



# The Beacon

Offering Hope, Support, and Services

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## Reducing the Stigmas Associated with Mental Health

Although many steps have been taken to reduce the stigma associated with mental health diagnoses and mental health treatment, the stigma persists. One individual who receives mental health therapy services via Stages Behavioral Health wanted to share their story in hopes to reduce the stigma and to let others know that a mental health diagnosis is just like any other physical health diagnosis that can be managed with a combination of medication, exercise, individual therapy services, and support from friends and family.



*Stages Behavioral Health*

"I was diagnosed with Bipolar Disorder about twenty years ago. It was very difficult to find a medication to stabilize my moods. I cycle between mania and depression. My depression usually includes anxiety. I prefer mania over depression because I feel energized and sociable. When I'm manic I don't require much sleep. The downside of mania is that I talk a lot and I talk rapidly. One of my coping mechanics for depression is sleeping a lot. It's not unusual for me to sleep ten to eleven hours at night.

I am very lucky that my spouse has been so supportive. I practice yoga and walk to feel better. In addition, I'm in therapy, and it has been beneficial.

If you, or someone you know, experiences mental health symptoms, reaching out to a professional mental health therapist may be beneficial as mental health therapy offers a nonjudgmental and compassionate environment where various topics can be discussed."

## APS and Awakenings Working Together with Purpose

Some success stories are due to hard work and persistence! For over 2 difficult years, Awakenings and Adult Protective Services have been working with Gary. Gary was initially referred by his son living in another state as he was being evicted from the house he was living in and needed to find somewhere to go. APS referred him to Awakenings for a housing list for the area. Because he had a medium size dog, he was unwilling to go to an apartment and wanted to look for a house on his own. The time came for him to be evicted and he had still not found a place. Awakenings assisted again with a housing list and helped point out ones that could accommodate a dog. He was able to find a duplex that would work for his budget and situation.

Soon, his son began calling APS again stating more concerns about his father. APS and Awakenings made visits, setting up an assessment with Area Agency on Aging 3 to see about services he may qualify for, and providing information on community resources for him. APS provided a refrigerator and some other household needs. APS began suspecting he had a woman friend in his life who was using him for money as his money would be spent as soon as it came into his account, and he had mentioned a girlfriend. After living there for a few months, the landlords were going to fix up the duplexes and everyone living there needed to find new residences. He had nowhere to go and no money. APS assisted his family by getting him into a motel. Awakenings purchased groceries for him and noted a woman there staying in the motel with him. After a few days, APS reports he is out of money and believes he is giving it to this woman. Now he has no money to pay for the motel, and the motel removes him immediately as he has an unauthorized guest staying with him.

APS, Awakenings, and his family set up another assessment with AAA3 to see about getting him into Assisted Living up near family as a last resort. This was completed and, in the meantime, he was at another motel. After a couple of weeks of waiting, we were notified last week that he began moving into the Assisted Living facility near his family and away from the woman to whom he was giving away his money. While not the outcome we were exactly hoping for, he is able to live in a safe location and no longer being taken advantage of.



*Awakenings*



Awakenings Victim Outreach provided by Anna Hairston, MSW, LSW. Anna's concentration in gerontology provides a unique understanding of older adults' needs as they age within the community and how physiological and sociological factors play into perceived positive and meaningful aging.



*Stages*



Stages Behavioral Health provided by Jacqueline (Jacqui) Carver, LISW-S. Jacqui has experience working with the older adult population and working in community mental health while utilizing a strength-based and person-centered therapeutic approach to foster positive change. Jacqui has been trained in trauma focused treatment modalities to assist individuals in moving forward from traumatic experiences.

Hardin County  
*Adult Protective Services*



Adult Protective Services in Hardin County provided by Travis Hackworth. Travis is a 25 year law enforcement officer veteran and EMT. Travis uses his experience and skills to protect the older vulnerable adult population from abuse, neglect, self-neglect, and exploitation. Travis conducts APS investigations and utilizes resources to provide positive outcomes for the individuals he serves.

Area Agency on Aging 3

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