

MAY is Mental Health Month 2019 Calendar of Events

Coordinated by the



Mental Health Association of Rhode Island
An Affiliate of Mental Health America

SINCE 1916

1916 – 2019

Celebrating 103 years
of Advocacy, Education and Service
to Rhode Island



Mental Health Association of Rhode Island
An Affiliate of Mental Health America

SINCE 1916

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mhari.org

Phone: 401.726.2285
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Friends: Thrive Behavioral Health
The Interfaith Counseling Center
Youth Restoration Project

Upcoming Events 2019

Thursday April 25

May Is Mental Health Month Kick-off Event

Host: Mental Health Association of Rhode Island
Time: 12:00 p.m.; pre-program resource tables at 11:30 a.m.
Location: RI State House, Governor's State Room and Rotunda

This year's theme is "A Healthy Space in Every Place: Family, Community, Workplace, School." Please join us to proclaim May Is Mental Health Month in Rhode Island. Moderator Barbara Morse Silva of WJAR 10. Testimonials from individuals with personal experience. Legislators of the Year and Mental Health Hero Award presentations. Music, with refreshments following. Free event.

Thursday April 25

Rally for Student Mental Health

Host: Brown Institute for Policy and NAMI
Time: 3:30 p.m.
Location: RI State House Rotunda

Join the National Alliance on Mental Illness and the Brown Institute for Policy for a rally to raise awareness about student mental health in Rhode Island! We will have speakers from a variety of groups in attendance to talk about the importance of providing resources to students who need support. Afterward, we will be on the House and Senate floors to make lawmakers aware of the need for better support systems for students in schools across the state. For more information email browninstituteformpolicy@gmail.com. Free event.

Wednesday May 1

Let's Talk About ADHD: Adults with ADHD. Parents of Kids with ADHD. Working with people with ADHD. Resources for ADHD.

Host: CHADD of RI (Children and Adults with ADD/ADHD)
Time: 7:00 p.m. – 9:00 p.m.
Location: Pine Room. Bradley Hospital 1011 Veterans Memorial Pkwy, East Providence, RI

ADHD is real. It is a neurological condition effecting genetic markers, attention, neurotransmitters, brain size and connections, organization, time management, emotional regulation, mineral deficiencies and more. For information, contact Roberta Schneider, 401-369-0045, rhode-island@chadd.net or LJS3@cox.net. Free event, donations welcome.

Every Wednesday in May

WRAP: The Wellness Recovery Action Plan Group

Host: Community Care Alliance
Time: 2:30 p.m. – 3:30 p.m.
Location: Community Care Alliance, 245 Main Street, 3rd Floor Conference Room, Woonsocket, RI

A self-designed prevention and wellness process that anyone can use to get well, stay well, and make your life the way you want it to be. Use it to fulfill your life dreams and goals. WRAP is for anyone. It will support you in being the way you want to be and doing the things you want to do. For more information contact Gary Zeman at 401-654-3706. Open to the public. Free event.

Wednesday May 8

Make Your Laughter Count - Comedy Show & Silent Auction

Host: Community Care Alliance
Time: 5:30 p.m.
Location: Comedy Connection, 39 Warren Avenue, East Providence, RI

Join us for a good laugh and the opportunity to bid on some really great items. Price includes comedy show, silent auction, raffle, and a catered meal. Enjoy yourself all while supporting a great cause, our Alive Peer Support Program, where individuals living with mental illness/substance use meet up with others with lived experience to promote mental health. We participate in community happenings, art classes, advocacy events and state rallies. \$20 tickets in advance, \$25 at door. Call Wendy at 401-235-7245.

Wednesday May 8

Mental Health Advocacy Training

Host: NAMI and MHARI
Time: 6:00 p.m. – 8:00 p.m.
Location: 1st Floor Rear Meeting Room, Ray Conference Center, Butler Hospital, 345 Blackstone Blvd., Providence, RI (<http://www.butler.org/directions/>)

NAMI Smarts for Advocacy is an educational workshop on grassroots advocacy - using your voice to influence policy makers and make a difference! NAMI Smarts for Advocacy will enhance your advocacy skills and help you to shape a powerful and personal story that will move policy makers. You will learn step-by-step tools and hands-on practice that will help you to feel clear, confident and ready to make a difference! To register, please email Meagan at meagan@namirhodeisland.org. Free event

Thursday May 9

Accessing Behavioral Health Supports and Mental Health Law

Host: East Bay Community Action Program
Time: 9:00 a.m. – 10:00 a.m.
Location: 2 Old County Rd. Barrington, RI - Conference Room 10

Will discuss how members of our communities can access behavioral health supports through local community mental health agencies, including populations we serve and catchment specific services. Behavioral health supports can include: outpatient therapy, psychiatry, and/or case management services assessing for the appropriate level of care. Additional resources available are crisis and emergency services to serve our communities in acute times of need. Barriers to treatment will be discussed regarding mental health law, when it is applied, and how to advocate for yourself and others. For information, call Paula Firth at 401-431-9870. Free event.

Thursday May 9

Hillsgrove House Open Mic Night

Host: Thrive Behavioral Health/Hillsgrove House
Time: 4:00 p.m. - 7:00 p.m.
Location: Hillsgrove House, 70 Minnesota Ave., Warwick, RI

Hillsgrove House is hosting a Second Annual Open Mic Night. This wonderful evening will feature music, singing, poetry, comedy and other performing talents of members and staff of Thrive Behavioral Health and participation is open to anyone in attendance. Light refreshments will be served. Please contact Mark Maragnano at 401-732-0970 to RSVP and/or if you are interested in performing. Free event. Donations welcome.

Thursday May 9

Open House

Host: RI ADDult Support Group
Time: 7:00 p.m. - 9:00 p.m.
Location: Bradley Hospital, Main Entrance, 1011 Veterans Memorial Parkway, Riverside, RI

Open House for adults with ADD/ADHD. All welcome! For information, contact Marianne Rivet at 415-555-1234 or e-mail info@riaddults.org. Free event.

Thursday May 9

Open House

Host: Parent Support Network of Rhode Island

Time: 5:30 p.m. - 7:30 p.m.

Location: Parent Support Network of Rhode Island, 535 Centerville Road, Suite 202 Warwick, RI

Parent Support Network invites families and partners to come promote children's mental health awareness week with us and have a fun time at our Ice Cream Social. We will have pizza, ice cream, games with prizes, and family art activities that build creativity and promote positive parent and child interaction. We hope you will come out and join us! Please RSVP at 401-467-6855. Free event.

Thursday May 10

John Peterson Memorial Basketball Game

Host: Bradley Hospital

Time: 5:30 p.m. - 7:30 p.m.

Location: East Providence High School Gym, 2000 Pawtucket Ave, Ea. Providence, RI

Fundraiser to support Child Psychiatry and Adult Outpatients. For information, contact Michael Montella at 401-432-1316 or e-mail mmontella@lifespan.org. Tickets \$30 at door, \$20 in advance.

Thursday May 9

Stories of Success

Host: Bradley Hospital

Time: 6:30 p.m. – 8:00 p.m.

Location: Bradley Hospital, Pine Room, 1011 Veterans Memorial Pkwy., Riverside, RI

Panel Discussion: Hear from young adults who are successfully living with or who have overcome their emotional, behavioral or developmental challenges. For information, please contact Christine Brown, 401-432-1205, cbrown@lifespan.org. Free event.

Every Friday in May

WHAM! Whole Health Action Management

Host: Community Care Alliance

Time: 12:00 – 1:00 p.m.

Location: Community Care Alliance, The Wellness & Recovery Center (side entrance on Social Street), 55 John Cummings Way, Woonsocket, RI 02895

Learn how to choose your own whole health goal and work on it together with peers in a weekly goal support group. Open to the public. Free event. **This course requires pre-registration!** Please contact Beth at 401-235-7027 if you wish to attend.

Saturday May 11

Children's Mental Health: Family Support & Advocacy

Host: Parent Support Network of Rhode Island

Time: 10:00 a.m. – 1:00 p.m.

Location: Parent Support Network of Rhode Island, 535 Centerville Road, Suite 202 Warwick, RI

This family workshop will provide participants with information on how to access mental health services for your child so that he/she can be successful in home, school, and community. We will discuss challenges that parents face as when seeking help and how to advocate for your child and family. We will have onsite child care activities and light lunch will be provided. Please RSVP at 401-467-6855. Free event.

Every Monday in May

NAMI Connection Women's Support Group

Host: Community Care Alliance

Time: 11:00 a.m. – 12:30 p.m.

Location: Community Care Alliance, The Wellness & Recovery Center (side entrance on Social Street), 55 John Cummings Way, Woonsocket, RI 02895

Women living with mental illness gather together to support one another. The group provides a place for respect, understanding, encouragement, hope and confidentiality. www.NAMIRI.org. For information, contact Colleen Joubert, 401-235-7475, CJoubert@CommunityCareRI.org. Free event.

Tuesday May 14

Discrimination & Mental Health Parity: A workshop for healthcare providers, office staff, and professionals

Host: RI Parity Initiative and the RI Parent Information Network

Time: 9:00 a.m. – 10:30 a.m.

Location: RI Parent Information Network, 1210 Pontiac Avenue, Cranston, RI

Parity is the law. Insurance companies are required to provide coverage for mental health and substance use disorder services at the same level they cover physical health services. However, lack of mental health parity in insurance coverage is a form of discrimination that people with mental health and substance use disorders continue to experience. For information, please contact Karen Malcolm, 401-585-9799, riparity@mhari.org. Free event.

Wednesday May 15

Creating a Trauma Sensitive Community

Host: Interfaith Counseling Center

Time: 8:00 a.m. – 10:00 a.m.

Location: Bradley Hospital, 1011 Veterans Memorial Parkway, East Providence, RI

This presentation explores major concepts underlying a trauma informed approach to a caring community. Trauma can naturally stem from many places in our lives including loss, natural disaster, unwanted change, abuse, neglect, or exposure to violence. For more information, please contact Christine King, 401-461-5234, cking@interfaithri.org. Free event.

Wednesday May 15

Stay In Your Lane: The Role of Peer Recovery Support Services in Behavioral Health

Host: East Bay Community Action Program

Time: 12:30 p.m. – 1:30 p.m.

Location: 100 Bullocks Point Ave., Riverside, RI

What is Recovery? Who are these Recovery Coaches? What goes on in that new Recovery Center people are talking about? Attend a presentation by the staff of the new East Bay Recovery Center to have all these questions answered, as well as information on the variety of services the East Bay Recovery Center offers. The basis of services and programming available through the Recovery Community Centers are Peer Recovery Support Services (PRSS). These are non-clinical services, provided by people with lived experience, focusing on removing barriers and providing invaluable resources to those who are seeking to achieve and maintain long-term recovery. For information, please contact Paula Firth, 401-431-9870, pfirth@ebcap.org. Free event.

Thursday May 16

Integrated Behavioral Health Within Primary Care

Host: East Bay Community Action Program

Time: 12:30 p.m. – 1:30 p.m.

Location: 6 John Chafee Boulevard, EBCAP Health Center, Newport

Learn the benefits of integrated care, how patients and staff can work well with each other, and the ability to balance and care for the whole patient medically and behaviorally. CE/CEUs will be applied for LICSW/LMHC/MA/PA/RNs. For information, please contact Paula Firth, 401-431-9870, pfirth@ebcap.org. Free event.

Friday May 17

May is Mental Health Awareness Interactive FAIRE

Host: Fellowship Health Resources

Time: 12:30 - 4:00

Location: Harbor House, 12 Basset St., Providence, RI

FHR will be hosting an interactive mental health wellness faire. There will be a wide variety of hands on activities, healthy inspired food samples, and exploration of mental health improvements activities and information. For information, contact Jenevieve Sullivan, 508-567-2829, jsullivan@fhr.net. Free event.

Friday May 17 and Saturday May 18

NAMI Block Island Spring Conference: Children and Teens, Won't they just grow out if it?

Host: NAMI Block Island

Time: Friday Opening Reception, featuring TED Talk 7.00 – 9.00 pm.

Saturday Full Conference, including breakfast/lunch 8:30 a.m. – 5:00 p.m.

Location: Island Free Library, Block island, RI

All Block Island residents and visitors are invited to any or all of the events, to drop in, ask questions, offer your views. Speakers Jeffery Hunt, Liz Jorgensen and others offer information and interactive sessions on Mental Health and Children and the services currently available for children and their caregiver adults. For information, please contact Dr. Elspeth Crawford, 401-466-2897, elspethcr@gmail.com. Free event.

Wednesday May 22

Bridging the Gaps Annual Conference

Host: NAMI Rhode Island

Time: 8:00 a.m. - 5:00 p.m.

Location: Rhode Island College, Gaige Hall

Bridging the Gaps is an annual conference on various topics around mental health and mental illness. The conference is open to and appropriate for consumers of mental health services, family members and friends of those living with mental illness, and professionals in the field. Please visit www.namirhodeisland.org for more information on the conference and to join our mailing list or call 401-331-3060. The attendance fee varies with membership and continuing education credits needed.

Thursday May 23

Transgender 101- How to be an Effective Ally

Host: East Bay Community Action Program

Time: 2:00 p.m. – 3:00 p.m.

Location: East Bay Center, 610 Wampanoag Trail, Riverside, RI

Did you know that indigenous cultures acknowledge that there are more than two genders? Please come to this informative talk to learn what it means to be transgender in a normative bi-gendered culture. Participants will know the difference between gender identity; sexual orientation; transgender; gender non-conforming; and cis-gendered. Participants will know what a microaggression is and 5 ways to be an effective ally/supportive person for transgendered persons. Please come and participate with an open Heart and Mind. For information, please contact Paula Firth, 401-431-9870, pfirth@ebcap.org. Free event.

Thursday May 23

Overdose Prevention

Host: East Bay Community Action Program

Time: 12:30 p.m. – 1:30 p.m.

Location: 2 Old County Rd., Room 10, Barrington, RI

As the opiate epidemic continues to impact the lives of our community members, we will explore the benefits of Narcan as a life saving measure. We will discuss the vital steps of opiate overdose prevention including: how to recognize an opiate overdose, how to respond to an opiate overdose, and how to use Narcan. For information, please contact Paula Firth, 401-431-9870, pfirth@ebcap.org. Free event.

Thursday May 23

Discrimination & Mental Health Parity. KNOW YOUR RIGHTS!

A workshop for community members

Host: RI Parity Initiative and the RI Parent Information Network

Time: 6:00 p.m. – 7:30 p.m.

Location: RI Parent Information Network, 1210 Pontiac Avenue, Cranston, RI

Parity is the law. Insurance companies are required to provide coverage for mental health, including substance use disorder services, at the same level they cover physical health services. However, lack of mental health parity in insurance coverage is a form of discrimination that people with mental health and substance use disorders continue to experience. For information, please contact Karen Malcolm, 401-585-9799, riparity@mhari.org. Free event.

Thursday May 23

Mental Health Advocacy Day

Host: NAMI and MHARI

Time: 2:45 p.m. -- 4:30 p.m.

Location: Rhode Island State House, 2nd Floor, Rotunda

Participants who have attended the free NAMI Smarts Training on May 8 are welcome to join us at the State House. Tell your story to legislators, and ask them to support key pieces of legislation that protect your access to mental health treatment. To register for the free NAMI Smarts Training on May 8, email meagan@namirhodeisland.org. Free event.

Wednesday May 29

Just Relax!

Host: East Bay Community Action Program

Time: 12:00 p.m. – 1:00 p.m.

Location: Farley Counseling Center, 610 Wampanoag Trail, East Bay Center, Riverside, RI

Come and learn the benefits of relaxation! Experience and practice relaxation breathing techniques, progressive muscle relaxation, and guided imagery. For information, please contact Paula Firth, 401-431-9870, pfirth@ebcap.org. Free event.

Friday May 31

The School-to-Prison Pipeline: A solutions-based conversation

Host: Youth Restoration Project

Time: 8:00 a.m. - 3:00 p.m.

Location: Rhode Island College, Algiers 110, 600 Mt. Pleasant Ave., Providence, RI

Too many kids fall through cracks into future unemployment, substance abuse, mental illness – and yes, prison. This Symposium will reference the weak points that create the cracks, and highlight actual solutions that locals are using or actively advocating. The day will be interactive, informative, community-building and eye-opening. Learn a few new skills and gain a strong sense of the possibilities. Go home knowing that you -- where you are and as you are -- can be part of the solution, by enhancing what you already do or by joining one of the on-going projects presented at the symposium that help young people have a better chance at a promising future. For information, contact Julia Steiny, 401-421-6238, jsteiny@yrpori.org. Attendance fee is \$50; see www.yrpori.org for group rates.

Monday June 10

Newport Mental Health 5th Annual Golf Tournament

Host: Newport Mental Health

Time: 1:00 p.m. – 4:00 p.m.

Location: Wanumetonomy Golf and Country Club, 152 Browns Ln, Middletown, RI

The NMH Golf Tournament will help Newport Mental Health continue to provide mental health and substance use care to Newport County children, adults and families to enable them to lead meaningful and satisfying lives. Participants receive lunch buffet, post-game award ceremony and raffle. Fee structure: \$150 (single player) - \$1,500. For information, contact Sandy Oxx, 401-846-1213, ext. 109, soxx@newportmh.org.