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Fwd: MHA's 2019 Challenge to Our Community: Be BOLD!

Ericka Ellis-Stewart [eellis-stewart@mhacentralcarolinas.org]

Sent: Tuesday, April 23, 2019 11:35 AM

To: Steve Johnston

Can you share about Sunday's Resilience screening and panel discuss on black men, trauma, and mental health?

Ericka

Ericka Ellis-Stewart
Education & Advocacy Program Coordinator
Mental Health America
of Central Carolinas

[3701 Latrobe Drive, Suite 140](#)
[Charlotte, NC 28211](#)
[704.365.3454 ext. 230](tel:704.365.3454) phone
[704.365.9973](tel:704.365.9973) fax
www.mhacentralcarolinas.org

The mission of the MHA is to promote mental wellness through advocacy, prevention and education.
Promoting Mental Wellness in the Charlotte Region for over 80 years!

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From: MHA of Central Carolinas <mha@mhacentralcarolinas.org>
Date: April 18, 2019 at 11:52:05 AM EDT
To: eellis-stewart@mhacentralcarolinas.org
Subject: MHA's 2019 Challenge to Our Community: Be BOLD!
Reply-To: mha@mhacentralcarolinas.org



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Promoting Mental Wellness Since 1933

April 2019



MHA's Kevin Markle Honored by Teen Health Connection

MHA is proud to share that Youth Engagement Specialist Kevin Markle was recently selected the



2018 recipient of the [Dr. John G. Johnston Award for Excellence in Adolescent Medicine and Health](#).

Markle has been part of MHA's [ParentVOICE](#) and [Education](#) teams for eight years. His passion for supporting young people and the adults that work with them is evident. He leads support groups for youth, as well as offering mentoring and navigation. In addition to his ParentVOICE work, Markle presents QPR suicide prevention training at local high schools and has modified it for maximum impact on youth. He is one of MHA's certified trainers for Youth Mental Health First Aid – for adults assisting young people. He presents this training to teachers, other school personnel, and within the faith community.

Markle is the primary force behind MHA's [PhotoVoice](#) projects. His artistic talent and ability to create a safe space has made these digital storytelling workshops an effective creative outlet for youth. PhotoVoice gives adolescents an opportunity to express their thoughts and feelings through photography and writing.

[ParentVOICE](#) is an MHA program providing trained and caring Family Support Specialists to help families of parents and caregivers of youth with emotional, behavioral or mental health concerns, navigate the education, child welfare, juvenile justice, and mental health systems. One-on-one as well as support groups and Triple P (positive parenting program) are available.

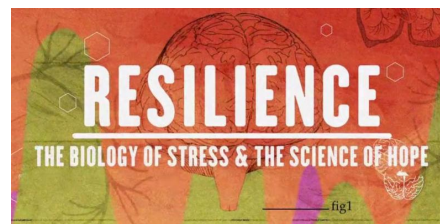


MHA's Youth Engagement Specialist Kevin Markle is honored with the Dr. John G. Johnston Award named for Teen Health Connection's founding Medical Director and Charlotte pediatrician, Dr. John G. Johnston. Dr. Johnston is known for his efforts to empower every adolescent to be healthy, safe and successful. Markle, pictured below with wife, Linlee (left), and mom, Dian Markle, was honored April 11 during Teen Health Connection's annual "The Big Picture" performance at McGlohon Theater.



Events for Bold Voices. . .

Join Mental Health America of Central Carolinas for a free screening of the award winning film "*Resilience: The Biology of Stress & The Science of Hope*," followed by a panel discussion about disrupting cycles of violence, addiction and trauma. [Click here for 2 minute trailer.](#)



Sunday, April 28, 2019

Doors will open at 2:30 with film beginning at 3 p.m.

[UNC-Charlotte Main Campus](#)

Storrs - Room 110 ([41 on Campus Map](#))

Space is limited, [REGISTER NOW!](#)

Special thanks to Event Partners:

Charlotte Resilience Project and 100 Black Men of Greater Charlotte

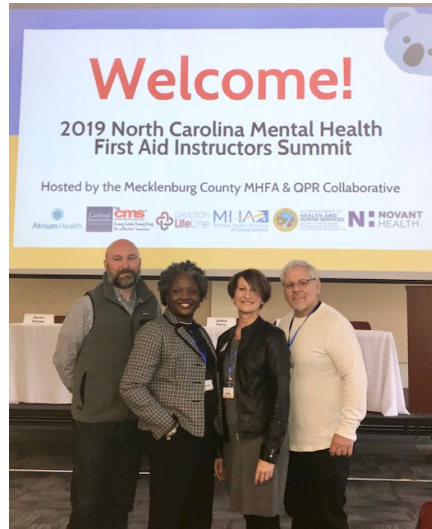


May Day! May Day! Save the date of May 8

You are invited to join MHA and NAMI NC as we travel to Raleigh on May 8 to make our collective voices heard about the state of mental health in North Carolina. The event, "*May Day! May Day!*," reflects the urgency of increased funding and access to quality mental health care.

At 10 a.m. on May 8, the group will hold a

Be on the look-out for MHA's **AIMWell** legislative alert with more details about joining MHA and NAMI to strengthen our grassroots presence! Contact [Ericka Ellis-Stewart](#) with questions.



MHA Team Members (L to R): Kevin Markle, Ericka Ellis-Stewart, Kathy Rogers and Sal Caraco. **Ellis-Stewart and Caraco were recognized as Top Instructors for 2018 by National Council for Behavioral Health.** Top Instructors were selected based on the number of people they taught MHFA during the 2018 calendar year.

Leadership in Mental Health First Aid Training

MHA, in conjunction with the MHFA & QPR Collaborative including Atrium Health, Cardinal Innovations Healthcare, Davidson Lifeline and Novant Health, recently hosted the **2019 NC Mental Health First Aid Instructors Summit**. The Summit had 150 registrants from around the state for the full-day conference and 70+ registrants for a half day pre-conference train-the-trainer certification. The Trainers' Summit included an opening panel on Cultural Competency when teaching MHFA, focused on Communities of Color, Latinx, LGBTQ, Veterans/ Military Service Members, and communities of Faith.

Special thanks to event sponsors:
American Foundation for Suicide Prevention - North Carolina
Mecklenburg County ABC Board

MHA's Wellness Warrior Staff Spotlight on Candace Wilson

How long have you worked with MHA and what is your role?
 I joined the MHA staff as our ParentVOICE Program Director on March 29, 2010; I'm excited to have just celebrated my 9th anniversary with MHA!

Why are you passionate about MHA's mission?
 I have had the pleasure to advocate with and for children and families in Mecklenburg County for over 30 years. Here at MHA, I continue to meet amazing individuals who are in need of a listening ear, connection to community resources, support for themselves or their family members, and someone who can have empathy for where they are in life. My position as program director and educator gives me those opportunities.

How do you promote your own wellness?
 I enjoy spending time with my family (my sons – Hunter, age 25, and Cooper, age 24) and friends, reading, and cooking/baking. Water is an important element, bringing life to all and supplying the world with harmony. The beach is my happy place! I find that my soul is restored when I am around water. I have been swimming in lakes, streams, rivers, the Chesapeake Bay, the Atlantic and Pacific Oceans, the Gulf of Mexico, and numerous swimming pools. I love to snorkel and in 2017 I learned to scuba dive.



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Mental Health America of Central Carolinas promotes mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.



Member Agency

Mailing Address

3701 Latrobe Dr., Suite 140
Charlotte, NC 28211
704.365.3454

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Mental Health America of Central Carolinas | 3701 Latrobe Dr, Suite 140, Charlotte, NC 28211

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