

# The Helping Hand

## e-news

A bi-monthly publication of HelpLine of Delaware and Morrow Counties, Inc.

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*Of Delaware and Morrow Counties, Inc.*



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### HelpLine Encourages Use of Free Tax Referral Service through 2-1-1

With each new year, comes new tax laws. For many, understanding these laws and determining which deductions and credits to take can become loathsome. To avoid the understandable frustrations of the tax season, HelpLine encourages use of the free tax referral service through 2-1-1.

"Tax preparation and filing often poses many financial challenges to elderly and low-to-moderate income individuals and families," said Mary Damico, Information and Referral (I&R) & 2-1-1 Director at HelpLine of Delaware and Morrow Counties, Inc. "Through 2-1-1, tax filers within this income level can be linked with free, local tax preparation services which can ease the burden during this season."



As of today, HelpLine has linked nearly 165 callers in Delaware and Morrow counties with free tax preparation programs such as Volunteer Information Tax Assistance (VITA) - a tax assistance program that uses certified volunteers to help those earning up to \$42,000 per year. VITA provides help for those wanting to claim tax credits such as the Earned Income Tax Credit (EITC), which can be worth up to \$4,800 per family and is credited directly to tax payers.

For more information about the HelpLine tax referral service, contact us at 2-1-1 or 1.800.684.2324.

### Mental Health Expert Delivers Spirited Message During NAMI Delaware-Morrow Chapter Kickoff



"I was on a plane and a woman overheard me mumbling and talking to myself." "I responded to

### About HelpLine

Founded in 1970, HelpLine of Delaware and Morrow Counties, Inc. is private, nonprofit organization that provides a 24-hour support and information line, prevention education and training, comprehensive mental health advocacy and volunteer network.

Committed to empowering people through knowledge and resources, HelpLine facilitates the recovery and stability of the emotional, financial and information needs of the Delaware and Morrow County communities.

[Learn more about HelpLine](#)

**24-hour Support and  
Information line:  
211 or 1.800.684.2324**

### Consumer Spotlight





her nervousness by telling her it was a new cell phone built into my tooth."

Dr. Fred Frese shared his experience through comedic candor during a speech at the National Alliance on Mental Illness (NAMI) Delaware-Morrow Chapter kickoff event on

January 22, 2009.

A psychologist with nearly 30 years of public mental health experience, Frese shared his experience, along with the social and medical realities and complexities of mental illness.

Diagnosed in the 60's while serving in the Marine Corp, Frese has been involuntarily hospitalized in various military, state, county, Veteran and private hospitals in Florida, Alabama, Maryland, Wisconsin, Texas and Ohio, where he was judicially determined an insane person.

"Learning to live with this (mental illness) has been an adventure," said Frese.

This adventure landed him his first job at former Chillicothe Correctional Institute - the infamous home of Charles Manson. Later, landed him in the same psychiatric hospital as notable Iran-Contra affair colonel Oliver North. While has conversely provided the backdrop to his successful career as a psychologist, administrator and professor within the Ohio mental health system and, Ohio colleges and universities.

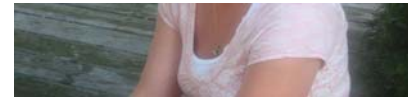
Frese took the audience on a hand-guided journey through mental illness by highlighting his own condition. He abruptly, yet candidly stopped mid-lecture and asked the audience if they noticed his twitching. He then explained the 'buccal' activity or involuntary twitches of the mouth, as a result of his medication. He also shared that mental health patients on this medication often develop Parkinson's disease because of the medication's tendency to block receptors in the brain for muscle movement. Contrary to popular belief, muscle movement is not a symptom of the disease but more of the medication.

Frese continued to evening unraveling stigmas and myths surrounding mental illness, specifically schizophrenia. According to Frese, people with schizophrenia have a broader range of association in which chronically 'normal' people don't possess. Consequently, 'normal' people are inhibited or disabled by boundaries. Frese demonstrated this theory by testing the audience through syllogisms. After a series of images, Frese concluded that schizophrenic patients have an expanded horizon of meaningfulness, challenging the notion of disorganized thinking.

One surprising, yet accepted axiom that Frese emphasized was the fact that young people who smoke marijuana between the ages of 15 and 18 were 10 times more likely to develop schizophrenia.

While Frese accepts the inherent cognitive deficits of schizophrenia such as attention loss, memory, speed of processing and social cognition, he is hopeful that newly regulated drugs will address the deficits. Also, while words such as 'crazy' 'whacko' 'nuts' and 'psycho' are crude, yet common language to describe those enduring mental illness, there is continual movement to define the way in which those with mental illness are viewed.

In all, Frese reminded everyone that mental illness is an equal opportunity disorder and there must be expanded consciousness and education for those managing the disorder and providing services to those with the disorder.



[Meet Jessica Wehrle](#)

## Quick Links

[HelpLine Online](#)

[Connections Volunteer Center](#)

[Help Us, Help Others: Donate Here](#)

[Online Depression Screening](#)

## GoodSearch for HelpLine!



## Upcoming Events and Training

**February 10, 2009**

[Supporting GLBT Youth, Families and Staff](#) (Connections Training)

**February 20, 2009**

[Stewards of Children \(SOC\) Training](#)

*SOC trainings are FREE and open to all Delaware and Morrow County residents; registration is required. For more information, contact Corina Klies at (419) 946.1350, ext. 231 or [cklies@helplinedelmor.org](mailto:cklies@helplinedelmor.org)*

**February 21, 2009**

[Advocacy Alliance](#)

**February 24, 2009**

[Securing Grant Funding](#) (Connections Training)

**February 24, 2009**

[Helping Children Cope in Difficult Times](#)

**March 5, 2009**

[Connections Partners in Volunteering](#)

**March 17, 2009**

[Online Social Networking](#) (Connections Training)

## Kroger Gift Cards Available

### About NAMI

NAMI is the nation's largest grassroots organization for people with mental illness and their families. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses.

### Connections to Host Partners In Volunteering Event

Connections, the Delaware Area Volunteer Center will host the quarterly Partners in Volunteering event on Thursday, March 5 from 1:30 p.m. to 3:30 p.m. at the Sunbury United Methodist Church, 100 Cherry Street in Sunbury.

Partners in Volunteering feature various nonprofit agencies in a collective, engaging forum to attract potential volunteers. Similar to a career fair, agency representatives present an overview and highlight available volunteer positions. This quarter's event will showcase a collage of nearly 15 agencies that have developed opportunities with adults of all ages in mind.

A partial list of featured agencies include American Red Cross, Big Brothers Big Sisters, Common Ground Free Store, Central Ohio Mental Health Center, Council for Older Adults, Habitat for Humanity, Literacy Coalition of Delaware County, and Westerville Symphony.

The event is free and open to the public and refreshments will be served. Agencies that are interested in participating in this county-wide event must register with Margie West at [mwest@helplinedelmor.org](mailto:mwest@helplinedelmor.org). For more information on how you can make a difference in your community through volunteering contact Connections Volunteer Center at (740) 363.5000 or visit [www.delawarecountyvolunteers.org](http://www.delawarecountyvolunteers.org).

### It's a Guy Thing! empowerment group receives Centers for Disease Control (CDC) Citing



The HelpLine primary prevention group It's A Guy Thing! was recently cited in the "Report Describing Projects Designed to Prevent First-Time Male Perpetration of Sexual Violence (update)" funded by the Centers for Disease Control and Prevention, and conducted by RTI International (a trade name for Research Triangle Institute).

It's a Guy Thing! is a program that helps boys and men think through gender expectations and roles, healthy relationships and ending gender violence. The multi-session group targets boy nine through 18 years of age and addresses key concepts including learning how to be an active bystander, helping other men and boys understand how sexism operates and what they can do to resist it, equality in relationships, self-esteem and body image and dealing with drugs and alcohol.

The report was originally developed and updated as part of a contract, "Evaluation Assistance for Projects Designed to Prevent First-Time Male Perpetration of Sexual Violence." The original study was initiated in September 2002 to identify sexual violence prevention programs

### for Holiday Giving

Looking for a way to become more budget savvy during these difficult economic times?



Visit the HelpLine office or website to purchase your \$5 Kroger gift card to recession-proof your budget and spending. The re-usable card is pre-loaded with \$5. Load additional money on the card and use as a family grocery budgeting tool.

For more information contact the HelpLine business offices at 740.363.1835 or 419.946.1350, or visit us online at [www.helplinedelmor.org](http://www.helplinedelmor.org)

### Call 2-1-1 Today!



Have you ever wondered how to find help or a community service for yourself or someone in need?

What if you could remember the number of every social service agency in your community?

Now you can! It's 2-1-1.

and provide evaluation technical assistance. The update to the original report was conducted between April 2008 and September 2008.

To learn more about HelpLine prevention programs, contact Julianna Nemeth, Prevention Director, at 740.363.1835, ext. 109.

## HelpLine Celebrates Black History and Women's History Months



HelpLine acknowledges the achievements, accomplishments and plight of African Americans and women throughout the course of history. Join us in celebrating the legacies through these featured websites:

Explore the prevalence and contributions of African Americans in history [here](#).

Share in the resilience and triumph of herstory [here](#).



## Winter Weather Closing and Cancelled Events Information

In the event of adverse weather, please call the HelpLine support and information line at 2-1-1 or 1.800.684.2324 for information on cancellations or closings. Updates can also be found on the HelpLine website at [www.helplinedelmor.org](http://www.helplinedelmor.org), HelpLine [Facebook](#) group and through local media outlets.

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