

Westchester
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George Latimer, County Executive
Michael Orth, Commissioner
Department of Community Mental Health

Westchester County Department of Community Mental Health

May Is Mental Health Awareness Month

Events 2018



*Westchester County Department of Community Mental Health
May Is Mental Health Events 2018*

Please see the list and calendar below for interesting, thought-provoking and important events celebrating May is Mental Health Awareness Month 2018! Thank you to our Westchester agencies who contributed information to this flier to help us spread the word and raise awareness about Mental Health. Feel free to distribute widely.

Sponsor: NAMI Westchester
Name/Title of Event: Ribbon Campaign
Date: Month of May
Time: n/a
Place: Throughout Westchester County
RSVP/Contact Information: Call 592-5458 for more information.
Website link: www.namiwestchester.org



Description: Ribbons will be placed in 33 towns. The Cities of Mount Vernon and Peekskill will be putting up banners. The City of White Plains will run an ad on a digital board. County Executive Latimer will present a proclamation and place an ad on the County digital board. Also look for NAMI Westchester May is Mental Health Awareness ads on the sides of County buses for the month! Show your support by wearing a green ribbon!

Sponsor: NAMI Westchester
Name/Title of Event: Flag Raising - Yonkers
Date: May 1
Time: 12:30pm
Place: Steps of Yonkers City Hall
RSVP/Contact Information: Call 592-5458 for more information.
Website link: www.namiwestchester.org
Description: Yonkers City Officials will honor Mental Health Awareness with a flag raising ceremony. Join us if you can!

Sponsor: NAMI Westchester
Name/Title of Event: In Our Own Voice Presentation
Date: May 2
Time: 6:30pm - 8:00pm
Place: St. Vincent's Hospital, 275 North Street, Harrison
RSVP/Contact Information: Call 592-5458 for more information.
Website link: www.namiwestchester.org
Description: Two individuals in recovery share their journey to acceptance and recovery.

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Sponsor: R.I.S.E. Center, Mental Health Empowerment Project, Inc.
Name/Title of Event: Movies with Mental Health Themes
Date: Tuesdays and Thursdays (*beginning May 3 and ending May 31*)
Time: 1:00pm – 3:00pm
Place: R.I.S.E. Center, 6 Gramatan Avenue, Suite 206, Mount Vernon
RSVP/Contact Information: 664-3444

Description: MHEP-RISE Center will be showing movies with a Mental Health theme all month! The movies shown will be selected by attendees.

Sponsor: Westchester County Department of Community Mental Health
Name/Title of Event: DCMH Annual Meeting
Date: May 7
Time: 8:45am – 12:00pm
Place: Westchester County Center-Little Theater, 198 Central Avenue, White Plains
RSVP/Contact Information: Call 995-5244

Description: Building a Co-Occurring System of Care: Creating meaningful partnerships and integrated treatment for those with mental health, substance misuse, addiction and other complex challenges. Keynote speaker will be Dr. Marc Fishman.

Sponsor: Westchester County Department of Community Mental Health
Name/Title of Event: 8th Annual Myra Alfreds Roundtable - System of Care: A Vision for Children's Behavioral Health in a Changing Environment
Date: May 10th
Time: 8:30am- 12:00pm
Place: Greenburgh Public Library, 300 Tarrytown Road, Elmsford
RSVP: To register, go to:
<https://www.eventbrite.com/e/8th-annual-myra-alfreds-roundtable-system-of-care-a-vision-for-childrens-behavioral-health-in-a-tickets-44269536375>

Sponsor: NAMI Westchester
Name/Title of Event: In Our Own Voice Presentation
Date: May 10
Time: 6:00pm - 7:30pm
Place: New York Presbyterian Hospital, 21 Bloomingdale Road, White Plains
RSVP/Contact Information: Call 592-5458 for more information.
Website link: www.namiwestchester.org
Description: Two individuals in recovery share their journey to acceptance and recovery.

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Sponsor: Rockland Psychiatric Center
Name/Title of Event: Mt. Vernon Community Advisory Board 33rd Annual Dinner Dance
Date: May 17
Time: 7 pm
Place: The Davenport Country Club, New Rochelle

RSVP/Contact Information: Call Sheri Marchi at 665-0200 or Sharon Freeman at 363-1479. Tickets are \$50.00. Special rate for consumers of the Mt. Vernon Service Center is \$25.00. If you cannot attend and would like to sponsor a consumer, your tax deductible donation will make a service center member very happy.

Sponsor: Westchester Geriatric Mental Health Collaborative
Name/Title of Event: Our Aging Minds: Opportunities and Challenges
Date: May 18
Time: 10:00am - 12:00pm
Place: Greenburgh Public Library, 300 Tarrytown Road, Elmsford
RSVP/Contact Information: To RSVP, please contact Clara Scher at 682-9100, ext. 2563 or cls3002@med.cornell.edu

Description: This workshop will consist of presentations from Dr. Lindsay Victoria, Postdoctoral Research Fellow at Weill Cornell Medicine and Dr. Elaina Dellacava, Geriatric Psychiatry Fellow at Weill Cornell Medicine. Dr. Lindsay Victoria will speak about the effects of positive stimulation on the brain and ways older adults can maintain mental health/wellness in their daily activities. Dr. Elaina Dellacava will engage participants in an Improvisation activity that aims to demonstrate positive brain stimulation. Join us for this informative and fun presentation – older adults and caregivers welcome!

Sponsor: NAMI Westchester
Name/Title of Event: NAMI Walk-Westchester
Date: May 19
Time: 8:30am registration – 9:00am Walk
Place: Rye Town Park, Rye, NY
RSVP/Contact Information: To register go to www.NAMIWalks.org/Westchester
Or call 592-5458 for more information.

Description: Annual 5K Walk to raise funds and mental health awareness. Join us for this fun and important event!



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Sponsor: Westchester Independent Living Center (WILC)

Name/Title of Event: Positively Speaking

Date: May 23

Time: 3:00pm – 4:15pm

Place: WILC, 10 County Center Road, 2nd Floor-Suite 203, White Plains

RSVP/Contact Information: Call 682-3926, x2115 or email JBurger@wilc.org

Website link: <https://www.wilc.org/events/>

Description: Support group for people with Autism. The focus of this group is to gain a sense of belonging in a supportive community, where effective communication and listening skills are used and developed.

Sponsor: CAREERS Support Solutions, WC Office for People with Disabilities, and ACCES-VR

Name/Title of Event: Mentoring Day

Date: May 23

Time: 9:00am – 1:00pm

Place: Throughout Westchester County

RSVP/Contact Information: Call Tina Cornish-Lauria at 741-8500, x111 or email: CAREERSforPeople@aol.com

Description: Mentoring Day is a great opportunity for individuals who want to work, to be paired with a mentor from Westchester County government for a morning of learning new skills in a County office setting. This 5th annual event provides volunteer opportunities in a variety of County Departments, and participants experience what it takes to be successful in the job market.



May is Mental Health Awareness Month 2018 Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>NAMI Westchester <u>Flag Raising 12:30pm</u> Steps of Yonkers City Hall</i>	2 <i>NAMI Westchester <u>In Our Own Voice</u> <u>Presentation 6:30pm - 8:00pm St. Vincent's Hospital</u></i>	3 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm R.I.S.E. Center</i>	4	5
6	7 <i><u>DCMH Annual Meeting 8:45am – 12:00pm Westchester County Center</u></i>	8 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm R.I.S.E. Center</i>	9	10 <i>*DCMH <u>Myra Alfreds Roundtable</u> *R.I.S.E. Center, <u>Movies with Mental Health Themes</u> *NAMI Westchester <u>In Our Own Voice</u></i>	11	12
13	14	15 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm R.I.S.E. Center</i>	16	17 <i>*R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm *Mt. Vernon Community <u>Advisory Board 33rd Annual Dinner Dance 7 pm The Davenport</u></i>	18 <i>Westchester Geriatric MH Collaborative <u>Our Aging Minds: Opportunities and Challenges 10:00am - 12:00pm Greenburgh Public Library</u></i>	19 <i>NAMI Westchester <u>NAMI Walk- Westchester</u> 8:30am, Rye Town Park</i>
20	21	22 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm</i>	23 <i>*Mentoring Day *WILC <u>Positively Speaking 3:00pm – 4:15pm WILC</u></i>	24 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm</i>	25	26
27	28	29 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm</i>	30	31 <i>R.I.S.E. Center, <u>Movies with Mental Health Themes</u> 1:00pm – 3:00pm</i>		