



WEST CENTRAL NEWS

November 2019/ Issue II

Phil*an*thro*py

noun /fə'lanTHrəpē/

The desire to promote the welfare of others, expressed especially by the generous donation of money, time, or skills to good causes.

WCBH's Annual Appeal kicks off November 15th. Help us help those in need!



**24/7 Emergency Help for
Those in Crisis
800-542-2578**

A Client's Story Shared, Thanks to Jason* and his Mother...

Jason's mother and father had been arguing lately, with his father at home only sporadically. Jason, an energetic 3rd grader likes dirt bikes, Spongebob Squarepants, Legos and football. He lives with his mother. His teacher noticed he had started to miss assignments and was often late to school. Most recently, Jason was in a fight with two other boys. He had also been in the principal's office due to classroom misbehavior. The school guidance counselor suggested he see a therapist at West Central.

Our therapist found that Jason missed his father badly, but was also angry at him for the verbal abuse he heard through the walls as his parents fought. She recommended family therapy, and both parents agreed to come. Neither parent realized Jason had heard their late-night arguments. They agreed to discuss their problems elsewhere, and to share their duties so Jason would get to school on time and have help with his

homework.

Jason is now back on track at school, and getting more sleep. His father is aware of how deeply his absence affected Jason, and now makes a real effort to spend time with his son each week. While his parents have now separated, Jason is adjusting and continues to see his therapist. His angry outbursts at school have moderated, and he's in the principal's office much less frequently. Proudly, Jason now says he is one of the "good kids."

To schedule an appointment, call (800) 542-5128

* Name has been changed to protect client privacy.

A Challenge for All WCBH Friends and Family...

We're excited to announce **The Jack and Dorothy Byrne Foundation** has extended a match of \$25,000 for annual funds raised by WCBH this year. That means all annual gifts will be matched, dollar for dollar, up to a total of \$25,000. Please help us reach this important milestone so that we may accept the Byrne matching

funds so generously offered to us. Your gift will double, helping children, families, and all our clients in the greatest financial need. Whether you're a regular donor or are making a first-time gift, this match applies to you! (A giving link appears below.)

Thank you!

Has Something Changed? It's Our New Look!

WCBH has a fresh new look! We've developed a new logo and selected brighter colors. Now we're updating forms, letterhead, and signage to announce that

we're here and are excited about our work in the communities we serve.

Part of breaking the stigma surrounding mental illness is recognizing the strength it takes to commit to improving your own mental health. One in 5 adults in the Upper Valley and Sullivan County will be diagnosed with a mental illness this year, and there's nothing shameful about seeking treatment and working to improve your own mental health. We're proud of our clients, and we're here to help!

We also have updated brochures and refrigerator magnets. If you need some for your office or an event, please email Karla at kchampney@wcbh.org.



New signage at our Newport offices - inside and out - make the office easier to find and an inviting place to visit.



Many thanks to Heather Chambers, who took the pictures of the new Newport signs

Staff in Action - Dave Celone Joins WCBH



Dave Celone, our new Director of Development & Community Relations, comes to us with a diverse background – he's a lawyer with a Master's in Fine Arts, he's owned an art gallery, raised money for the Tuck School at Dartmouth, and he's

owned his own consulting business. Dave is a prolific contributor to numerous Upper Valley blogs and online publications on arts, culture, and food. Dave is learning all about WCBH, and is pictured above at an employee health fair at Kendal at Hanover. He joins us at WCBH because he believes passionately in our mission and vision and wants to help us help others in need.

Feel free to contact Dave at dcelone@wcbh.org.

[Click Here to Visit our Website](#)

A Podcast That Could Save a Life - Mental Health First Aid!

Two of our Mental Health First Aid instructors, Nancy Nowell, Ph.D., and Kathryn McDonnell, MSW, were recently featured on Hanover High School's Podcast, hosted by Chris Seibel. The three discussed the program and the skills participants learn in the course. They're speaking, specifically, about how to help adolescents, but there's also a Mental Health First Aid that focuses on helping adults. Check out the Hanover High School Podcast, below:

[Click for the Podcast](#)

West Central will offer at least nine more Mental Health First Aid classes in 2020. Stay tuned to this newsletter and follow our Facebook page to learn the dates and locations when they're announced. You must be 18 or older to register.



[Visit us on Facebook](#)

AmazonSmile
Have You Designated WCBH?

When you shop at AmazonSmile, you can help West Central at NO ADDITIONAL cost to you!

AmazonSmile is operated by **Amazon** and offers the same products, prices, and shopping features as **Amazon.com**. When you shop on **AmazonSmile**, however, the **AmazonSmile** Foundation will donate 0.5% of the purchase price of eligible products to West Central. (You will see whether a product is eligible on the product details page of the item you select). Just select West Central Services, Inc. as your selected non-profit, and do your shopping. It all adds up!



The Tragedy of Romaine Tenney

In the summer of 1964, 64-year-old Romaine Tenney emptied his barns and home of animals after being served with papers to seize his farm by eminent domain to build Interstate 91. He set the barn and the house in which he had been born ablaze, losing his life to suicide. Now, a dying sugar maple that once cast shade on Tenney's farm sits between a commuter parking lot and the interstate – a reminder of the wheels of “progress” and as a testament to the soul of a man so bonded to his home that he saw no possible solution other than suicide.

Now, as the fate of that tree hangs in the balance – some saying it must be cut down for safety, while others push for its preservation as a tangible legacy of Mr. Tenney – it brings to us all a reminder of the utter sadness of suicide. Our own David Celone reflected on this sadness in two recent letters to the *Valley News* and the *Eagle Times*. We share those below:

Please – if you feel you are in an impossible situation and are considering suicide, or know someone who is, reach out NOW. There is hope, and there is help. That's why we're here.

[Click Here to see the Valley News Forum](#)

[Click Here to Read the Letter in the Eagle Times](#)

National Philanthropy Day Marks the Kickoff of WCBH's Annual Appeal!

National Philanthropy Day is this Friday, November 15th. This day was instituted in the '80s to give us all an opportunity to reflect on the meaning of giving and all that it has made possible in our communities and in the world.

At WCBH, we celebrate all that our donors, volunteer Board, and staff do every day to help our clients lead richer, more fulfilling lives. Our goal is to help even more individuals, and our communities, to thrive.

On National Philanthropy Day, our Annual Appeal will kick off along with **The Jack and Dorothy Byrne Foundation** dollar-for-dollar match for annual gifts to WCBH up to a total of \$25,000. Please add West Central to your charitable giving list this year. Your gift can be a tribute to someone you know who has been touched by mental illness, or who has been helped by West Central. We're all in this together.

Thank you!

CHANGE THE WORLD



WITH A GIVING HEART

National Philanthropy Day®

[Donate to Our Annual Appeal](#)

Sharing This Newsletter Might Save a Life!

This newsletter goes out to all WCBH staff, our Board

members, and our many friends and supporters. Please share it broadly with your friends and family so people remember our name and the work we do as this region's community mental health and substance use clinic. **When people in need know who we are, they'll contact us *when they need help.***



We're Here When You Need Us

West Central Behavioral Health serves clients in the Upper Valley and Sullivan County, and has offices in Lebanon, Claremont, and Newport, NH.

WCBH is a tax-exempt, 501(c)(3) organization.