



# WEST CENTRAL NEWS

August 2020/Issue XI

**24/7 Emergency Help Line for Those in Crisis  
1-800-564-2578**



## **InSHAPE: Treating the Whole Person at West Central**

InShape is a health-improvement program offered by West Central and is designed

specifically for people living with severe mental illness (SMI).



InShape combines physical fitness and dietary counseling as a means to improve overall client health. Members see results, physically and otherwise, with one client saying, “InShape has inspired me to walk. I feel better about myself, and it helps with stress. Now I encourage others to walk, too. Without InShape I don’t think I would be walking everyday like I am now.”

The nutrition aspect of the program encourages members to

select and try new foods and to make healthful recipes at home. From grocery store tours at Hannaford, to cooking classes at the Coop Foodstore and King

Arthur Baking Company, members have fun with other participants while learning about new foods to cook and enjoy. After a whole-grain baking class at King Arthur Baking Company, one InSHAPE member enthused, "I knew I could cook before...now I know I can bake!"



Clients join the InShape program at West Central after getting a referral from their treatment team. A team is comprised of all the staff involved in a client's treatment, and may include a therapist, psychiatrist, case manager and other specialists. Clients work with a West Central Health Mentor - who are also certified personal trainers - to set their goals and develop a safe, effective fitness routine. From walking to swimming, clients choose the activities they want to try, and switch it up depending on the season. Local organizations and businesses such as the Carter Community Building Association, Anytime Fitness, the Claremont Community Center, and Real Steel Fitness support our participants with discounted memberships.

West Central offers InShape programs to clients in both Lebanon and Claremont. While the pandemic has changed aspects of the program, the InShape team has found innovative ways to safely continue. Mentors have created video workouts, take virtual "walks" with members, and utilize Fitbits to help clients see their progress.

To learn more about West Central's InShape program, whether you're a client or an interested community member, email [mdarrow@wcbh.org](mailto:mdarrow@wcbh.org) and check out our . You can also read more about the program from the perspective of one of West Central's Fitness Mentors, Michael Darrow, [here](#).

To schedule an appointment,  
please call us at: 603-542-5128.

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## Gratitude for Our Generous Donors - We Couldn't Do it Without You!!

Despite the economic downturn that has



accompanied the Covid-19 pandemic, we live in a *most* generous community. We also are lucky to have donors who know that good mental health is priceless. So we need to thank some of them, while letting you know about some of the new programs that will be starting soon at West Central!

**The Burkehaven Family Foundation**, for their generous grant to help fund the expansion of community mental health services in Newport, NH with a focus on children and families. This grant will support the hiring of three new clinicians to work in the Newport community and schools over a three-year period, expanding programs for children and others in the Newport community.

**The Couch Family Foundation**, for a grant to support a new initiative in early childhood behavioral health services. This grant will support training clinical staff in an evidence-based practice to address the needs of children aged zero to six years old. Additionally, the Couch Foundation has generously provided support to West Central to help with our ongoing operating expenses.

**The Kettering Family Foundation**, for their grant to begin an integrated care program in which primary care will be integrated into our mental health practice for adult West Central clients who wish to participate. The program will offer primary health care to clients who otherwise would not have access to such care, in our Claremont and Lebanon offices. Clients can coordinate their appointments for physical and mental health, seeing their West Central clinician and primary care practitioner in one visit. That way they'll have the comfort of knowing their PCP understands their physical AND mental health needs and supports their path to better mental health!

**Novo Nordisk**, in support of enhanced emergency mental health services necessitated by the Covid-19 pandemic.

**The Jack and Dorothy Byrne Foundation**, in support of enhanced emergency mental health services, equipment and IT upgrades to support teletherapy services, **and to match up to \$50,000 in gifts received during our annual appeal (see below)!**

**Bar Harbor Bank & Trust**, in support of West Central's

supported employment program that helps people find and keep meaningful work in our local community as part of their ongoing treatment program. A win-win for clients and all of us!

**Stay Tuned to Hear More About These Programs Over the Next Few Months...**

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*We are deeply appreciative and gratified to announce the Jack and Dorothy Byrne Foundation recognizes the high value of our work by offering to match, dollar-for-dollar, each gift we receive between now and December 31<sup>st</sup> until we reach \$50,000 in giving. Your gift, every gift, of any amount matters. Please donate online if you are able, or mail a check payable to: "West Central Behavioral Health"  
9 Hanover St, Suite 2, Lebanon, NH 03766.*

[Yes, I'd Like To Support West Central \(click here\).](#)

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## **West Central's Board of Directors**



These are the people who make our organization "tick," and who generously donate time, money, and expertise to support our mission and work. To each, we extend our gratitude.

**Brook Adler; Clint Bean; Pete Bleyler, *Chair*; Kaitlyn Covell; Ken Dolkart, M.D.; Ken Goodrow; Bob Hansen; Brian Lombardo, M.D.; Angela Montano; Roger Osmun, Ph.D.; Anne Page, *Sec/Treas.*; Diane Roston, M.D.; Sally Rutter; Karen Sanders; Sheila Shulman; Phil Stocken, Ph.D.; Will Torrey, M.D.; and Doug Williamson, M.D., *Vice***

*Chair.*

Melanie Huang, Tuck Board Fellow

Interested in learning more about our Board or one of our volunteer Committees? Let us know: [info@wcbh.org](mailto:info@wcbh.org)

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## Newport Tigers and West Central's Arbor View Match Up For a Winning (and Delicious) Event!



Last year, West Central was the lucky beneficiary of Newport High School and the community of Newport's generosity, when they rose to the challenge of the [Tackles Hunger](#) fundraising campaign. This was a joint effort by WMUR, the NH Food Bank, and 57 NH High School football teams. The teams collect food and monetary donations for food pantries and non-profit programs around the state. Last year, West Central's Arbor View residence, which provides housing and 24/7 care for adults with severe mental illness, received a pantry full of donated food items that provided many healthy, delicious homemade meals for residents.

This year's fundraiser will include all 89 New Hampshire high schools, with each school matched with a local charity. Our Arbor View residence is matched with Newport High School! Check out the many wonderful organizations matched with schools around the state, and make a donation online if you wish. [Tackle Hunger Here!](#)



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**Alan Green, M.D. Steps**



## Down from West Central's Board

Alan Green, Chair of the Geisel School of Medicine's Department of Psychiatry and long-time West Central Board Member, stepped down from both roles at the end of July. Dr. Green served for almost 20 years on West Central's Board, nurturing strong relationships

between us and our clients. Diane Roston, West Central's Medical Director, says of Dr. Green, "I am grateful for Alan's support of community psychiatry in general and, more specifically, for encouraging the mission of West Central Behavioral Health. His understanding and commitment to community psychiatry was instrumental in my ability to meet and accomplish many of the goals that I set for the organization and for myself."

Dr. Green will continue in his role at Geisel as the Raymond Sobel Professor of Psychiatry and Professor of Molecular and Systems Biology, while pursuing his research, writing, and mentoring.

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## How Are You? No...Really... How Are You?

We all say it - "How are you?" - as you dig through your purse, take groceries



from the car, or yell to a neighbor as you head out for a jog. But do you really want to know? And how many times, when someone has asked you the same question, have you reflexively said "great," when you were, frankly, feeling pretty down.

Many of us are feeling a little less than wonderful these days. Health woes, economic woes, childcare woes - there's an endless list of things that can affect your mood, relationships, and day-to-day life. And maybe we not only need to listen to

our neighbor when we ask that question, but check in with ourselves as well.

So...how are you? Worried, stressed, sad? Hoping to find some resources or coping strategies? Check out [howrightnow](#) - a website that can help you identify how you feel and guide you toward resources and information to help you cope. And please remember:

If you (or someone you know) is in crisis, our free Emergency Services line is open 24/7 at:

**1-800-564-2578**



A resounding *Thank You* to the Co-op Food Stores and the community members who shop there. You "rounded up," and we received over \$1,100 to put towards our programs for those in need!

## John Broderick and Fred Hesch Claim West Central Awards

Since our last newsletter, the *Valley News* and the *Eagle Times* have reported on goings-on at West Central. [Click Here \(and scroll down\)](#) for a *Valley News* article about our Lilla McLane Bradley Award winner, The



Honorable John Broderick, Jr. (pictured to the left) and inaugural Fred Hesch Award recipient, Fred Hesch (above). Former Justice Broderick works tirelessly to build awareness of mental health issues, while Mr. Hesch recently retired from West Central after 43 years of helping the area's most vulnerable residents.

[Click Here](#) for an *Eagle Times* letter to the editor from

West Central senior leaders Nancy Nowell, Roger Osmun, and Diane Roston on the importance of wearing masks. While we have much to learn about Covid-19, wearing a mask is an easy and effective method to prevent transmission of the illness, and to keep New Hampshire's economy open.



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**We're Open...**  
**To make an appointment call us at: (603) 542-5128**  
**In-Person *and* Teletherapy Visits Available**

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## **Sharing This Newsletter Might Save a Life!**

This newsletter is sent to all West Central staff, Board and Committee members, and our many friends and supporters with heartfelt thanks. Please share it 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 center.

**When people in need know who we are,  
they'll contact us *when they need help.***

(for past newsletters [click here](#))

**To Sign Up For West Central News, [Click Here](#)**

*Nurturing Dreams...Transforming Lives...*

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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.