

**MEN'S HEALTH
MONTH**
ALL OF JUNE

WWW.MENSHEALTHMONTH.ORG

The Ray of Hope

Newsletter of the Sunrise Wellness Center

Mental Health Association
of the Southern Tier
47 Broad Ave. Binghamton

June 2018



JUNE IS MEN'S HEALTH MONTH

awareness 😊 prevention 😊 education 😊 family



Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to keep you motivated.



Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of the impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”

Congressman Bill Richardson (May 1994) <http://www.menshealthmonth.org/mediacenter/social-media-toolkit.html>



Men and Depression

Men and women both experience depression but their symptoms can be very different. Because men who are depressed may appear to be angry or aggressive instead of sad, their families, friends, and even their doctors may not always recognize the anger or aggression as depression symptoms. In addition, men are less likely than women to recognize, talk about, and seek treatment for depression.

What is depression?

Everyone feels sad or irritable and has trouble sleeping once in a while. But these feelings and troubles usually pass after a couple of days. Depression is a common but serious mood disorder that may cause severe symptoms. Depression affects the ability to feel, think, and handle daily activities. Also known as *major depressive disorder* or *clinical depression*, a man must have symptoms for at least two weeks to be diagnosed with depression.

Both men and women get depression but their willingness to talk about their feelings may be very different. This is one of the reasons that depression symptoms for men and women may be very different as well.

For example, some men with depression hide their emotions and may seem to be angry, irritable, or aggressive while many women seem sad or express sadness. Men with depression may feel very tired and lose interest in work, family, or hobbies. They may be more likely to have difficulty sleeping than women who have depression. Sometimes mental health symptoms appear to be physical issues. For example, a racing heart, tightening chest, ongoing headaches, or digestive issues can be signs of a mental health problem. Many men are more likely to see their doctor about physical symptoms than emotional symptoms.

Some men may turn to drugs or alcohol to try to cope with their emotional symptoms. Also, while women with depression are more likely to *attempt* suicide, men are more likely to die by suicide because they tend to use more lethal methods.

Depression can affect any man at any age. With the right treatment, most men with depression can get better and gain back their interest in work, family, and hobbies.

My daily routine was shot. I didn't have the energy to do anything. I got up because the dog had to be walked and my wife needed to go to work. The day would go by and I didn't know where it went. I wanted to get back to normal. I just wanted to be myself again."

—Jimmy, Firefighter

What are the signs and symptoms of depression in men?

Different men have different symptoms, but some common depression symptoms include:

- Anger, irritability, or aggressiveness
- Feeling anxious, restless, or “on the edge”
- Loss of interest in work, family, or once-pleasurable activities
- Problems with sexual desire and performance
- Feeling sad, "empty," flat, or hopeless
- Not being able to concentrate or remember details
- Feeling very tired, not being able to sleep, or sleeping too much
- Overeating or not wanting to eat at all
- Thoughts of suicide or suicide attempts
- Physical aches or pains, headaches, cramps, or digestive problems
- Inability to meet the responsibilities of work, caring for family, or other important activities
- A need for alcohol or drugs or engaging in high risk activities
- Withdrawing from family and friends or becoming isolated



ARTICLE CONTINUED ON PAGE # 3



BINGHAMTON RUMBLE PONIES VS NEW HAMPSHIRE FISHER CATS

DIFD Purple Ponies Night



FRIDAY - JUNE 1st

Join us for a DIFD Purple Ponies Night to benefit the Mental Health Association of the Southern Tier (MHA ST) and raise youth mental health awareness in our community!

For the first time in 2018, fans will have a chance to purchase raffle tickets to win a game used DIFD Rumble Ponies jersey worn that night by Tim Tebow, Marcos Molina, Patrick Mazeika or pitching coach Frank Viola. (players subject to change)

*Due to a rainout earlier in the season, this game is now a Single Admission Doubleheader, with the first of two seven inning games starting at 5:30 PM. The specialty jerseys will be worn in game two of the doubleheader with a special "Jerseys Off Our Backs" ceremony taking place prior to the Fireworks show

About DIFD

In November 2010, 14-year-old Daron Richardson died by suicide.

From this tragedy came a movement to transform youth mental health.

Daron's parents Luke and Stephanie Richardson decided to transform their very private pain into a public call-to-action and made a decision to support young people who struggle with mental illness.

Supported by the energy and efforts of dozens of Daron's close friends and classmates, a grassroots movement was formed with the mission of creating awareness, inspiring conversations, and transforming youth mental health.

Do It For Daron (DIFD) supports education, awareness, and research initiatives at The Royal that encourage young people to talk openly about mental illness and to ask for help when needed.

The purple DIFD heart, a creation inspired by Daron's favorite color, has become the youth-driven symbol of this movement.

MEN AND DEPRESSION continued from page #2

How can I help a loved one who is depressed?

It's important to remember that a person with depression cannot simply "snap out of it." It is also important to know that he may not recognize his symptoms and may not want to get professional treatment.

If you think someone has depression, you can support him by helping him find a doctor or mental health professional and then helping him make an appointment. Even men who have trouble recognizing that they are depressed may agree to seek help for physical symptoms, such as feeling tired or run down. They may be willing to talk with their regular health professional about a new difficulty they are having at work or losing interest in doing things they usually enjoy. Talking with a primary care provider may be a good first step toward learning about and treating possible depression

Other ways to help include:

- Offering him support, understanding, patience, and encouragement
- Listening carefully and talking with him
- Never ignoring comments about suicide, and alerting his therapist or doctor
- Helping him increase his level of physical and social activity by inviting him out for hikes, games, and other events. If he says, "no," keep trying, but don't push him to take on too much too soon.
- Encouraging him to report any concerns about medications to his health care provider
- Ensuring that he gets to his doctor's appointments

Remind him that with time & treatment, the depression will lift

For full article see: <https://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>



You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

It's easy to tell when someone might be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? Or anxiety? Have you met people experiencing:

- Suicidal thoughts or behaviors?
- Trauma?
- Panic Attacks?
- Grief?
- Substance Use Disorders?
- Eating Disorders?

How would you know? And how can you help?

Classes are forming Now !!!

Mental Health First Aid, Wednesday, June 6 at MHASt, 8:30 – 4:30 PM

Pricing (click to register)

Regular price \$90

Non-Profit: \$67.50

Student: \$45

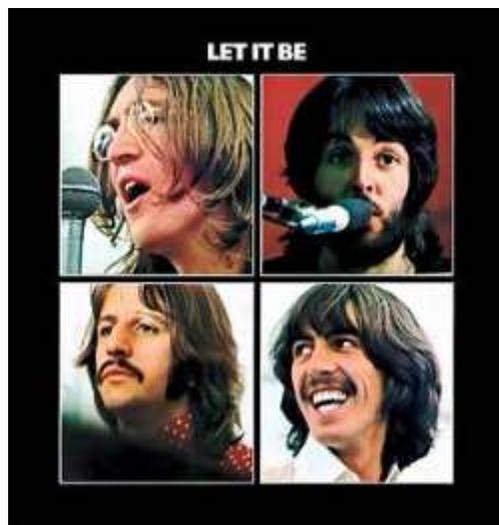
Youth Mental Health First Aid, Wednesday, June 13 at MHASt, 8:30 – 4:30 PM

Regular price \$90

Non-Profit: \$67.50

Student: \$45

Register online: yourmha.com home page, upcoming classes



Beatles Song Fest @ MHASt

Trivia Fun & Classic Beatles Music
June 21st 4-6 pm

If you love their music join us and sing along

Refreshments will be served
*** Please pre-register

**Join us for a fun filled day at Chenango Valley State Park
JUNE 29th — 9:30 am to 3 pm**



- * Swimming
- * Hiking
- * Scavenger Hunt
- * Picnic by the lake
- * (Please bring own lunch) we provide water and snacks

* MUST Pre-register
limited seating available



Peer Support Groups to look forward to this month....



Sunrise Wellness Center Peer Support

MHAST 47 Broad Ave. Binghamton NY

Men's Group Mondays 11 am to 12 pm

Women's Group Tuesdays 10 to 11:30 am

MHAST Endicott Peer Support Group

First United Methodist Church
53 McKinley Ave Endicott NY

Peer Support Group
Wednesdays - 4:00 pm to 5:00 pm



MHAST Peer Support Group

Broome County Library
185 Court Street
Binghamton NY

Peer Support Group
Mondays - 4:00 pm to 5:00 pm

Sunrise Wellness Center Staff

Kim Taro
Director of Sunrise Wellness Center
(607) 771-8888 (ext 335)

Donna Parmer
Recovery Coach
& Community Connections
(607) 771-8888 (ext 309)

Cindy Casterlin
Recovery Coach & Expressive Arts
(607) 771-8888 (ext 303)

Janiece Miller Recovery Coach & Poet
(607) 771-8888 (ext 311)



PEER SUPPORT VALUES:

CHOICE
NON-JUDGMENTAL
HOPEFUL
EMPATHY
MUTUALITY
RESPECT

WE CAN HELP
YOU SET UP
AN INDIVIDUAL WRAP PLAN

AND ASSIST YOU IN
ESTABLISHING A LIST OF LONG TERM
AND SHORT TERM GOALS
AND OFFER
SUPPORT
IN ALL
ENDEAVORS

YOU CAN ALSO MEET

ONE-ON-ONE WITH

A SUNRISE WELLNESS

PEER SUPPORT

RECOVERY COACH

* Need Help ?

* Need someone to talk to?

Our HOUSE
Crisis Respite Program
provides a 24/7
Peer Support Line

(607) 240-7291





In the Community

OUR HOUSE— A Peer-run Short Term Crisis Respite

offering an alternative to emergency hospitalization for individuals 18 and older experiencing mental crisis or emotional distress. Please contact us by telephone to discuss arrangements. Pre-registration is necessary, as we are unable to accept walk-ins. MHASt Binghamton, NY Telephone Contact: (607) 771-8888 EXT. 350

Dual Recovery Anonymous

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

Meetings are Saturday and Sunday @2:00pm in the Beacon Drop In Center

Broome County Urban League

SMART Recovery Meetings

Every Wednesday @ 6:00pm

The SMART Recovery® 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. SMART Recovery® teaches individuals how to change self-defeating thinking, emotions, and behavior and to work towards long-term satisfactions and quality of life.

The group will meet at Urban League on Carroll St Binghamton NY.

For more information, please call (607) 218-5945 or e-mail info@hope607.org.

SUNY ATTAIN Labs at Binghamton

ATTAIN provides communities access to new technologies, education, and technology training. These services are designed to ensure that adult learners succeed not only in college and the workplace, but also meet the emerging needs of employers in New York State. Call and register for an Orientation class!

SUNY ATTAIN Lab @ Broome County Urban League, Binghamton NY (607) 772-4765 or (607) 772-4765

OTHER SUPPORT GROUPS IN THE COMMUNITY

Bereavement Support Group

Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Marie Halecki at (607) 584-9160

Depressive and Bipolar Support Group

Location: Unitarian Universalist Church, 183 Riverside Drive, Binghamton, NY.

Mondays @ 7. Contact Bunny at (607) 239-4624

Family Support Group

For family members who have a loved one with mental illness. Location: Krembs 5 conference room, Binghamton General Hospital on Wednesdays, from 6:30-8 pm. For more information call (607)762-2887.

NO pre-registration required.



What's a WRAP ?

Wellness Recovery Action Plan

WRAP is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications.

While developing your own WRAP, you will first want to spend some time developing your "Wellness Toolbox". This Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness Tools include things like developing a strong support system; peer counseling; focusing; relaxation and stress reduction exercises; journaling; creative fun and affirming activities; exercise; diet; and getting a good night's sleep.

Other "Tools" Developed:

- Daily Maintenance
- Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post Crisis Plan

All of our peers are encouraged to come in and meet with one of our Recovery Coaches on staff to develop your own personal WRAP!

**Call 771-8888 (ext. 309)
to schedule an appointment**

Very Berry Smoothie

(Recipe from Forks over Knives)

When berries are in season, their flavor is perfect. You can also make this easy breakfast any time of the year with frozen berries.

- 1 1/2 cup unsweetened almond milk, plus more as needed or water
- 1 cup berries, such as strawberries, blueberries or raspberries
- 1/2 cup pitted medjool dates, or to taste

Add all ingredients to a blender and process smooth and creamy. Add more almond milk if necessary to achieve a smooth consistency.

SUNRISE WELLNESS RECIPE CORNER



Strawberry-Banana Freeze

(Submitted by Dawn W.)

- 1 cup frozen whole unsweetened strawberries
- 2 small ripe bananas
- 1/2 cup evaporated skimmed milk
- 1/2 teaspoon vanilla
- (if desired, for garnish reserve 1 frozen strawberry sliced and 4 banana slices, brushed with lemon juice.)

- * Peel bananas: Wrap in plastic wrap and freeze till firm. Cut bananas into chunks .
- * In blender container or food processor bowl combine the bananas, evaporated skimmed milk and vanilla. Cover and blend until smooth.
- * With blender or food processor slowly running, add frozen strawberries, a few at a time, through opening: blend till smooth.
- * Serve at once. Garnish with reserved fruit, if desired. * Make 4 servings.





Mental Health Association of
the Southern Tier

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Visit us on Facebook at

<https://www.facebook.com/WellnessSunrise>

www.yourmha.com

The Sunrise Wellness Center is a free program offering support, education and social opportunities to promote mental, physical and spiritual wellness. This program is peer-operated and recovery oriented. If you or someone you know is in need of support or is looking for an alternative to traditional mental health care, please do not hesitate to contact us. The Sunrise Wellness Center is open to all adults, age 18 and over, and no diagnosis or referral is needed. The services can be used on their own or as a complement to traditional treatments.