



EMPATHIZE



EDUCATE



ENCOURAGE



INSPIRE

## SAVE THE DATES!

**10/19—FREE SEMINAR AT 7 P.M.:** “What to do if someone you care for has severe mental illness: Practical Answers” at the Middlesex Community College, Lowell MA campus (Lowell Federal building, 50 Kearney Sq., Lowell, MA).

**11/12—2ND ANNUAL COMEDY NIGHT AT 7 P.M.:** Thomson Country Club, 20 Elm Street, North Reading, MA. \$30 per person, includes hors d’oeuvres and a cash bar.

### KSM Board Members

Victoria McKinney-Vareschi  
*Executive Director,  
AdHoc Board Member*

Ken Lambert  
*President*

Kimberly Walsh  
*Treasurer*

Michelle Simpson  
*Secretary*

Amy Wilson  
*Chairperson of Board*

Danielle Lambert  
*ex-officio*

Tanya Saggese  
*Member*

### DON'T FLUSH THOSE MEDS!

On 10/29, the **U.S. Drug Enforcement Administration** will be collecting potentially dangerous expired, unused, and unwanted prescription drugs for destruction at sites nationwide. Flushing and trashing create safety and health hazards! The service is free and anonymous with no questions asked. *For more information:* [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html).

### 10TH ANNIVERSARY OF 9/11

The 10th anniversary of September 11, 2001, is a landmark event that carries a strong emotional impact. For several tips and resources on how to cope with the emotions that are likely to reemerge, visit: [http://www.samhsa.gov/dtac/dialogue/Dialogue\\_vol8\\_issue1.pdf](http://www.samhsa.gov/dtac/dialogue/Dialogue_vol8_issue1.pdf).

### 2011 INTERNATIONAL MENTAL HEALTH CONFERENCE

The 12th annual conference was held at the Gold Coast, Australia in August. Mental Health problems are common in Australia with one in five Australians experiencing a mental illness at some stage in their lives. This year they explored different types of Personality Disorders and their effects through the life cycle from childhood to older age. They also explored the impact of Personality Disorders on Schizophrenia, Mood Disorders, Eating Disorders, Bipolar Disorder and Drug & Alcohol conditions. To learn more about it, contact Victoria.

*(continued on page 2)*

(continued from page 1)



*Keep Sound Minds is dedicated to promoting mental health awareness by targeting:*

1. Mental Health Discharge Procedures
2. Law Enforcement Procedures
3. Education Curriculum

## LOVE THIS NEWSLETTER?

If you love this newsletter, please forward it to at least five of your friends today. Thanks for giving the gift of education to the world!

## IN THE NEWS

**Massachusetts bill for assisted outpatient treatment (AOT).** House Bill 1419 is on the MA State House calendar for a hearing 9/27. It would establish assisted outpatient treatment (AOT) in Massachusetts, requiring that a person with a severe mental illness adhere to a prescribed community treatment plan. *For more information:* <http://www.malegislature.gov/Bills/187/House/H01419>.

**Foundation for Excellence Launches Website.** The number of individuals diagnosed with 'chronic mental illness' disabling enough to place them on the Social Security roles has tripled since 1987. In response, the Foundation for Excellence in Mental Health Care has launched a website at <http://www.femhc.org> to find and promote the best ways to achieve long-term recovery. Check it out!

## NATIONAL DEPRESSION SCREENING DAY®

**October 06, 2011**—National Depression Screening Day raises awareness and screens people for depression and related mood disorders. NDS is the nation's oldest voluntary, community-based screening program that gives access to a validated screening questionnaire and provides referral information for treatment. *For more information:* <http://www.mentalhealthscreening.org/events/national-depression-screening-day.aspx>.

## PUBLIC SAFETY TRADE SHOW—KSM BOOTH

Monday, 9/26, we'll be at the **Expo Center Radisson Hotel** in downtown Manchester at a public safety trade show presented by New Hampshire Association of Chiefs of Police. 10 a.m.–4 p.m. Stop by and say hello!

## WE'RE ON FACEBOOK!

Check us out at:  
<https://www.facebook.com/#!/pages/Keep-Sound-Minds-Kaleigh-Shane-and-Marci-for-Mental-Health/158397830875813>

