



Addressing Mental Health Issues at Home and in the Workplace

A Series of Free Presentations October 6 - 10

In Honor of the 50th Anniversary of
the Community Mental Health Act

Sun., Oct. 6, 2 p.m. Community Conversation: Creating Partnerships to Support Recovery
Speaker: Michael Gilmore Ph.D., Director, Department of Community and Human Services (DCHS) and Executive Director of the Alexandria Community Services Board.

Mon., Oct. 7, 12 p.m. Recognizing and Addressing Mental Health Concerns in the Workplace
Speakers: Kate A. Burke, Associate Director, Partnership for Workplace Mental Health;
Constance J. Juntunen, Director of Community Support Services, DCHS.
Master of Ceremonies: John J. Renner, Chair of the Alexandria Chamber of Commerce.

Mon., Oct. 7, 6:30 p.m. An Interactive Workshop: Youth Mental Illness & Risky Behavior
Speakers: Tricia Bassing, Chief, Child Behavioral Health & Youth Development, DCHS;
Mike Mackey, Coordinator, Alexandria Gang Prevention Community Task Force;
Noraine Buttar, Coordinator, Substance Abuse Prevention Program Coalition of Alexandria, DCHS

Tue., Oct. 8, 10 a.m. Helping Older Adults Stay Mentally Strong and Resilient
Speakers: Pharmacist Kathleen Cameron, Chair, Northern Virginia Alcohol and Aging Awareness Group;
Amber Nightingale, Associate Director, Community Outreach, AARP Virginia;
Russell Hunter, Psy.D, Older Adult Clinical Services, DCHS.

Wed., Oct. 9, 11 a.m. Teaching Pre-School Children Confidence and Resilience
Speaker: An Early Childhood Mental Health professional from the DCHS.

Wed., Oct. 9, 7 p.m. A Special Book and Author Presentation
Speaker: Lizabeth Schuch, author of *More Than Bipolar*.

Thu., Oct. 10, 6:30 p.m. Documentary Film Presentation: *Bully* (PG-13)

Location for all presentations: Large Meeting Room, Beatley Central Library,
5005 Duke Street, Alexandria, VA 22304. Parking on premises.

For more information call 703.746.1751 or visit alexandria.lib.va.us



Department of
Community and
Human Services



Alexandria's
Mental Health
HOPE
Campaign





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In honor of the 50th anniversary of the Community Mental Health Act

Sunday, October 6, 2 p.m.

Community Conversation: Creating Partnerships to Support Recovery

Everyone can help community members with mental disabilities by learning more about mental health conditions and treatment, by reducing stigma, and by making health care a priority in our city. This presentation will feature a discussion about how we can make Alexandria a supportive and inclusive community. Light refreshments available.

Monday, October 7, 12 p.m.

Recognizing and Addressing Mental Health Concerns in the Workplace

Raising awareness of mental health needs and providing means for early intervention in the workplace can increase productivity, save money, and help employees maintain their health. Data about mental health in the workplace and ways to address mental health needs will be highlighted. **Note:* To reserve a free box lunch, RSVP by Sept. 23 to 703.746.1743 or email: mchisholm@alexandria.lib.va.us.

Monday, October 7, 6:30 p.m.

An Interactive Workshop: Youth Mental Illness & Risky Behavior

Young people are vulnerable to mental illness, and by nature, risk takers. As adults, it's our job to make sure youth have the support and resources they need to live healthy lives. This interactive workshop will highlight the results of a local survey of teens about their behaviors, signs and symptoms to look for, and will provide resources on prevention, mental illness, substance use, teen pregnancy and gangs.

Tuesday, October 8, 10 a.m.

Helping Older Adults Stay Mentally Strong and Resilient

Learn what resources and tools are available to help you stay mentally strong and how to recognize the symptoms of mental illnesses such as anxiety, depression and dementia. Be your own advocate and learn how to get the most from your medications, including what to ask your doctor and pharmacist about your medications and how to reduce your risk of problems associated with certain medications and alcohol.

Wednesday, October 9, 11 a.m.

Teaching Pre-School Children Confidence and Resilience

This presentation will provide information to parents and caregivers on strengthening protective factors and promoting resilience in preschool-age children.

Wednesday, October 9, 7 p.m.

A Special Book and Author Presentation

In her memoir, *More Than Bipolar*, Lizabeth Schuch discusses her twenty-five years of experience with bipolar disorder, sharing the wisdom attained to break the hold of stigma, shame and fear surrounding this illness. She shares the truth, from its manic and depressive extremes to the life lessons of understanding and maturity necessary to live well in recovery.

Thursday, October 10, 6:30 p.m.

Documentary Film Presentation: *Bully* (PG-13)

Acclaimed as beautifully cinematic and character-driven, *Bully* tracks the experiences of five kids and their families during a school year. Each story "offers a different facet of America's bullying crisis." Emmy-award winning filmmaker Lee Hirsch made the film because of his own childhood experiences. He told an audience he hoped the film would stimulate "advocacy, engagement, and empowerment not just in people who are being bullied and in their families, but by those of us who all too often stand by and do nothing."