



Spring 2017

Services



Adult Mental Health Services
Outpatient Psychotherapy, Medication Management, and Community Supports Services



Children’s Mental Health Services
Individual Therapy, Family Therapy, and Community Based Services Including: Preschool & After-School Programs



Crisis Services
Emergency Screenings 24/7



Substance Abuse Services
Residential Intermediate & Outpatient

Public Mental Health Award

Crawford County Mental Health Center is seeking nominations for the first ever Public Mental Health Award for 2017. The Public Mental Health Award recognizes those in the Crawford County community who work towards the improvement of health, well-being, and/or mental health illness. Nominees can be anyone in the Crawford County community who contribute positively to the community, by giving back, going the extra mile, or advocating for the betterment of a healthy community, in the mental health field especially, but not exclusively. Nominations must have the name of the person being nominated, and if possible, an address, a phone number, or email. The person making the nomination should also include their name and contact information. Nominations will be accepted until August 1, 2017.



More information can be found on our web site, www.crawfordmentalhealth.org, by emailing Heather Spaur at hspaur@cmhccc.org, or calling 620-231-5130. Entries will be reviewed, judged, and winners will be recognized later this year at the Crawford County Mental Health Awareness Day and featured in our Community Calendars for the upcoming year. Entries can be emailed, faxed to 620.235.7148, or mailed to: Crawford County Mental Health Center, Attn: Heather Spaur, 911 E Centennial, Pittsburg, KS 66762.

Our Mission

Crawford County Mental Health Center (CCMHC) was founded by Crawford County Commissioners in accordance with Kansas state statute in the 1960s, as part of the governmental entity Crawford County, Kansas. Our mission is to provide a wide range of mental health services that have a demonstrated need in the community, giving priority to those services, which are not or cannot be provided at an affordable rate by other sectors of the community. CCMHC will service all residents of Crawford County and the surrounding areas, without regard to race, age, creed, color, national origin, or economic status.

CCMHC strives to empower all individuals and families to receive basic mental health and addiction treatment services so that they may sustain life in the least restrictive environment and live life to their fullest potential as dignified and worthy human beings with rights and responsibilities as citizens of Kansas. To that end, we create, encourage, and advocate opportunities for personal change by providing consumer focused services and consumer driven interagency collaboration in Southeast Kansas.



March is

Problem Gambling Awareness Month

Warning Signs of Problem Gambling

- Argumentative and defensive about gambling behavior
- Unexplained absences for long periods of time
- Lies to loved ones about gambling behavior
- Going without basic needs in order to gamble
- Borrowing money to gamble

Warning Signs of Disordered Gambling

- A preoccupation with gambling
- Talking only about wins, not losses
- Gambling is a way to escape problems
- Hiding losses from family members
- Borrowing money in order to gamble
- Withdrawal from family and friends
- Stopping or cutting back seems impossible

Learn the Warning Signs

- Have you ever tried to stop, cut down or control your gambling?
- Have you ever lied to family members, friends or others about how much you gamble or how much money you lost gambling?
- Have there been periods of two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets?

Guidelines for Responsible Gambling

- Never borrow money to gamble
- Set limits on how much time and money you spend on gambling
- Never bet more than you can afford to lose
- Know the odds, expect to lose and consider the loss the cost of entertainment
- Don't gamble as a way to cope with emotional or physical pain
- Include a variety of activities in your life
- Avoid trying to win back lost money
- Become educated about the warning signs of problem gambling

Getting Help

Specially trained counselors are available to help at no out of pocket cost, 1-800-522-4700 or go to www.ksgamblinghelp.com.

Getting Help is your BEST BET

800-522-4700
KSgamblingHelp.com

Ask the Provider

Have a question about mental health? Submit it to hspaur@cmhccc.org and it could be the featured question in our newsletter, answered by one of our Qualified Mental Health Professionals. Use the subject line, **Newsletter Ask the Provider**.



Contact Information

www.crawfordmentalhealth.org

Phone: 620.231.5130

Email: hspaur@cmhccc.org



Crawford County Mental Health



@cmhccc

FACT, Inc.

Families And Children Together, Inc.

FACT, Inc. a not-for-profit, 501(c)(3) in Kansas has been registered with the Kansas Secretary of State since August 21, 1991.

Our Mission

- a. To receive and maintain a fund or funds in order to create the development of a single, integrated, coordinated and collaborative effort to serve children and their families in Crawford County, Kansas and the Southeast Kansas area. The general purposes of the corporation are to operate solely and exclusively as a charitable, scientific, literary and educational corporation;
- b. To further such objects and purposes, the corporation shall have and may exercise all the powers conferred by the laws of the State of Kansas upon corporations formed under laws pursuant to and under this corporation is formed, as such laws are now in effect or may at any time hereafter be amended. Specifically, this corporation shall have power to acquire, purchase, hold, lease, convey, mortgage, and pledge such real and personal property in Kansas, other states of the United States and elsewhere, as shall be necessary or convenient to the transaction of its business and realization of its objects and purposes.

Donate Now You Can Help!

Fewer than one half of people receive the mental health services they need in a given year.

FACT, Inc. 501c3 Kansas not-for-profit exists to provide philanthropic support for mental health and substance use disorder treatment programs to the citizens of Crawford County, Kansas.

You can send your tax deductible contribution to:
FACT, Inc.

911 E Centennial
Pittsburg, KS 66762

Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Does your employer have a Matching Grant Program? Y N Employer: _____

Email: _____ Phone: _____

HELPFUL LINKS

National Alliance on Mental Illness
(NAMI)

www.nami.org

Find your local NAMI chapter on
FaceBook:, NAMI Southeast Kansas

Substance Abuse and Mental Health
Services Administration

www.samhsa.gov

National Institutes of Health

www.nih.gov

US Department of Veteran Affairs,
Mental Health

<http://www.mentalhealth.va.gov/>

Save-line

620-232-7283

Available

24 Hours a Day



CRAWFORD COUNTY
MENTAL HEALTH CENTER

OUR LOCATIONS

911 E Centennial, Pittsburg

212 E 5th, Pittsburg

411 E Madison, Pittsburg

3101 N Michigan, Pittsburg

606 E Atkinson, Pittsburg

810 W Cedar, Girard

323 S Judson, Fort Scott

Crawford County Mental Health
911 E. Centennial
Pittsburg, KS 66762

RETURN SERVICE REQUESTED

If you would like to receive this newsletter electronically, please send your request to hspaur@cmhccc.org.

Upcoming Events

Mental Health First Aid Training-Youth

April 11, 2017

8 am—5:30 p.m.

**Crawford County
Mental Health Center
3101 N. Michigan
Pittsburg, KS**

Someone you know could be experiencing a mental illness or crisis.

You can help them! Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to someone with the signs and symptoms of a mental illness or in a crisis.

Anyone age 18 or older can take the 8-hour Mental Health First Aid course.

Email: aglines@cmhccc.org

Phone: 620.231.5130

www.crawfordmentalhealth.org

Four States Health & Wellness Expo

April 22, 2017

9 am—5 p.m.

**Robert W. Plaster Center
Pittsburg State University Campus**

Presented by KOAM-TV and Fox 14, to provide 4 State residents with

information on the many options there are in the area to improve the quality of their lives as well as provide screenings and tests right on site.

Learn more by visiting their website at www.KOAM-TV.com

SAVE THE DATE!



September 16, 2017

**Robert W. Plaster Center
Pittsburg State University Campus**

**5K | Zumbathon | Art Contest
Silent Auction | Concessions
Kids' Fun Zone
Local Dance Performances**