

**Fwd: MHA: Your Source of Help and Hope**

**From** Ericka Ellis-Stewart <eellis-stewart@mhacentralcarolinas.org>  
**To** sjohnston@tuesdayforumcharlotte.org <sjohnston@tuesdayforumcharlotte.org>  
**Date** 2021-03-22 16:03

Ericka

**Ericka Ellis-Stewart** (*Pronouns: she, her, hers*)

**Director of Education & Advocacy**

**Mental Health America**

**of Central Carolinas**

3701 Latrobe Drive, Suite 140

Charlotte, NC 28211

[704.365.3454](tel:704.365.3454) ext. 230 office phone or [704.412.8565](tel:704.412.8565) cell phone

[704.365.9973](tel:704.365.9973) fax

[www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)

We hope you are focusing on staying mentally healthy during this stressful time! MHA sees you and we're here for you with online trainings, support and gatherings to promote your wellness.

[Register Here.](#)

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Begin forwarded message:

**From:** MHA of Central Carolinas <mha@mhacentralcarolinas.org>  
**Date:** March 22, 2021 at 3:32:23 PM EDT  
**To:** Ericka Ellis-Stewart <eellis-stewart@mhacentralcarolinas.org>  
**Subject:** MHA: Your Source of Help and Hope  
**Reply-To:** atowner@mhacentralcarolinas.org



**March 22, 2021**

Visit MHA's website



# MHA's Improving Mental Healthcare Together

## Virtual Series

**Patient Empowerment to Improve the  
Quality of Care in Psychiatry**

**When:** Wednesday March 24, 2021  
12:00-1:00 p.m.

**Register:** [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)  
Events page

For a more information please visit  
[www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)

Presented By



**Register Now for Patient Empowerment Strategies**

# YOU'RE INVITED *to a Virtual* LEGISLATIVE BREAKFAST



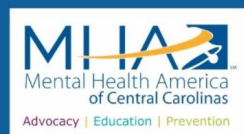
**COMING TOGETHER:**

**Building a Recovery Community**

- Involuntary Commitment
- Mental Health Caregiver Support
- Racism, Trauma & Effective Community Models

*Register*

Go to [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)



*Event*  
**MAR**  
**26**  
**7:30**  
**TO**  
**9:30**  
**AM**

**CONNECT WITH US! #MHA2021Advocacy**



Free Registration Here for March 26th Virtual Legislative Event

# Struggling to parent during the pandemic? **Help is here.**

## MHA's *Parent* VOICE **Empowerment Support Groups**

Safe, confidential environment for parents/caregivers raising children with behavioral, emotional and/or mental health challenges to share coping strategies and feel supported.

**When:** 2nd Monday of month at 7 PM or  
3rd Wednesday at 2:30 PM

**Where:** Live on Zoom

**Details at:** [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)  
ParentVOICE page

For details, CALL 704.365.3454 ext. 219



Join MHA's ParentVOICE for virtual **EMPOWERMENT Parent/Caretaker Group LIVE** via Zoom!  
Monday, April 12 at 7 p.m. or Wednesday, April 21 at 2:30 p.m.  
For more information or to get the Zoom link, contact:  
[Cathy Johnson](#) or [Amy Dickey](#) or [Kristine Holt](#)



### Youth Support Groups:

- **New KIDS OF TOMORROW (KOT)** is a group for our 8-13 year olds on the 1st and 3rd Tuesdays of the month at 4:30 PM via Zoom

- **ACTIVE Youth** (ages 14-21) will be meeting on the 1st and 4th Thursdays at 6 PM via Zoom

For more information and to receive the Zoom link contact Youth Engagement team members:

[Kevin Markle](#) or [Briana Richmond](#)



## MENTAL HEALTH MATTERS VIRTUAL SERIES

Join MHA's Executive Director, Kathy Rogers **Tuesday, April 6, 2021 at 12:00 p.m.** for Mental Health Matters focused on **Common but Misguided Ways of Approaching Anxiety**

Connect with us for 30 minutes of inspiration, connection, and Q&A.

## REGISTER NOW

**TUESDAY, APRIL 6, 2021  
12:00 -12:30 P.M.  
COST: FREE**

### OUR GUEST

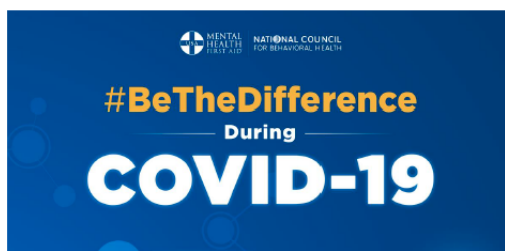


**Angel Mayes, MSW, LCSW**  
*Clinical Director of Foothills at Red Oak Recovery*

*Angel's clinical foundations are rooted in Reality Therapy, the Teaching Family Model, and she is certified in Family-Centered Therapy. Angel earned her Bachelor's degree in Human Development and Family Studies from the University of North Carolina at Greensboro with a concentration in adolescent development and families at risk. She received her Masters of Social Work degree from a unique joint program through the University of North Carolina, North Carolina A&T, and the University of Strathclyde in Glasgow, Scotland. Angel is also a Licensed Clinical Social Worker who is passionate about working with the adolescent population and clinical management*

[Learn More about Foothills](#)

**Register Now for MHM April 6 at 12 noon**



## Mental Health First Aid Training - Adult Version

Complete two hours of self-guided study then join MHA's certified instructors virtually on **Wednesday, April 7, 2021 from 9:00 a.m.-4:00 p.m.** for this evidence-based course



## Be Prepared

If you're feeling stressed or nervous during these days of COVID-19, you're not alone. Uncertainty and the sense of not being safe, physical distancing, and round-the-clock news are stressful. What you're feeling is common around the world. We know you're looking for ways to take care of yourself and #BeTheDifference.

Learn a 5-step action plan to help someone

**REGISTER NOW**

Wednesday, April 7, 2021  
9:00 A.M.-4:00 P.M.  
COST: FREE

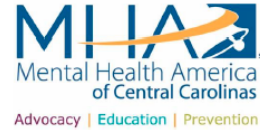
who may be  
experiencing a mental  
health problem or is in  
crisis.

**CONTACT US**

704.365.3454  
mhacentralcarolinas.org



Register by March 25 to begin pre-work

**QPR  
Gatekeeper  
Virtual  
Suicide  
Prevention  
Training**

Join MHA's  
Education Trainers to  
learn life-saving skills  
through a FREE  
**Question, Persuade,  
Refer Gatekeeper  
Training**

**REGISTER**

Wednesday, April 14, 2021  
1:00 pm-3:00 pm  
or  
Thursday, April 22, 2021  
10:00 am-12:00 pm

**We Can All  
Save Lives**

QPR stands for Question,  
Persuade and Refer, three  
steps anyone can learn to  
help prevent suicide.

Just like CPR, QPR is an  
emergency response to  
someone in crisis and can  
save lives.

QPR is the most widely  
taught gatekeeper  
training program in the  
United States, and more  
than 300,000 adults have  
been trained in classroom  
settings in more than 40  
states. MHA has trained  
over 9,000 community  
members since 2018!

**CONTACT US**

704.365.3454  
mhacentralcarolinas.org



Learn Life-Saving QPR Skills in April

# MHA hosts... Understanding Medicaid Transformation

- Overview by Sarah Gregosky, Chief of Managed Care with the NC Department of Health and Human Services
- Presentations by each Provider for Medicaid Managed Care for Our Region

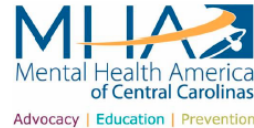
**When:** Thurs., Apr. 15 | 6:00-7:30 pm

**Where:** Live on Zoom

**Registration:** [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)  
Events page



Register to Choose the Best Plan for You



### MHA's BYO-Coffee & Conversation

Join us for these monthly virtual gatherings to learn more about MHA and ways to get engaged with our work. At each event, an MHA Storyteller shares a story of hope and recovery and Executive Director Kathy Rogers starts a dialogue to increase understanding and awareness about mental health. Bring your own coffee and we'll provide resources and inspiration.

**REGISTER NOW**  
**COST: FREE**

*Bring Your Own Coffee – We'll Send a Zoom Link*

Connect With Us  
at an upcoming  
Virtual Event:

**Monday,**  
**March 15, 2021**  
**4:00-5:00 p.m.**

**Wednesday,**  
**April 14, 2021**  
**12:00-1:00 p.m.**

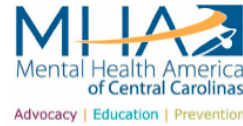
**Tuesday,**  
**May 4, 2021**  
**8:30-9:30 a.m.**

Register for MHA's Coffee & Conversation

**Life is hard right now.**  
**Help is *here*.**

[MHACCHelp.org](http://MHACCHelp.org)





## MHA Offers a Menu of Virtual Evidence-based and Customized Trainings

*Designed to promote mental wellness for your employees, teach ways to manage stress, increase productivity and recognize impending crises during these challenging times.*

*Customized presentations can focus on tips for creating balance, provide online and other resources to help navigate challenges of the pandemic and find recovery. MHA's Educators can teach your team members how to recognize depression, anxiety and other mental health concerns, or how to reset and focus on your well-being.*

- Mental Health Resources for Employers
- Customized Wellness Workshop (1-2 hours)
- QPR Suicide Prevention Training (2 hours)
- Mental Health First Aid Training (8.5 hours; 2 pre-work and 6.5 on-line)

## Workplace Wellness

We are working in unprecedented times, each with a diverse set of new challenges, work settings and circumstances.

"Workplace" may be our living room and our kids may be at the kitchen table doing schoolwork, with a barking dog or a working partner in the next room.

Helping your employees build resilience is essential, now more than ever.

### CONTACT US

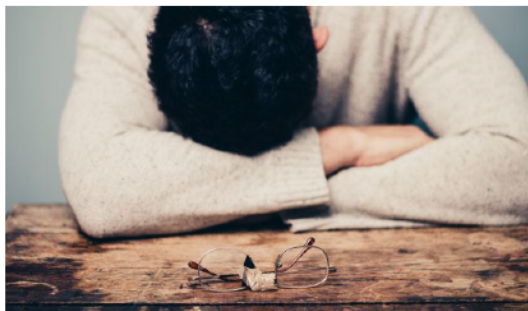
**704.365.3454**  
mhacentralcarolinas.org



**For fees and scheduling, contact:**  
**[Ericka Ellis-Stewart](#) or 704.565.7837.**  
**Learn about MHA at [mhacentralcarolinas.org](http://mhacentralcarolinas.org)**

**Inquire about Resources for  
Employers**

**Download Work Health Survey  
Report**



## You're Not Alone

The COVID pandemic has impacted many Americans' lives in a variety of ways. Some have lost jobs, housing, and loved ones. Many have lost an overall sense of safety.

Have you or your children been negatively affected by COVID? Do you think you or your children would benefit from counseling?

If so, MHA may be able to match you with a local mental health practitioner

## MHA COVID Counseling for Mecklenburg and Cabarrus Residents

MHA is partnering with Disability Rights & Resources, Mecklenburg County and licensed local counselors to provide free short-term counseling for individuals affected by COVID, who cannot afford it on their own.

Our intake coordinator will work to match you with the best counselor for your needs.

**6 sessions for adults or youth**

who can help.

**CONTACT US**

**704.365.3454**

[mhacentralcarolinas.org](http://mhacentralcarolinas.org)



**TO SIGN UP: Call David Kleitsch, MSW at  
919.307.6017**

[GET HELP](#) | [OUR PROGRAMS](#) | [GET INVOLVED](#) | [ABOUT US](#)

Mental Health America of Central Carolinas is dedicated to providing help, offering hope and promoting mental wellness through advocacy, education and prevention in Mecklenburg and Cabarrus Counties.



Member Agency

**MHA's Mailing Address**  
3701 Latrobe Dr., Suite 140  
Charlotte, NC 28211

[Privacy Policy](#) || [Form 990](#) || [Site Map](#)

**MHA's 2020 Impacts**

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

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