

ASSOCIATION FOR  
MENTAL HEALTH AND WELLNESS



*To Advocate. To Educate. To Empower. Together.*

*Formerly Clubhouse of Suffolk, SCUV and MHA in Suffolk County*

## The Association for Mental Health & Wellness

**MHAW.ORG**

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(631) 471-7242

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As a chapter of Mental Health America and the Mental Health Association of New York State (MHANYS), MHAW's mission is "to empower people and communities to pursue and sustain enriched, healthy, and self-directed lives." MHAW is committed to helping reduce the impact of mental health challenges that affect one in three of us in our lifetime by ensuring early and effective access to quality clinical treatment, housing, rehabilitative, emergency, and peer support services.

### **Below you can find a list of trainings and services we provide:**

Children's Care Management Services- Care Managers assist children with physical and behavioral health challenges to access and coordinate all of their healthcare and social service needs.

Kellie Martin, LCSW Program Director [kmartin@mhaw.org](mailto:kmartin@mhaw.org) 631-471-7242 ext 1470

<http://mhaw.org/programs/health-home-care-management-for-children/>

Youth Mental Health First Aid- Newly funded program to train individuals, Free of charge, that work with at risk youth in the evidenced-based 8 hour Mental Health First Aid Course. Individuals to be trained include school personnel, parents, and community members that engage with at-risk youth.

Sandra Hopkins-Ouedraogo, MHAT Program Coordinator [shopkins-ouedraogo@mhaw.org](mailto:shopkins-ouedraogo@mhaw.org) 631-471-7242 ext 1334 <http://mhaw.org/services/education-training/mental-health-first-aid/>

Mental Health & Wellness 101- Mental Health and Wellness 101 training sessions that can be tailored to meet your scheduling needs and for your specific audience. Participants will have an increase basic knowledge of mental health to help reduce stigma, understand Mental Health as a continuum of wellness that defines us every day — it is illness, recovery and all of the space in between, and promote wellness, treatment seeking behavior, recovery and self-care.

Alexis Rodgers, LMSW [arodgers@mhaw.org](mailto:arodgers@mhaw.org) 631-471-7242 ext 1315

<https://www.facebook.com/MHAWsuffolk/>

The Association for Mental Health & Wellness is pleased to partner with the [School Mental Health Resource and Training Center](#)

