

MAY is Mental Health Month 2018 Calendar of Events



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

SINCE 1916

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Coordinated by the
MHA RI

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

SINCE 1916

1916 – 2018

Celebrating 102 years
of Advocacy, Education and Service
to Rhode Island

Sponsors

Gold Sponsors:

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

Silver Sponsors:

*Community Care Alliance
Opioid Treatment Association of RI*

Bronze Sponsors:

*East Bay Center/EBCAP
Harvest Acres Farm
R.I. Parent Information Network
The Kent Center
The Providence Center
Youth Restoration Project*

Friends:

*CHADD of RI
The Interfaith Counseling Center*

Partners:

*Butler Hospital
Department of Behavioral Healthcare,
Developmental Disabilities and Hospitals
Department of Children, Youth & Families*

Upcoming Events 2018

Tuesday May 1

May Is Mental Health Month Kick-off Event

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

This year's theme is "Whole Body + Whole Mind = Whole Health -- PARITY NOW!" Please join us to proclaim May Is Mental Health Month in Rhode Island. Moderator Barbara Morse Silva of WJAR 10; Honorary Chairperson Governor Gina Raimondo. Testimonials from consumers. Legislator of the Year Award presentation. Music, with refreshments following.

Dates to be announced

(see http://www.bhddh.ri.gov/whats_new/index.php)

Community Forums on Behavioral Healthcare

Host: Department of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH)
Time: To be announced
Location: To be announced

BHDDH will be co-sponsoring several community forums on Behavioral Healthcare in the following communities in Rhode Island: Providence, Northern RI, Central RI, East Bay, South County and Newport. These will be an opportunity for people in Rhode Island to hear about BHDDH's vision and to offer their suggestions of how to improve behavioral healthcare in their local communities. Please follow this link to updated times and locations of the community forums: http://www.bhddh.ri.gov/whats_new/index.php

Dates to be announced

(see <http://www.butler.org/GetPsyched>)

Butler Hospital Get Psyched! Series

Time: To be announced
Location: To be announced

Butler launches a series of events open to the public and for educational opportunities for physicians and clinicians. Dates and locations will be updated throughout the year. Visit www.butler.org/GetPsyched for the schedule.

Wednesday May 2

The Effect of ADHD on Women

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

Psychologist Donna Barré will present a program on the effect of ADHD on women. Society has a certain set of expectations we place on women and ADHD makes them harder to accomplish. For information, contact Roberta Schneider, 401-369-0045, rhode-island@chadd.net or LJS3@cox.net

Wednesday May 2

Make Your Laughter Count! Alive Comedy & Silent Auction

Host: Community Care Alliance
Time: 5:00 p.m.
Location: Comedy Connection, 39 Warren Ave., East Providence, RI

Join us for a good laugh and the opportunity to bid on some really great items. Price includes comedy show, silent auction, raffle, and light refreshments. And it's all for a good cause in support of our Alive Peer Support Program, where people living with mental illness meet up with others to participate in community happenings, art classes, and state rallies. \$20 tickets in advance, \$25 at door. Call Wendy at 401-235-7245

Every Wednesday in May

WHAM! Whole Health Action Management Group

Host: Community Care Alliance
Time: 2:00 – 3:00 p.m.
Location: The Wellness and Recovery Center, 55 John Cummings Way, Woonsocket, RI

Be healthy, learn how to make goals and achieve them, learn tools for self-care, find out how to improve your health and wellbeing, and receive support to reach your goals. Facilitated by John Dupre, MA, CPRS and Beth Azero, CPRS. For information, contact Laura Vear, 401-235-7059, LVEar@CommunityCareRI.org.

Every Thursday in May

NAMI Connection Group

Host: Community Care Alliance
Time: 3:00 – 4:30 p.m.
Location: The Wellness and Recovery Center, 55 John Cummings Way, Woonsocket, RI

NAMI Connection is a recovery support group for adults with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. All are led by trained individuals who are in recovery – people who understand the challenges we face. www.NAMIRI.org. For information, contact Laura Vear, 401-235-7059, LVEar@CommunityCareRI.org.

Tuesday May 8

Discussing Tragedy with Children

Host: Interfaith Counseling Center
Time: 7:00 p.m.
Location: Lime Rock Baptist Church, 1075 Great Road, Lincoln, RI

When school shootings and other violent events occur, what do I say to my child? Too often we are asking ourselves this question. We have to face the reality that a tragic event has occurred. Children need our help to put the event into perspective. How do we do this? Dr. Margaret Paccione, a child psychologist, will explore some ways to help our children cope with tragedy. For more information, please contact Rev. Gene Dyszlewski, edyszlewski@gmail.com, 401-345-7291.

Wednesday May 9

Hope in Trying Times: The Importance of Spirituality and Mental Health

Host: Interfaith Counseling Center, the First Baptist Church of East Greenwich, and the East Greenwich Opioid Task Force
Time: 7:00 p.m.

Location: Fellowship Hall, First Baptist Church of East Greenwich, 30 Peirce St, East Greenwich, RI

The Interfaith Counseling Center, the First Baptist Church of East Greenwich, and the East Greenwich Opioid Task Force have joined together to offer this rich panel discussion highlighting the contributions and support spirituality offers to our mental health. How do we sustain hope in the trying times and navigate the uncertainty and powerlessness we experience. For information, please contact Christine King, 401-461-5234, cking@interfaithri.org.

Wednesday May 9

Born to be Wild

Host: Bradley Hospital
Time: 6:30 p.m. – 8:30 p.m. (Reception 6:00 p.m. – 6:30 p.m.)
Location: Squantum Association, 947 Veterans Memorial Parkway, Riverside, RI

Workshop and book-signing with Jess Shatkin, MD, MPH – “Why Teens Take Risks and How We Can Help Them Keep Safe”. For information, please contact Christine Brown, 401-432-1205, cbrown@lifespan.org.

Thursday May 10

Breaking the Stigma of Mental Illness

Host: Newport Hospital
Time: 5:00 p.m. – 7:00 p.m.

Location: Newport Hospital, Gudoian Conference Room, 20 Powel Ave., Newport, RI

5-6 p.m. -- Art Display and Resource Tables, Hill Courtyard
6-7 p.m. – Panel Discussion, moderator Dr. Jon Brett, PhD, Director Partial Hospital Program, Newport Hospital. For information, call 401-845-1505 or visit www.newporthospital.org.

Thursday May 10

The Kent Center’s Hillsgrove House Open House

Host: The Kent Center’s Hillsgrove House
Time: 10:00 a.m. - 2:00 p.m.

Location: The Kent Center’s Hillsgrove House, 70 Minnesota Ave., Warwick, RI

Stop by Hillsgrove House Clubhouse to meet members and staff and experience the empowerment of the partnership model! Guests can participate in all aspects of our workday, enjoy a wonderful and nutritious lunch, hear powerful testimonials about their mental health recovery, and learn how to become a member of Hillsgrove House. For information, please contact Sarah Channing, 401-738-1338 x335, schanning@thekentcenter.org.

Friday May 11

May is Mental Health Awareness Interactive FAIRE

Host: Fellowship Health Resources
Time: 12:30 - 4:00
Location: Harbor House, 12 Basset St., Providence, RI

An interactive mental health wellness Faire with a wide variety of hands-on activities, healthy inspired food samples, and exploration of mental health improvement information. For information, contact Jenevieve Sullivan, 508-567-2829, jsullivan@fhr.net.

Saturday May 12

Harvest Acres Farm Program -- Rainbow Race Run/Walk

Host: The Rainbow Fund
Time: Starts at 9:00 a.m.

Location: Harvest Acres Farm, 425 Kingstown Rd., Route 138, West Kingston, RI

The Rainbow Fund was founded in 2011 in loving memory of Cassandra Grace Duncan and is currently supporting development of a club house model for members seeking mental health support in the South County area. For information, contact Cindy Duncan, 401-480-0299, harvestacres@cox.net

Tuesday May 15

Trauma Informed Pastoral Care

Host: Interfaith Counseling Center/Bradley Hospital
Time: 8:00 a.m. - 11:30 a.m.

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

This presentation explores major concepts underlying a trauma informed approach to pastoral care. Human trauma can stem from many places including loss, natural or human driver disaster, unwanted change, abuse, neglect, or violence exposure. Join us as we peer through the lens of trauma to challenge our understanding of human behavior and to construct a more effective approach to counseling interventions and spiritual care. For information, contact Rev. Gene Dyszlewski, 401-345-7291, edyszlewski@gmail.com, or Christine King, 401-461-5234, cking@interfaithri.org.

Thursday May 17

Open House

Host: RI ADDult Support Group
Time: 7:00 p.m. - 9:00 p.m.

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

Open House for adults with ADD/ADHD. For information, call 415-555-1234 or e-mail info@riaddults.org.

Thursday May 17

Open House at Work Place, Inc. DBA Cookie Place

Host: Work Place, Inc. DBA Cookie Place
Time: 11:00 a.m. - 1:00 p.m.

Location: Work Place, Inc. DBA Cookie Place, 280 Washington St., Providence, RI

Work Place, Inc. trains individuals with life challenges in the Food Industry. Each graduate obtains certification and assistance in obtaining a job in the field. Please attend our Open House to see what we provide for our community. Come sample. For information, contact Raymond DePasquale, 401-351-8789, rdcookieplace@yahoo.com.

Thursday May 17 and Friday May 18

Mental Health First Aid for Adults (Registration Required)

Host: Interfaith Counseling Center/Bradley Hospital
Time: 8:00 a.m. - 12:30 p.m.

Location: United Congregational Church of Newport

****REGISTRATION REQUIRED FOR THIS EVENT****

Mental Health First Aid for Adults is intended for all people and organizations that make up the fabric of a community. This is an eight-hour course that gives people the skills to help someone over age 18 who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it builds mental health literacy, helping the public identify, understand, and respond to signs of mental illness. For information/registration, contact Liz Defreitas, 401-432-1087, cking@interfaithri.org.

Friday May 18

Thrid Annual Restorative Justice Practices Symposium

Host: Youth Restoration Project
Time: 8:00 a.m. - 3:00 p.m.

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

Join veteran Restorative Justice Practitioners, RJP novices and those merely curious: To learn and talk about how to build trust and disarm conflict in our communities and schools. Hosted by Victor Capellan, Superintendent of Central Falls Schools, with special guest speakers Carolyn Bates Watson, Director of Suffolk University’s Center for Restorative Justice and Lauren Abramson, Ph.D., Community Conferencing Center of Baltimore. For information, contact Julia Steiny, 401-421-6238, jsteiny@yrpfri.org

Monday May 21

Recentering: Quietening and Calming the Mind and Body in Turbulent Times

Host: Mental Health Association of Rhode Island
Time: 7:30 p.m.

Location: Butler Hospital, Ray Conference Center, Butler Hospital, 345 Blackstone Blvd., Providence, RI

Join Jennie Finn, founder/owner of Being in Balance and a board-certified licensed massage therapist specializing in light touch mind-body modalities, Sara Davidson Flanders, a yoga and meditation educator and Ann Varna Garis Ph.D. and learn how to change the way your body and mind respond to stress and physical and emotional pain. Jennie, Sara, and Ann will discuss how you can incorporate therapeutic bodywork like craniosacral therapy, zero-balancing, yoga, meditation and progressive relaxation into your mental health self-care practices. This event is free but registration is required at <https://www.eventbrite.com/e/recentering-quieting-and-calming-the-mind-and-body-in-turbulent-times-tickets-45020461412>. For more information, contact Ted Martin, at tedmartin@cox.net, (401) 726-2285.

Wednesday May 23

NAMI Rhode Island’s Bridging the Gaps Annual Conference

Host: NAMI Rhode Island
Time: 8:00 a.m. - 5:00 p.m.

Location: Providence College, 1 Cunningham Square, Providence, RI
Join us for a full day of workshops and presentations for mental health professionals, consumers, family members and the community. This year’s theme is “Bridging the Gaps: Across the Generations.” Register at www.namirhodeisland.org or contact NAMI at btg@namirhodeisland.org or call 401-333-3060.

Wednesday May 23 and Thursday May 24

Dare to Dream Annual Leadership Conference

Co-Hosts: RI Parent Information Network and RI Department of Health
Time: 8:30 a.m. - 1:30 p.m.

Location: University of Rhode Island, Kingston, RI
The Dare to Dream Annual Leadership Conference is open to students including those with behavioral health issues. The event happens over two days (both days are identical for attending schools) at the University of Rhode Island on May 23rd and May 24th from 8:30am – 1:30pm each day. Because there are two days to register, there are two registration links for interested schools to register. For the 23rd: <https://www.eventbrite.com/e/high-school-dare-to-dream-2018-wednesday-tickets-44200913121> For the 24th: <https://www.eventbrite.com/e/high-school-dare-to-dream-2018-thursday-tickets-43487296675> There are a variety of workshops and speakers, so attendees will need to sign up for sessions! There is also an informational packet available that they are encouraged to read that breaks down the day before they register: <http://www.health.ri.gov/news/temp/2018Dare2DreamConferenceInformationPacket.pdf>
The email for the two contacts are: Deb Golding (deb.golding@health.ri.gov) or Kathy Kuiper (Kathleen.Kuiper@health.ri.gov).

Thursday May 24

Discrimination and Mental Health Parity -- A Workshop for Healthcare Providers, Office Staff, and Patients

Co-Hosts: Mental Health Association of RI and the RI Parent Information Network
Time: 9:00 a.m. - 10:30 a.m.

Location: RI Parent Information Network, 1210 Pontiac Avenue, Cranston

Lack of mental health parity in insurance coverage is a form of discrimination that people with mental health and substance use disorders continue to experience. But, parity is the law. Insurance companies are required to provide mental health and substance use disorder benefits at the same level as physical health benefits. Health care providers have an important role in helping to ensure their patients get the treatment they need. This workshop will inform attendees about existing parity law and will include tips and tools to help them advocate with insurers to get the mental health care benefits their patients need and that are comparable to their physical health care benefits. Facilitators will be Sam Salganik, Attorney, RI Parent Information Network and Ruth Feder, Executive Director, Mental Health Association of RI. REGISTRATION REQUIRED. Seating is limited. To register, visit <http://bit.ly/ParityWorkshop> or call 401 726 2285

Wednesday May 30

NAMI Support Group

Host: Community Care Alliance
Time: 5:30 – 7:30 p.m.

Location: The Wellness and Recovery Center, 55 John Cummings Way, Woonsocket, RI

Do you love, live with, or care for someone with mental illness? Are you seeking encouragement, support, and connection with people who share a similar experience? NAMI Support Groups are free for adults over 18 and provide a secure, non-judgmental environment, where caregivers can discuss concerns. For information, contact Laura Vear, 401-235-7059, LVear@CommunityCareRI.org.

Monday June 4

The Providence Center’s 17th Annual President’s Cup Golf Tournament

Host: The Providence Center
Time: 11:30 a.m. Registration and 1:00 p.m. shotgun tee-off
Location: Rhode Island Country Club, 150 Nayatt Rd, Barrington, RI

Enjoy a day of golfing with magnificent views of Narragansett Bay at Rhode Island Country Club in Barrington. The event includes a luncheon buffet and dinner reception. All proceeds from the tournament will help fund the specialized mental health and substance use services of The Providence Center. Shotgun tee-off is available at 1:00 p.m. For more information or reservations, please contact Erica L. Donnelly at 401-595-2027 or edonnelly@provctr.org.

Monday June 11

Newport Mental Health Golf and Give Back Tournament

Host: Newport Mental Health
Time: 1:00 p.m.
Location: Wanumetonomy Golf and Country Club, 152 Browns Ln, Middletown, RI

Newport Mental Health’s fourth annual golf tournament at the Wanumetonomy Golf and Country Club overlooking Narragansett Bay. Participants receive lunch buffet, post-game award ceremony and raffle. For information, contact Sandy Oxx 401-846-1213, ext. 109, soxx@newportmh.org.