatment of Mental Illness and Substance Use Disorders

Location: Project Outreach, 1520 Broad Street, Providence, RI
Time: 9:00 am – 10:00 am

Thursday May 4

Protect Our Healthcare – State House Rally and Lobby Day

Host: Protect Our Healthcare Coalition

Time: 3:00 pm – 5:00 pm

Location: Rhode Island Statehouse, Providence, RI

Speaking Program and delivery of 5000 postcards to General Assembly members. These postcards convey the message that all Rhode Islanders deserve quality, affordable healthcare. The Affordable Care Act is a success in Rhode Island, and is still at risk. Help us show our state leadership that Rhode Islanders believe in quality state programs that ensure health insurance coverage for all.

Wednesday May 10

Bridging the Gaps Conference

Heroes and Allies: Changing The Conversation

Host: NAMI Rhode Island

Time: 8:00 am – 4:00 pm

Location: Providence College, 1 Cunningham Square, Providence, RI

Full day of workshops and presentations for mental health professionals, consumers, family members and the community. Register by May 4 at www.namirhodeisland.org/btg2017, or contact NAMI at cindy.elder@namirhodeisland.org or 401-331-3060.

Thursday May 11

THE KENT CENTER'S ANNUAL OPEN HOUSE

Host: The Kent Center's Hillsgrove House Clubhouse

Time: 10:00 am - 2:00 pm

Location: 70 Minnesota Avenue, Warwick, RI 02888

Visit Hillsgrove House, RI's first certified Clubhouse! Tour work units and learn about our programs in mental health. Job hunting? Discover our openings. Need a stress check? Get a free mental health screening and spend time with therapy dogs. Meet staff from Human Resources, Youth & Family, Residential Services, Community Support, Outpatient and Substance Use Programs, Court Programs, Eleanor Briggs School, and more!

Thursday May 11

Transgender 101 – How To Be An Effective Ally

Host: East Bay Center/EBCAP

Time: 1:00 pm

Location: Adams Farley Center, 610 Wampanoag Trail, East Providence, RI

Informative talk to learn what it means to be a transgender in a normative bi-gendered culture. Participants will learn the difference between gender identity, sexual orientation, transgender, gender non-conforming, and cis-gendered; micro-aggression and 5 ways to be an effective ally/support person for transgendered persons. Please come and participate with an open heart and mind. Presented by David Collins, LMHC, CAGS.

Thursday May 11

Mental Health Interactive Wellness Fair

Host: Fellowship Health Resource, Inc.

Time: 3:30 pm – 5:30 pm

Location: Harbor House Clubhouse, 12 Bassett Street, Providence, RI

An informational and interactive fair showcasing approaches to overall wellness, including nutrition, arts, yoga, horticulture, spall space gardening, legal services information and much more.

Thursday May 11

Scared To Death...Do It Anyway: One Man's Journey From Debilitating Fear to Happiness, Wealth and Success

Host: Bradley Hospital and the Mental Health Association of Rhode Island

Time: 6:00 pm – 7:30 pm

Location: Bradley Hospital, Pine Room, 1011 Veterans Memorial Parkway, Riverside, RI

Author Brian Beneduce will discuss his life-long experience with severe panic and anxiety, and reveals his Healing Thought Process of self-realization that helped him defeat “The Thing”, build a multi-million dollar business and discover a life of true happiness. Q&A and book-signing. Free. To register call (401) 444-4800; space is limited.

Saturday, May 13

Rainbow Race 5K Walk/Run

Host: The Rainbow Fund

Time: 9:00 am

Location: John and Cindy's Harvest Acres Farm 425 Kingstown Road, Richmond, RI

The Rainbow Fund was begun in 2011 in memory of Cassie Duncan to bring awareness to Mental Health issues and remove the dark cloud of stigma and fear from mental illness and replace it with the Rainbow of Hope. For information, contact Cindy Duncan at 401-741-2178 or HarvestAcres@cox.net

Tuesday May 16

Addressing Mental Health Needs in Faith Communities and Beyond

Host: The Mental Health Association of Rhode Island and The Interfaith Counseling Center

Time: 6:30 pm – 8:00 pm

Location: Bradley Learning Exchange, 3300 Pawtucket Avenue, Riverside, RI 02915

Join us for a panel discussion with panelists from varied religious backgrounds, to learn how mental health needs are addressed through faith-based communities. To register or for more information, contact info@mhari.org or call Christine King at 401-461-5234.

Wednesday May 17

Make Your Laugh Count

Host: Community Care Alliance

Time: 5:00 pm

Location: The Comedy Connection, 39 Warren Avenue, East Providence, RI

Join us for a good laugh and the opportunity to bid on some really great prizes, including two four-day passes to Firefly Music Festival! The 5th Annual Alive Comedy Show & Silent Auction is all for a good cause in support of our Alive Peer Recovery Services where people can take part in fun activities on evenings and weekends when other support services are closed. \$20. For more information, call Kristen at (401) 762-7522.

Thursday May 18

Do you know how to resolve conflict in your community? 2nd Annual Symposium on Improving Mental Health and Social Health Using Restorative Practices

Hosts: Youth Restoration Project, with Victor Capellan, Central Falls High School Superintendent, and the Honorable Judge Judith Savage, ret.

Time: 8:00 am – 2:30 pm

Location: Student Union Ballroom at Rhode Island College, 600 Mt. Pleasant Ave, Providence, RI

Learn about Restorative Practices/Justice concepts, tools, and history and exciting work taking place in RI; focus on avoiding/mitigating serious social consequences, such as justice involvement, using Restorative initiatives that build individual and community capacity, such as schools, social services, mental health, law enforcement, courts and legal settings, families. RIC students free. Register required at <http://yrpofri.org/symposium-2017-registration> For more information, email info@yrpofri.org

Thursday May 18

Opiate Overdose: Knowing Narcan

Host: East Bay Center/EBCAP

Time: 10:00 am – 11:00 am

Location: 2 Old County Road, Barrington, RI 02806

Discussion will highlight the importance of when and how to properly administer narcan, includes brief overview on opiates, what they are and how they impact the body. Also discussed will be signs and symptoms of overdose; methods for intervening will be discussed and demonstrated, including proper administration of intranasal and intramuscular narcan. “Knowing Narcan” will ultimately be presented with the hopes that each person attending leaves feeling they could recognize and act accordingly in an opioid overdose situation. Presented by Rachel Mihalos, BSN and Melanie David, BSN, RN

Thursday May 18

RI ADDult Support Group – OPEN HOUSE And Discussion

Host: RI ADDult Support Group

Time: 7:00 pm – 9:00 pm

Location: Bradley Hospital

Open meeting for adults with ADD/ADHD. Free and open to the public. www.riaddults.org

Thursday May 25

Open House with 211 Van Visiting Project Outreach

Host: The Interfaith Counseling Center

Time: 8:00 am – 12:00 pm

Location: Project Reach, 1520 Broad Street, Providence, RI

Mental health screenings and resource sharing.

Thursday May 25

Opiate Overdose: Recognizing Signs & Symptoms and How Naloxone May Reverse its Effects

Host: East Bay Center/EBCAP

Time: 2:00 pm – 3:00 pm

Location: 610 Wampanoag Trail, East Providence, RI

During this opioid epidemic it is more important than ever to be able to recognize effects of overdose from opiates so that quick, potentially lifesaving action can be taken. This 45 minute presentation may be the one that helps you save someone's life from potential overdose. Presented by Felicia Desmarais-Toupin, LMHC, LCDP, CTP, MAC

Wednesday May 31

NAMI Family Support Group

Host: NAMI Rhode Island

Time: 5:30 pm – 7:00 pm

Location: The Wellness and Recovery Center at Community Care Alliance, 55 John Cummings Way, Woonsocket, RI (use side entrance on Social Street)

Do you love, live with, or care for someone with mental illness? Are you seeking encouragement, support, and connection with people who share similar experiences? It's free to join in a secure, nonjudgmental environment where caregivers can discuss concerns. Group members benefit from collective knowledge and shared personal experience.

Monday June 5

The Providence Center's 16th Annual President's Cup Golf Tournament

Enjoy a day of golfing with magnificent views of Narragansett Bay at Rhode Island Country Club in Barrington. Event includes a luncheon buffet and dinner reception. All proceeds will help fund specialized mental health and substance use services of The Providence Center. Shotgun Tee-offs are available 7:30am or 1:00 pm. For more information or reservations, contact Erica L. Donnelly at 401-595-2027 or edonnelly@provctr.org