MISSION STATEMENT
The mission of MHA is to promote mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.

3701 Latrobe Drive
Suite 140
Charlotte, NC 28211
704-365-3454
www.mhacentralcarolinas.org

Linking with Legislators
Linking with Legislators is a new MHA-hosted event encouraging dialogue between constituents in Mecklenburg and Cabarrus Counties and their elected officials. Members of MHA’s AIMWell grassroots network are invited to attend and meet a Legislator or County Commissioner to talk about issues affecting mental wellness. We hosted our first Linking event on March 24 with Representative Carla D. Cunningham (D-Mecklenburg). Our next scheduled Linking with Legislators will be June 23 at 3:30 p.m. with Senator Jeff Jackson (D-Mecklenburg). This is a chance to make your voice heard!

To receive advocacy updates, join the AIMWell mailing list on MHA’s website by checking “Legislative Update.”

Amplify Your Impact!
Support mental wellness by becoming a new, increased, or renewed donor to MHA before May 31st and The Leon Levine Foundation will match your gift $1 for $1 up to $12,500! Join us to Wake Up for Wellness on May 16th, use the enclosed envelope or make a secure on-line gift to leverage their match! See the back of our newsletter for details, register on our website, or call an MHA Development team member at (704) 365-3454 to inquire about the breakfast or how your gift can qualify for the match.

L to R (above): Representative Carla Cunningham shared current legislative updates, and MHA Assistant Director Kate McAllister facilitated discussion, with a dozen community members (pictured below) at our first Linking w/Legislators.
ParentVOICE: Empowering Effects

MHA’s ParentVOICE (PV) program provides one-on-one support to parents/caregivers of youth with emotional, behavioral and mental health issues. Evelyn Howe sought support from PV’s certified Family Partners in 2006 when she was feeling overwhelmed and unsure how to handle Sarah’s struggles at school and home. Evelyn said, “It has been powerful to know that I am not in an isolated situation. Knowledge is power and I have tools in my tool box ready for use.”

Over the years, Evelyn has received one-on-one support, and attended monthly Parent Empowerment group meetings, while Sarah has attended ACTIVE Youth meetings. Evelyn also participated in Family Partner training and served on the ParentVOICE Advisory Council, earning her recognition as ParentVOICE’s outstanding volunteer for 2016-2017. She added, “Sometimes you need to hold someone’s hand and sometimes they need to hold yours, and together you can get across the bridge!”

When Sarah was asked what participation in ACTIVE Youth provided her she replied, “You should never judge someone by their outside appearance because you never know what they’re going through internally. You can learn a lot by listening. . .Being involved in PV gave me insight into social issues and how I relate and fit in. Through ACTIVE Youth and Kevin (pictured above), I got to meet a lot of different people and this really opened me up to new experiences and how I see others.”

Triple P: Positive Parenting Program, Compeer, Mental Health First Aid, and QPR Gatekeeper Training for Suicide Prevention are all NREPP approved. MHA’s certified trainers are proud to offer these programs free to Mecklenburg and Cabarrus county residents, thanks to generous donors like you.
How is Compeer Like Air and Water?

Betty was hesitant to be matched with a new friend through MHA’s evidence-based Compeer program. Betty’s daughter Taneka said, “She has had a lot of losses... she was covered in complete darkness.” But when Betty finally took a chance in February 2016 and was introduced to community volunteer Tonia Frazier, she said she immediately “loved her.” Betty said, “She’s immensely inspirational. She makes me smile, laugh, happy. We have good spiritual conversations and I feel good when I’m around her.” Even Betty’s granddaughter Sierah thinks, “their relationship is sweet. She needed an outlet outside her family.” Speaking of sweet, some of their favorite outings have been for ice cream and cheesecake.

Tonia said, “It’s been a blessing and very humbling... I can feel her energy and it makes me feel good too.” She thought their 20+ year age difference may be a barrier but found, “When you share, you have a lot in common and it really brings the generations together. I think of her as family.” She felt an immediate connection to Betty’s daughter Taneka too. When Taneka was asked if she’s seen changes in her mom during the year of their friendship she said, “This program is as needed as air or water. It’s like breathing life into you. I’ve seen a shift, growth, barriers break. It’s been an answer to my prayers. It’s been just me for years. Their friendship is like a flowing fountain—you can be refreshed. This speaks to my soul!” Tonia was recognized as Compeer’s outstanding volunteer of 2016-2017. Tonia says of the friendship, “I got way more than I bargained for.”

Endowments help strong organizations grow stronger. MHA of Central Carolinas was founded in 1933; in 2015 we established an Endowed Fund through Foundation For The Carolinas to provide an effective strategy for sustainability. Making a gift in the enclosed envelope or on our website is tremendously important to us as we can’t promote mental wellness in our community without your ongoing support. A gift to our endowment is a long-term investment, however, which provides funding that can saves lives from one generation to the next. If you’d like to consider a gift to support our next 84 years, contact Andrea Towner, MHA Development Director, at 704-365-3454 ext. 223.

Remembering Belle

Belle Hambacher (pictured left) was an incredibly giving person and a devoted MHA volunteer from 2008-2015. She understood the vital importance of reducing the stigma associated with mental health concerns. Belle initially served as a leader among our Young Affiliates, and then as a Board Member and a Compeer volunteer. When she and her husband Alex were married in 2012, they put MHA on their gift registry. Nearly $3,000 in memorial gifts to MHA were received as a tribute to Belle’s legacy of promoting mental wellness.

A favorite poem of Belle’s...
A bell is no bell ‘til you ring it.
A song is no song ‘til you sing it.
And love in your heart wasn’t put there to stay.
Love isn’t love ‘til you give it away.
by Oscar Hammerstein II

Endowing for the Future: Promoting Mental Wellness Since 1933

Belle Dusseault Hambacher, 33 years old, passed away due to an undiagnosed heart condition on December 23, 2016.
Wake Up for Wellness is a free one hour breakfast designed to inspire, educate, and engage more community members each year in the promotion of mental wellness. We will ask guests to consider making a gift to MHA in support of our life-changing and life-saving work! Space is limited to 350 guests.

The Leon Levine Foundation will match all new, lapsed, and increased donations to MHA through May 31, 2017!

Join MHA for a Meaningful Morning at Our 3rd Annual Wake Up for Wellness

Tuesday, May 16, 2017
7:30-8:30 A.M.
Charlotte Convention Center
501 South College Street
Charlotte, NC 28202

RSVP by May 1st at www.mhacentralcarolinas.org

MHA raises awareness throughout May in honor of Mental Health Month

Our Presenting Sponsor

Our Advocacy Leader Sponsor