



CHAT

Vol 4, Issue 12
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MAY PEACE BE YOUR GIFT AT CHRISTMAS AND YOUR BLESSING ALL YEAR THROUGH

Christmas joy can often be sabotaged by the hustle and bustle and NOISE of the season. Remember to take time to find the space inside YOU where you can take quiet breaks and relish the joy, love, and spirit that Christmas brings. It is a time of giving and forgiving and of counting our blessings.

The Turkey Drop was a success. With every meal a FMHS brochure was provided with an invitation to join our Veteran's Support Group.

Just a reminder.... The December Monthly Support Group is a time for celebrating Christmas with pizza, music, and friendship. It will be held December 14th, 5:30pm at the First Baptist Church, 213 W. Fayette, Effingham. Come ready to celebrate and join the fun.

Book of Poems, by our own Pastor Carol Johnson \$20 with all donations going to FMHS. Available for Christmas gift giving!

FMHS

Susan Elke, President
Bev Drake, V.P.
Maria Soutar, Secretary
Sue Heth, Treasurer

INSIDE THIS ISSUE

Merry Christmas!

**Dec 26th...OFFICE
CLOSED**

- **Book of Poems by
Pastor Carol Johnson**
- **Pumpkin Snicker-
Doodle Cookie**
- **PDA information**
- **NEWS FROM SUE**
- **THE CHOSEN
Season 3
Dec. 5 & 19**
- **INSPIRATION GRP
Dec. 19th**
- **Bi-Polar News
by Sue Yarnell**

NEED A CHRISTMAS GIFT????

DRAWN TOGETHER

"A Class Act"

By: Mary Ellen Eversman

DRAWN TOGETHER has been released when children's mental health has been at a serious level. It is written for elementary age students, and has questions at the back that can be used by teachers or counselors. The book cost of \$8.50 goes to help support FMHS. It is available at the FMHS office located at 202 N Banker, Effingham, IL or for \$10, the book can be mailed by calling Sue Heth at 217-821-7737.

PUMPKIN SNICKER DOODLE COOKIE

1/2 c butter, melted

1/2 c sugar

1/3 c light brown sugar

1 egg yolk

3/4 teaspoon vanilla

1 1/2 c flour

1 1/2 teaspoon pumpkin pie spice

1/2 teaspoon baking soda

1/4 teaspoon cream of tartar

1/2 teaspoon salt

TOPPING: 1/4 C sugar, 2 teaspoons cinnamon

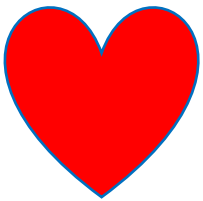
- 1) Combine butter, sugar, brown sugar, pumpkin, egg yolk, vanilla and stir.***
- 2) In separate bowl, whisk flour, spice, baking soda, cream of tartar, salt and mix well. Add dry ingredients to wet and stir.***
- 3) Cover cookie dough in wrap and chill 45 min.***
- 4) Preheat oven to 350 and line cookie sheet.***
- 5) Whisk topping together.***
- 6) Scoop 1 1/2 Tablespoon dough and roll into ball.***
- 7) Roll in the topping mixture and bake 10-12 min.***

A HEARTFELT THANKS

To FMHS Volunteers, who have been helping man the office, bringing treats to share, watering plants, dusting, mail pick up, and repairs, too!

Janice Garry, Sue Yarnell, Maria Soutar, Susan Elke, Carol Johnson & Chuck Suttle, & Patty Winn.

A special thanks to Donnie Dorn for leading the Veteran's Group! ...and to Karen Dorn for her help and frequent snack donations!



In Kind Contribution: Phone/Sue Heth, Maria Soutar and S. Heth for window painting.

Donations: . Linda Ruholl
 . Book sale: \$8.50
 . 10 Books/"Shattered" from ECHD

Long Term Supporters:

Paul & Virginia Koboldt Trust,
United Way of Effingham County

Mary Ellen Eversman –Drawn Together

Pastor Carol Johnson—Book of Poems

**Items needed for the office: roll of stamps,
inspirational books, games, coffee**

MEMORIAL DONATIONS

GEORGE LYBARGER By: Sue Heth

"We remember your life, and celebrate the memories"

PDA

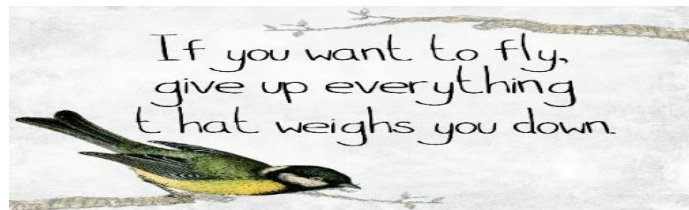
*Thanks to: Neurodivergent
Insiaht*

Pathological Demand Avoidance (PDA), also known as Pervasive Drive for Autonomy, is a term used to describe a profile of autism. People with PDA can experience a fight, flight or freeze response when faced with demands that threaten their autonomy, which can trigger intense emotional reactions. Understanding the core characteristics of PDA can help caregivers and healthcare professionals respond with more empathy and attunement, which is crucial for effectively supporting individuals with PDA.

PDA is characterized by an intense, pervasive drive for autonomy and a heightened sensitivity to demands that threaten that autonomy. For individuals with PDA, simple, everyday demands like putting on shoes or eating breakfast can trigger big emotional reactions that can be difficult for caregivers and loved ones to understand.



December 14th & 28th ...Veterans Support Group, 10-12pm at the FMHS office.
December 14th...Monthly Support Group, 5:30-7pm at the First Baptist Church
located at 213 W Fayette, Effingham, IL
December 5th & 19th...CHOSEN Group, 4-5:30pm at the FMHS office
December 19th...INSPIRATION GROUP, 1-pm at the FMHS office
December 26th OFFICE CLOSED



INSPIRATIONAL STUDY

The December *Inspirational Study Group* will be held Tuesday, Dec. 19th. 1-2 pm. Everyone is welcome. Hope to see you there! (Discussing “Shattered”)

DECEMBER SUPPORT GROUP/Christmas party
DECEMBER 14TH
FIRST BAPTIST CHURCH
213 W. Fayette Ave, Effingham, IL

2024 Membership Drive

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. Donations are always welcome and greatly appreciated. A \$10 membership is a way individuals can provide support toward our efforts to help families struggling with mental health issues. (All services are free, there is no paid staff. FMHS is an all-volunteer program.)

NEW MEMBER:



NEWS FROM SUE

We are in need of volunteers to help increase the hours that the FMHS office is open. The goal is to have the office open three days from 10-2pm Tuesday, Wednesday, Thursday. We need two volunteers for each time period. If you and a friend have a few hours to volunteer, please contact me at 217-821-7737. Only Volunteers with a smile, please.

**WHAT IS A CHRISTMAS TREES FAVORITE
CANDY?**

A. AN ORNA - MINT

PREFACE BY AUTHOR W. CAROL JOHNSON

***BOOK OF POEMS* represents several years of “penned” life experiences, on a wide range of topics...because that is how life is...a full range of joys and sorrows, ups and downs, challenges and respite points It is my hope and prayer that you will find comfort or encouragement in my shared expressions here...and perhaps will be inspired to use words on paper to record some of your own life’s journey!**

Your purchase of this book also represents support for the FAMILY MENTAL HEALTH SUPPORT (FMHS OF Effingham County, IL), and I want to thank you for using this material as one way to financially support this volunteer service agency. Our goal continues to be to provide support for the many who provide care for and endure challenges in their service to the mentally challenged individuals in their lives. Our Board of Directors consists of individuals who have experienced deep loss themselves, when loved ones have struggled, even taken their own lives, due to the painful unresolved or untreated issues that burdened them, even drove them to despair and loss of hope. We are people of faith, hope, and willingness to serve, determined to do our own small part to bring Light into the darkness of life.

In addition, we intend to provide a safe setting for those who struggle with isolation, self-doubt, judgment, or pain resulting from a wide variety of mental health issues or diagnoses. We provide gatherings, encouraging support groups, enlightening speakers, study groups, and inspiration groups on a regular basis.

When we open up our inner selves to others, we become vulnerable, and therein lies a wonderful opportunity for healing and self-understanding. Becoming vulnerable to one another, opens the door to greater connection and mutual understanding. Let yourself become vulnerable in healthy ways, and truth will enter your life in ways Jesus often spoke of...giving way to hope and light.

Note the scriptures I have chosen preceding each poem, and let those words guide your further reading. Thanks again! Love and Light to you!

W. Carol Johnson

The CHOSEN



“The Chosen” Discussion Group
Family Mental Health Support office
202 N. Banker St.
Effingham, IL

+Tuesdays, 4 p.m. – 5:30 at 202 N. Banker, Effingham (FMHS Office)
+Dec. 5th & Dec. 19

- Season 3 -DVD** and discussion guides;
- This historical drama introduces a very authentic Jesus and the calling of his initial disciples, who develop in character and reveal their own authenticity!
- Class is free, but signing up is encouraged, to help us accommodate seating and materials!
(217-240-2330) FMHS
- Discussions Sessions led by Rev. Carol Johnson

**MERRY
CHRISTMAS!!!**

Bipolar Disorder: Advancements in Research and Treatment

Thanks to Sue Yarnell

On November 16, I listened to a presentation on the above topic by Dr. Andrew A. Nierenberg. The doctor is the Director of Dauten Family Center for Bipolar Treatment Innovation. He is known as an international expert in the field of mental health and especially bipolar disorder. He is a professor of psychiatry at Harvard Medical School. He is affiliated with Massachusetts General Hospital.

This presentation was sponsored by NAMI Ask the Expert.

These are some of the things that the doctor has learned over the years about bipolar disorder. Due to the medications being used, the client is 2 times more likely to have cardiovascular problems.

Bipolar II is different from bipolar I but it is not less serious!!

There is great hope in drug development especially using genetic architecture!

The average successful use of medication is with 3 types. One type to prevent mania, one to prevent depression, and I missed the 3rd one!

The doctor is a fan of lithium which is best to prevent mania! It has been used since 1972 in the US. It decreases all causes of mortality. There is a very small chance of kidney problems after many years of use. It may even have anti-aging effects!

Research shows that these are the top 4 best types of psychotherapy: CBT, MBCT, FFT, and IPSRT!

Dr. Nierenberg highly recommends to his clients with a bipolar diagnosis to

Listen to your mother!! He is serious!

Mother says, Don't smoke. Don't use drugs or alcohol. Go outside and play! Get your sleep! Brush your teeth! Research has shown that there is a correlation between teeth health and mental health. (Side note. Research also shows that poor dental health may lead to Alzheimer's.)

Neurotherapeutics is an exciting field providing treatments for bipolar disorder. This includes: ECT; TMS which is repetitive transcranial magnetic vagus nerve stimulation; deep brain stimulation, Transcranial direct, and Light near infrared is a newer one!

Dr. Nierenberg highly recommends that the client track their daily activities and feelings to determine how well medications and learned tools are helping. Below are some guides and workbooks that can help with this.

The first one is a free guide that can be found online.

Patient and Family Guide to the CANMAT and ISBD Guidelines on the Management of Bipolar Disorder.

Many of you are familiar with WRAP which has been a useful daily planning and tracking guide for some time now.

Two books to consider:

The Bipolar II Disorder Workbook

The Wellness Workbook for Bipolar Disorder

I believe that you can find Dr. Nierenberg's PowerPoint on the NAMI website.