

Your Mind Matters: a community dialog on mental health

www/pwpl.info/yourmindmatters or call 226-4318 no admission charge to all events

Exhibits Schedule

April 2- May 30 **"A Soldier's Heart"**

A series acrylic paintings, writings and memorabilia by local resident Steve Wahlstrom inspired by his years of service as a combat Marine in Vietnam. Peter White Public Library Violet Johnson Gallery

May 6- June 25 **Fine Line: Mental Health/Mental Illness**

Nationally touring documentary exhibit by Michael Nye on display at the Peter White Public Library in the Huron Mountain Club Gallery. www.michaelnye.org/fineLine

June 3- June 27 **Jagged Edge**

Non-juried art show of local artists' themes on mental health issues. Showcased in the Marquette Arts and Culture Center Gallery on the lower level of the Peter White Public Library.

Events Schedule

April 22 Jagged Edge Art Workshop

4:00-9:00 pm Upper Peninsula Children's Museum, 123 W. Baraga Ave. Marquette. 226-3911

An opportunity for anyone to create artwork for the June exhibit in the Marquette Arts and Culture Center.

April 23 **Health Psychology: What is it and How Can It Help Me?**

7:00 pm PWPL Community Room, lower level. The impact of how we feel, think, and behave on our health versus how our health affects how we feel, think, and behave. Presented by Dr. Gregory Jones, MGH Behavioral Health Services

April 27 **NAMI Film Presentation: A Beautiful Mind**

6:15 pm, PWPL Community Room, lower level

Starring Russell Crowe, Ed Harris, Jennifer Connelly, Paul Bettany; Rated PG; 2001

April 29 **Jagged Edge Art Workshop**

4:00-9:00 pm Upper Peninsula Children's Museum, 123 W. Baraga Ave. Marquette. 226-3911

An opportunity for anyone to create artwork for the June exhibit in the Marquette Arts and Culture Center. See April 22

April 30 **2009 Michigan Notable Book: Measure of the Heart Author Presentation**

Mary Ellen Geist speaks of father's battle with Alzheimer's Disease. 7:00 pm, PWPL Community Room, lower level. Co-hosted by PWPL & the Alzheimer's Association Greater Michigan Chapter

May 7 **Michael Nye on Fine Line: Mental Health/Mental Illness: Artist Presentation and Public Reception**

7:00 pm PWPL Community Room, lower level and Huron Mountain Club Gallery, main level

May 9 **Your Mind Matters Mental Wellness Fair**

1:00- 4:00 pm PWPL Community Room and Arts Center Workshops, lower level. A resource fair open to the public for information on mental health issues and mental wellness strategies. Featuring: mental wellness informational booths, chair massages; live music; art therapy workshops; pet therapy dogs; workshop on research tools for evaluating websites, and more.

May 12 **Bag It! Lunch and Learn: Learned Optimism.**

12:15 to 12:45 pm, PWPL Community Room, lower level; Presented by Debra L. Smith, PsyD LLC, Superior Psychological Services

May 13 **NAMI Film presentation: As Good As It Gets**

12:30 pm, PWPL Community Room, lower level; Starring Jack Nicholson, Helen Hunt, Greg Kinnear; Rated PG-13; 1997

May 14 **Flat Broke Blues Band in Concert**

A celebration of the positive connection between music and mental health. 7:00 pm PWPL Community Room, lower level.

May 18 **NAMI Film presentation: The Hours**

12:30 pm, PWPL Community Room, lower level; Starring Meryl Streep, Nicole Kidman, Julianne Moore; Rated PG-13; 2002

May 19 **Bag It! Lunch and Learn: Grief** 12:15 to 12:45 pm, PWPL Community Room, lower level. Understanding the grief process and how to cope. Presented by Karen Nelson (M.S.W.) Behavioral Health Therapist at Marquette General Health System

May 19 **Post Traumatic Stress Disorder (PTSD) and the Vietnam Veteran**

6:30 pm, PWPL Community Room, lower level. Panel discussion facilitated by Dan Forrester, Clinical Social Worker, Great Lakes Recovery Centers (former Bell Behavioral Services); Vietnam memorabilia and art exhibit available for viewing beginning at 6:00 pm and after the presentation.

May 20 **Recognizing the Signs and Symptoms of Post Traumatic Stress Disorder (PTSD)**

7:00 pm PWPL Shiras Room, upper level. For non veterans. Presented by Dr. John Olesnavage, Great Lakes Recovery Centers

May 21 **Bag It! Lunch and Learn: Depression**

12:15 to 12:45 pm, PWPL Community Room, lower level. Signs, symptoms and effective treatment options.

Presented by Dr. Cameron Wilcox, MGH Behavioral Health Service

May 21 **NAMI Film presentation: Lust for Life**

6:15 pm, PWPL Community Room, lower level; Starring Kirk Douglas, Anthony Quinn, James Donald; Not Rated; 1956

May 26 **Bag It! Lunch and Learn: Assertive Community Treatment**

12:15 to 12:45 pm, PWPL Community Room, lower level; A treatment model that may be referred to as a psychiatric unit without walls. Presented by Pathways Mental Health Professionals.

May 28 **NAMI Film presentation: Awakenings**

6:15 pm, PWPL Community Room, lower level; Starring Robert De Niro, Robin Williams; Rated PG-13; 1991

June 2 **Bag It! Lunch and Learn: Family Psycho-Education**

12:15 to 12:45 pm, PWPL Community Room, lower level; A problem-solving approach fostering direction and hope to people challenged by severe mental illness. Presented by Pathways Mental Health Professionals.

June 2 **Peer Recovery Panel Discussion**

7:00 pm; Peter White Public Library Community Room

Community members living with mental illness will share their stories and explain strategies for coping. Facilitated by SAIL

June 4 **Jagged Edge Artists Reception**

6:00 -8:00 pm Marquette Arts and Culture Center Gallery, PWPL lower level. Opportunity to meet the artists & view the exhibit.

June 9 **Bag It! Lunch and Learn: Supported Employment**

12:15 to 12:45 pm, PWPL Community Room, lower level; Employment services coordinated with mental health treatment to maximize success. Presented by Pathways Mental Health Professionals.

June 9 **NAMI Film presentation: Fear Strikes Out**

6:30 pm, PWPL Community Room, lower level Starring Tony Perkins, Karl Malden; B&W. Not Rated; 1957

June 10 **Bag It! Lunch and Learn: Obsessive Compulsive Disorder**

12:15 to 12:45 pm, PWPL Community Room, lower level. Exploration of obsessions & compulsions and their interaction with each other. Presented by Mindy Miller M.S.W. MGH Behavioral Health

June 10 **Substance Abuse Treatment & The Recovery Process**

7:00 pm PWPL Shiras Room, upper level. Process of recovery, implications for treatment, and the effect on brain chemistry.

Presented by Tim Connors CACI, Great Lakes Recovery Centers

June 11 **Childhood Abuse: Signs and Solutions**

7:00 pm PWPL Shiras Room, upper level. Signs and symptoms of an abused child for proper identification and early intervention. Presented by Fran S. Waters, clinical social worker, licensed marriage and family therapist

Events continued on reverse side.....



YOUR MIND MATTERS

Raising Awareness of Mental Health

Hosted April -June 2009 by the

PETER WHITE PUBLIC LIBRARY
217 N. FRONT ST.
MARQUETTE, MI 49855

www.pwpl.info/yourmindmatters

Your Mind Matters

The magnitude of mental illness in the USA is staggering. According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives. Yet more than half of people fail to seek treatment due to a lack of awareness of the problem or fear of stigma.

Your Mind Matters, an eight-week mental health awareness event of art exhibits, "lunch and learn" programs, evening lectures, panel discussions, film presentations, blues concert and mental wellness fair, strives to raise awareness of mental health issues, highlight community resources, reduce the stigma of mental illness and promote the importance of mental wellness for all. The series of events are sponsored by a coalition of community health organizations, advocacy groups, and the Peter White Public Library. Programming begins in late April and continues through June.

Visit www.pwpl.info/yourmindmatters for specific program details or call the library at 226-4318.

Your Mind Matters Program providers & sponsors:

- Blue Cross Blue Shield of Michigan
- Central Upper Peninsula Planning & Development Regional Commission
- Friends of the Peter White Public Library
- Great Lakes Recovery Centers (& former Bell Behavioral Services)
- Jon & Laurel Kniskern
- Maggie MacDevitt
- Marquette Alger County Medical Society Alliance
- Marquette Arts & Culture Center
- Marquette General Health Systems
- Michigan Council for Arts and Cultural Affairs
- National Alliance on Mental Illness
- National Endowment for the Arts Pathways
- Stevens & Hardie Family Practice, PC
- Superior Alliance for Independent Living
- Superior Psychological Services
- Upper Peninsula Children's Museum
- Fran S. Waters, LMSW, DCSW, LMFT

Friends of the Peter White Public Library



Events continued.....

June 16 Bag It! Lunch and Learn: *Dialectical Behavior Therapy*
 12:15 to 12:45 pm, PWPL Community Room, lower level. Treatment designed for individuals with borderline personality disorder. Presented by Pathways Mental Health Professionals.

June 17 Boundaries That Connect - Establishing Healthy Boundaries
 7:00 pm PWPL Shtras Room, upper level. Boundary impairments and practical ways to "co-construct" boundaries that work. Presented by Dr. John Olesnavage, Great Lakes Recovery Centers

June 18 NAMI Film presentation: *Out of the Shadow*
 6:30 pm, PWPL Community Room, lower level. NAMI documentary on schizophrenia.

June 23 Bag It! Lunch and Learn: *NorthCare Access*
 12:15 to 12:45 pm, PWPL Community Room, lower level. Accessing mental health services in the Upper Peninsula. Presented by Pathways Mental Health Professionals

June 23 NAMI Film presentation: *Canvas*
 6:30 pm, PWPL Community Room, lower level. Starring Marcia Gay Harden, Joe Pantaliano; Rated PG-13; 2006

This activity is supported by the Michigan Council for Arts and Cultural Affairs
 a partner agency of the National Endowment for the Arts and the CUPPAD Regional Commission