



Dear MHANS Contributors and Friends,

November 7, 2012

With your help, Mental Health America of the North Shore will begin another year in 2013, our 48th! In 1965 MHANS was started by Helen King Mitchell and Dr. Robert Gluckman to fill the void of resources and services for the mental health of young people. Today, there are even greater needs and diminishing resources to address them.

We live in a complex age in which mental health needs and social-emotional skills are often lost in the hectic pace to juggle all the demands of life. And even though it sometimes seems that everyone is open about his or her needs, we have learned in this year's MHANS Teen Essay Contest, "The Real Me vs. The Me I Show Others," that youth still struggle with stigma, depression and being authentic about who they are.

The teen essay messages help MHANS to understand youth needs and to direct the right resources to young people. After inner turmoil one teen said, "I got help, and am still struggling, but I learned one of the most important lessons anybody can learn -- you have to be yourself."

MHANS will initiate an education and advocacy program that will emphasize the promotion of mental and emotional health for children and youth. The focus on the promotion of mental health in our community allows MHANS to address the vacuum that exists with regard to information on prevention and promotion of mental health.

Our unique initiatives aim to provide families, children and organizations who serve them, with information and access to tools for strengthening mental health and building resiliency skills. Through forums, educational materials and partnerships with organizations, we intend to foster an understanding of mental health promotion.

Expanding the resources available to help children and families learn skills in areas such as coping with stress, emotion management and conflict resolution are vital to the well-being of our children and our community. With our focus on partnering with schools and organizations, we can create new opportunities for involvement and collaboration.

MHANS has been able to continue outreach to the community only because of dedicated and resourceful donors like you. Please read about our efforts in the enclosed newsletter, ***Emphasis, and on our website, www.mhans.org, which gets about 1,000 visits a month.***(over)



Our on-going programs are:

MHANS High School Essay Contest 2013– Around 80 high school students from across the North Shore enter the essay contest annually and present their ideas about mental health at a community event.

The Write Thing – Residents of Albany Care write letters to state legislators and Congressional representatives to advocate for mental health services, programs and enforcement of insurance parity.

MHANS Website and Teen Page, “Real Life...Real Answers” at www.mhans.org– A site geared to the needs of youth with links to resources. The site gets about 1,000 visits per month.

“Sometimes I Don’t Feel So Good . . .” - MHANS’ original pamphlet on suicide prevention for youth aged 8-11 years, which can be downloaded from the website.

MHANS New Youth Board – MHANS Board of Directors is creating a new Youth Board for young people to help us establish a new means of outreach to their peers and to promote good mental health and social-emotional wellness.

Only with your financial help can MHANS continue and expand these wonderful programs that raise awareness, combat stigma and promote good mental health and social-emotional wellness. In addition, please contact MHANS at 847-328-6198 to volunteer.

To help us carry out our mission, you can mail a check in the envelope provided, or pay by credit card on PayPal if you click on the Donate button on the website home page, www.mhans.org.

Mental Health is for Everyone!

With Gratitude,

Dr. Kristin Velazquez Kenefick

Dr. Kristin Velazquez Kenefick, Psy.D.
MHANS President

MHANS Mission – *To educate our communities about mental health and social-emotional wellness, to dispel stigma and to advocate for individuals and families affected by mental and emotional disorders.*

Mental Health America of the North Shore

**2120 Lincoln St.
Evanston, IL 60203
www.mhans.org**