

# The Voice

## A Word From Our Executive Director

### THE MHA IS GETTING WITH THE TIMES

The Mental Health Association in Niagara County has been putting out its quarterly newsletter, The Voice, for many years now. We hope you have enjoyed reading it and getting caught up on all of the program updates, new staff biographies, details about upcoming events, and other important information revolving around the MHA and mental health.

Typically, hard copies of The Voice are sent out to people on our address list. These may be people who have been involved with the agency at some point, donors, vendors, people who have attended our events, or were stakeholders in some form or another. The MHA would also email The Voice to people on our email lists – again stakeholders of the agency in some way.

With that said, this will be the last edition of The Voice that will be mailed to you. Printing, folding, attaching address labels, and mailing an ever-increasing number of newsletters every three months, is very labor-intensive, and downright expensive. Therefore, The Voice will only be emailed to those on our email lists going forward. This will save the agency several thousand dollars a year. Money that can be put right into the programming that the MHA offers.

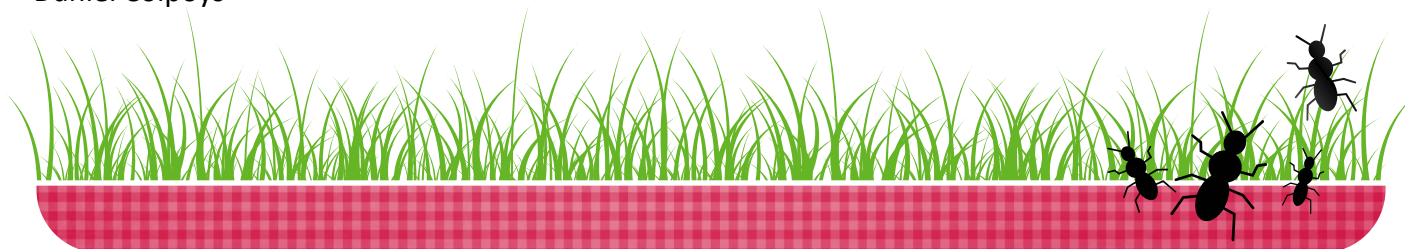
So, if you are on our email list, you won't miss any upcoming editions of The Voice. If you are not on our email list, please email our Director of Community Education, Breanna Lockhart, at [blockhart@mhanc.com](mailto:blockhart@mhanc.com) and Breanna will make sure to include you on our lists.

For those of you who still want a hard copy edition of The Voice – maybe you don't have a computer or maybe you're like me and like to hold onto something and read it – we will be happy to mail you a hard copy. Again, just get ahold of Breanna Lockhart to let her know you prefer a hard copy.

We hope the change in the delivery method of The Voice is a smooth transition. If you have any concerns about this feel free to give me a call at 716-433-3780, or shoot me an email to [dcolpoys@mhanc.com](mailto:dcolpoys@mhanc.com).

Sincerely,

Daniel Colpoys



## The Ship Bar and Grill becomes The FriendSHIP for a Saturday in May!

May is Mental Health Awareness Month.  
**AWARENESS BRINGS WELLNESS.**

Understanding that mental health plays a role in all of our lives, we are sailing towards wellness as individuals and communities. When misinformation, misconceptions, and misunderstandings are removed - treatment, support, and prevention can take their place.

Compeer Niagara focuses on mental wellness through the power of friendship. Friendship has the power to make someone feel recognized, accepted, and understood. When each person in our community feels this way, everyone benefits because our shared quality of life improves.

We hope to see everyone at the Compeer Niagara Volunteer Appreciation and Community Awareness event on **Saturday, May 20<sup>th</sup>** at The Ship Bar and Grill located at 5612 Tonawanda Creek Rd, Lockport, 14094.

Compeer Niagara will be onsite from 12-6 pm, providing information and giveaways while having FUN - Compeer Niagara style!

Compeer Niagara and The Ship Bar and Grill have important things in common. They love serving their community and know the importance of shared fun! As lifelong residents who are now raising their own families in Niagara County, Brett Esch, his fiancé, Tiffany Ellis, and Matt Class are excited to be hosting this event.

By providing an opportunity for people to feel a part of something - the ripples of wellness take shape.

Order great food - you can check out The Ship Bar and Grill menu online on their Facebook page. Enjoy a \$5 signature drink in honor of Compeer Niagara while DJ Rosario has the music playing. With a pool table, indoor/outdoor seating and bars, along with beautiful water views — there is something for everyone! Be sure to say “hi” to Compeer Niagara staff for your chance at fun giveaways while they last!

**We'll have drink tickets, sunglasses, t-shirts, potholders, tumblers, and more!**





**FUN Compeer Niagara style!**

**Saturday May 20<sup>th</sup> 2023**

**12-6pm**

**The Ship Bar & Grill**

**5612 Tonawanda Creek Rd.**

**Lockport, NY 14094**

**becomes...**

**“The *FRIENDSHIP*”**

**DJ, \$5 Drink Special, Giveaways**

**[tporter@mhanc.com](mailto:tporter@mhanc.com) or 716 433-3780**

**for more information**

**THE SHIP**

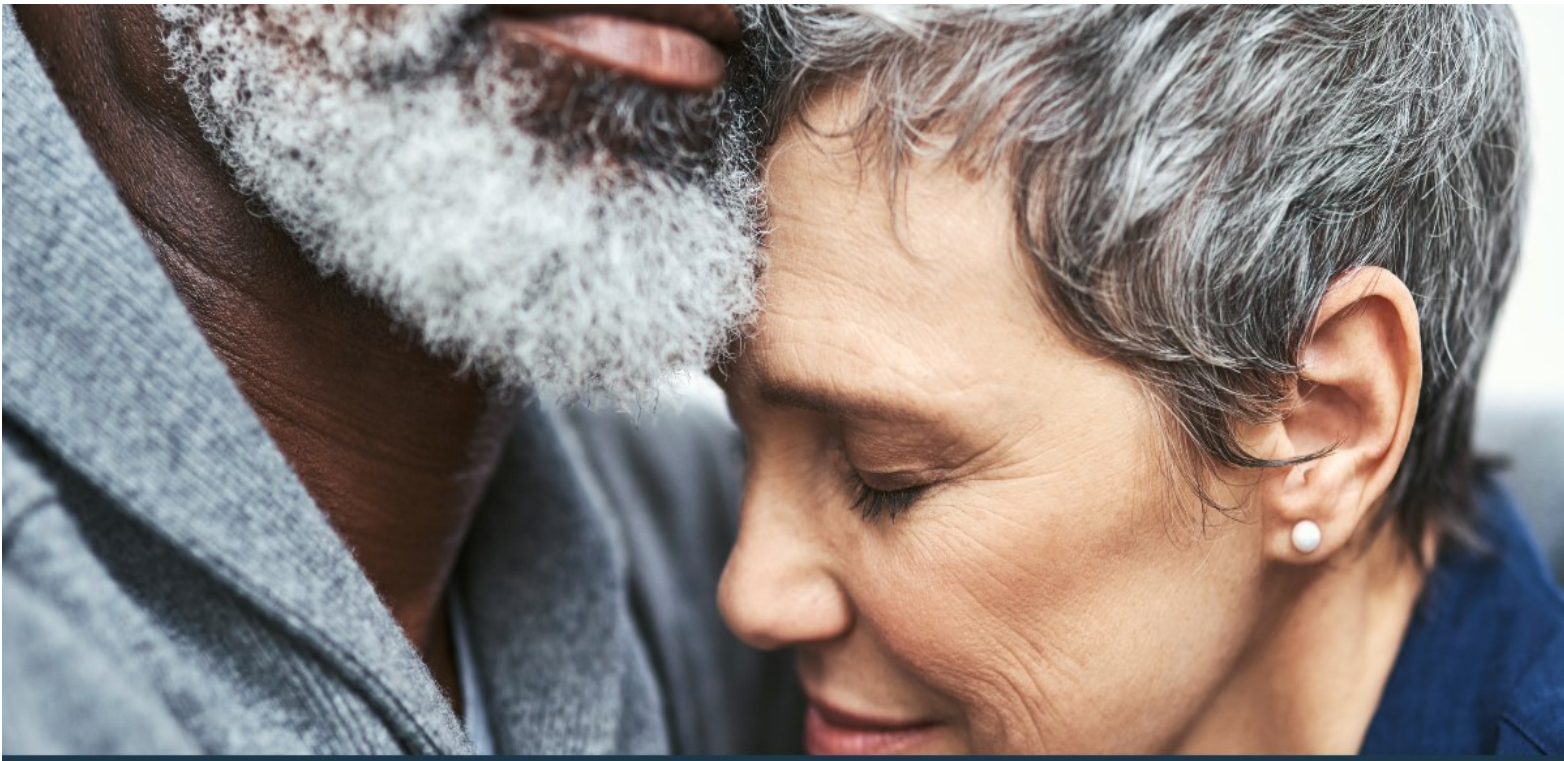


BAR & GRILL

**Compeer** | Niagara

**Mental Wellness Starts With Friendship**





There is hope.



If you or someone you know needs support now,  
call or text **988** or chat **988lifeline.org**

**988** SUICIDE & CRISIS  
**LIFELINE**

**If you or someone you know is struggling or  
needs support now :**

**Call or text 988**

**Or chat at 988lifeline.org**

**— You are not alone.**

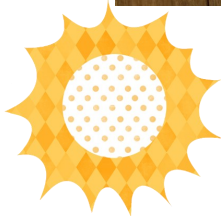
**#988Lifeline**



## Meet our New Hires!

Hello! My name is Shannon Veiders, the new Peer Wellness Coach for The Mental Health Association in Niagara County at the Trott Access Center in Niagara Falls!

I have worked in the peer field for over a decade and have been a part of many great wellness and recovery programs in our community! As a local to Niagara County, serving our community where it is needed most is incredibly important to me! I look forward to working with the MHA in continuing that journey!

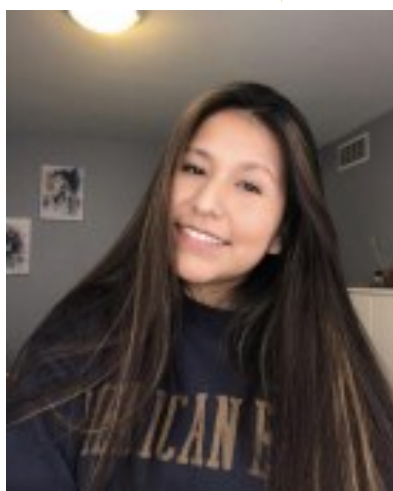


My name is Mariana Shultz, I am 20 years old and I moved to Lockport in 2017.

I am currently wrapping up my sophomore year of college at SUNY Geneseo where I am currently studying Sociology. I started off as a Biology major but realized that was not for me. During the time when I was trying to figure out what else I could do, I was taking a few psychology classes and realized that I really enjoyed those but psychology was still not the right fit.

I still find everything about psychology fascinating and one of the career paths that I have thought about was being a Counselor of some sort.

However, after doing a lot of thinking and talking to advisors I chose Sociology. After completing my first semester as a sociology major,



it is safe to say that I love it.

I chose to intern here at the MHA in Lockport because I am curious to learn about all the different routes that I could potentially take with my career. I want the chance to get real-life experience and interact with different people who are passionate about what they do in this field. I am very excited to be interning here and not only getting experience but getting to know people and the importance of an organization like this.





Lock City Cornhole Presents

"Cornhole For A Cause"

Fundraiser Benefiting Mental Health

Association in Niagara County

**SWITCHHOLIO**

*Tournament*

**Sunday, August 6th**

**\$20 per player**

Proceeds Benefit:



**MHA**

MENTAL HEALTH ASSOCIATION  
in Niagara County

**Location - Davison Road Inn**

**383 Davison Road**

**Lockport, NY 14094**



**Check-In @ 12:00 pm, Bags fly at 1:00 pm**

**Cash prize pool, AIRMAIL SHOOTOUT,**

**50/50, & Music**

**LCC**



Lock City Cornhole Club  
Est. 2021

**REGISTER ON SCOREHOLIO APP**



**Any questions email - LPCORNHOLE@GMAIL.COM**

**Facebook - Lockport Cornhole Group**



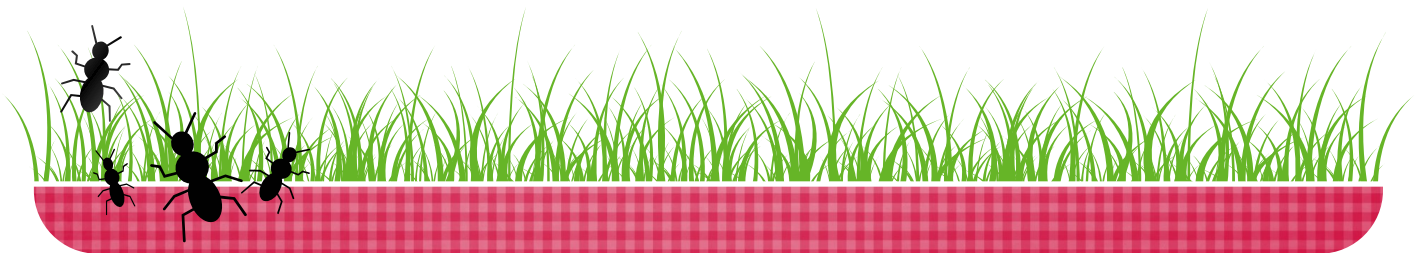
## **Emotional Support Animal**

The Mental Health Association in Niagara County is seeking an Emotional Support Animal who can visit the patients in the Behavioral Health Unit at Niagara Falls Memorial Medical Center. Our Peer Support Staff work with hospital staff to support the patients in need at the hospital. We work with an average of 18 patients a day.

A therapeutic animal can bring joy, healing, comfort, and hope.

A small stipend is available for this initiative if needed. Frequency of visitations is negotiable.

If you have a therapy animal and are interested in supporting this programming, please call 716-433-3780 and ask for Chris Warden or email Chris at [cwarden@mhanc.com](mailto:cwarden@mhanc.com).





Compeer Niagara would like to give a special thanks to Terrie Arendas, who continues to provide generous support in memory of Compeer Niagara Volunteer Eric Arendas. A portion of the most recent donation was used to brighten several Compeer Niagara members' Easter.

Boxes of Girl Scout Cookies were made into "bunnies, chicks, ducks, and lambs". The power of Eric's friendship continues. This gesture not only supported our non-profit programming, but another local non-profit, brought happiness to those who crafted, and those who received the Easter treat. A wonderful example of the ripple effect of Mental Health Awareness.



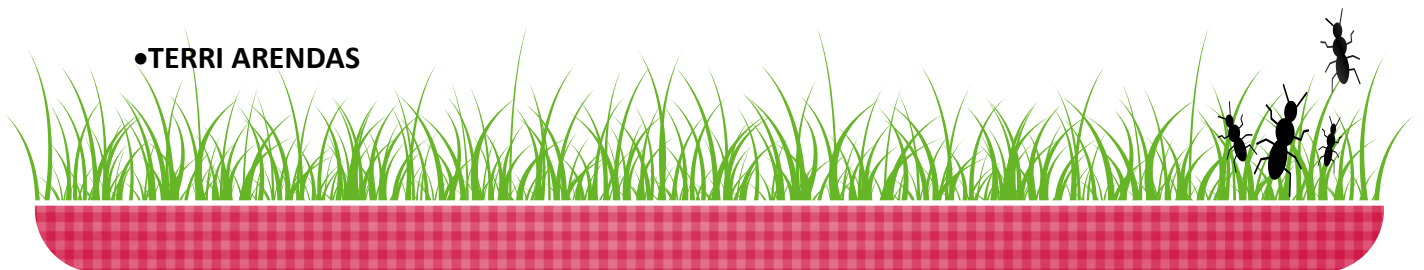
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*"Where flowers bloom, so does hope" - Lady Bird Johnson*

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Big **THANK YOU** to these groups and individuals who made significant donations ( over \$100 ) to the MHA in 2023...

- WILSON CENTRAL MUSIC PARENTS ASSOCIATION
- NIAGARA FALLS SCHOOL DISTRICT
- ALIX + BRIAN HUTCHISON
- TOMPKINS FINANCIAL
- GREATER NIAGARA MECHANICAL, INC.
- MATTHEW NATALI
- VEEVA SYSTEMS
- TERRI ARENDAS







## Support Groups (18+)

### Suicide Survivors Support Group

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month  
From 6:00pm – 7:00pm

Niagara County Community College - Building E - Room 106

### Depression & Anxiety Support Group

1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month  
12:30pm – 1:30pm

**Heart, Love, and Soul Daybreak Center**  
924 Niagara Ave., Niagara Falls, NY 14305

### Mental Wellness Support Group

1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month  
1:30pm – 2:30pm

**Heart, Love, and Soul Daybreak Center**  
924 Niagara Ave., Niagara Falls, NY 14305

### PTSD Support Group

2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month  
12:30pm – 1:30pm

**Heart, Love, and Soul Daybreak Center**  
924 Niagara Ave., Niagara Falls, NY 14305

### Grief Support Group

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month  
1:30pm – 2:30pm

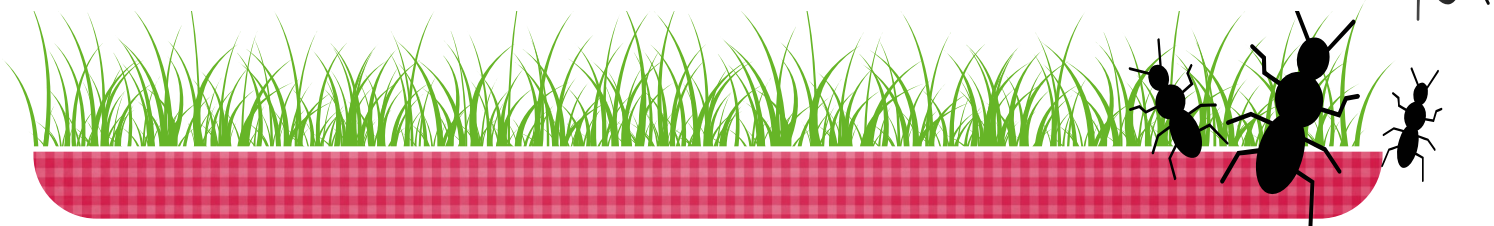
**Heart, Love, and Soul Daybreak Center**  
924 Niagara Ave., Niagara Falls, NY 14305

### Mental Wellness Support Group

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month  
11:30am – 12:30pm

**Save the Michael's House of Hope**  
81 Walnut St., Lockport, NY 14094

Call Chris Warden at (716)-425-1458 or email [cwarden@mhanc.com](mailto:cwarden@mhanc.com) to register.  
Cancellations posted on Facebook @ Mental Health Association in Niagara County.





NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
LOCKPORT NY  
14094  
PERMIT NO. 453

**36 Pine Street  
Lockport, NY 14094**

**Office (716)-433-3780**

**HELPLINE: (716)-433-5432**

**www.mhanc.com**



**@MHANiagaraCounty**



**@MHANiagara**

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

The Mission of The Mental Health Association in Niagara County, Inc. is to promote mental wellness by sponsoring and implementing advocacy, education and community service programs.

**MHA Board of Directors**

**Executive Board**

Board President: Emily Shields

Board Vice President: Joel Grundy

Secretary: Tracy Diina

Treasurer: Kyle Zunner

**Board Members**

Alix Hutchison

Sarah Lanzo

Jaime Lubs

Jake Moskal



The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the United Way of Greater Niagara, the Grigg Lewis Foundation, grants, and voluntary contributions.