

The Summit

SUMMER 2022



Art Meets Mental Health

Art Walk 2022



June 30th Deadline

There are only days left to double the impact of your capital campaign gift through the Ruth Ewing Family Match

Beautiful Chaos

By Julie Bowen



Capital Campaign Committee in April 2022:

JoAnn Fenton, Nancy Vincent, Mike Chelstowski, Laurie Appel, Brian Donovan, Kathy Waters, Sophie Carney-Brenner, Besty MacNamara, Phil Wyzik, Judy Rogers, and Ken Jue



1945 – 2022

REFLECTING ON HIS GIFTS

Thoughts about our dear friend, Ken Jue.

In 1978 when Monadnock Family Services was looking for someone to coordinate the new consulting and education program, they hired a young social worker from Boulder, Colorado. There, he was building bridges between teams, creating multi-cultural and responsive services for Anglo, Mexican-American and Native America people who needed mental health care, and facilitating advisory councils so that new voices could be heard by decision-makers. CEO Tom Dwayne must have known that this Case-Western Reserve graduate with a penchant for community organizing would be just what the agency needed. Little did Tom realize what a gift the young Ken Jue would give to the organization and our community over the next four decades.

I recall that he once told me that at the start of his career with MFS, he and his wife Carol thought they'd probably only reside here for a few years, and then move on. Good thing for us that they changed their minds.

Ken's legacy in the Monadnock Region will long be remembered. All of us at Monadnock Family Services owe a debt to this pioneer who was a champion of the plight of those excluded from society's resources because of their illness, poverty, or unusual circumstance. This advocate would speak out on matters of equity and injustice. He was a bridge-builder and fence-mender who would win people over by his persistence, intellect and compassion, all manifestations of the deep values, hard work, and optimism he embodied everyday. Maybe it was his infectious smile.

A bundle of energy, vision and hope, Ken was promoted to Assistant Director in 1983. Six years later, hard work and new duties earned him the title of Associate Director. In 1997, he was promoted to Chief Operating Officer and within a year, the Board of Directors asked him to take on the CEO role. Throughout his various jobs here, as soon as one big crisis, problem or project was addressed, another would pop into the spotlight. Many of the Board of Directors he worked with worried that he was taking on too much. But, that was Ken.

I think that people who knew him would say that this unique and gentle soul always wanted to serve. He wanted his work to make a difference. He wanted to listen. He wanted people to feel valued and included.

Over his career, his skills and efforts took him to many countries as he consulted in New Zealand, Malaysia, Singapore and Hong Kong and to many States talking about InSHAPE, motivated by the sad fact that premature death befalls too many adults with severe mental illness.

The last gift of his time and talents he gave us was his masterful co-leadership of our current Capital Campaign. Thrilled with the goals of the project and the bright future it would be for our clients and staff, Ken threw himself into our fundraising challenge with the same vigor and drive he always had for any cause that spoke to his heart.

Were he here today, I suspect that he would say that while he worked hard to move Monadnock Family Services forward in all ways, he stood on the shoulders of others who came before him, our decades long history of making Keene and the region a better place. Clearly, he added much to what he found at MFS, expanding services, broadening our reputation, creating new linkages and collaborations and stretching our scope. He set a wise and ambitious course for the organization and we, who are current stewards of our mission, endeavor to add our own talents as we strengthen, refine and adapt that course to today's realities.

I hope that our shared grief in the loss of our dear friend passes away quickly, so that only happy memories remain in our hearts.

Phil Wyzik, CEO

"I'm at a loss for words. Ken Jue touched so many lives in this community with his kindness, generosity, intellect and unwavering willingness to do anything and everything to help make a better world for all of us. His legacy will live on in countless ways."

JoAnn Fenton

MFS Capital Campaign Co-Chair

"It was a pleasure to know Ken. His dedication to MFS and his basic humanity was an inspiration. We will sorely miss him".

Brian Donovan

MFS Board Chair and Capital Campaign Committee Member

OPPORTUNITY & HOPE

**MONADNOCK
FAMILY
SERVICES**

The Campaign for MFS

The response to our capital campaign has already been powerful and gratifying. Last month, we announced the \$45,000 Ruth Ewing Family Match, provided by the Ewing Family, and to date we're only \$7,485 away from reaching the goal amount by June 30th! Don't miss this opportunity to have the impact of your gift doubled.

Currently, our Keene programs are spread over three different buildings that are cramped, confusing, and inefficient. And we have no room for growth as the need for our services continues to rise. Most importantly, the current facilities do not promote a feeling of healing, happiness, or recovery.

Our objective is to **centralize and upgrade** our current Keene programmatic and administrative offices into one location at 40 Avon Street, the current site of Antioch University of New England. **This new welcoming, quality mental healthcare center** will provide much-needed room to grow, create a more cohesive staff, enhance special services such as art and dance therapy, as well as increase the efficiency of the pharmacy. And the consolidation will save MFS money! **All our clients throughout the region will benefit!**

Please give what you can by June 30th, and be a part of a lasting legacy that provides a warm, professional space for our community to access mental health care.

Thank you to all of the incredibly generous donors who have already contributed to the campaign! Your donations will have a profound impact on our community for generations to come.



To give, scan the QR code, go to mfs.org/support, or mail your check to MFS, 64 Main St., Keene, NH, 03431 – and see the impact of your donation doubled! Thank you for caring.



"As long-time residents of the Monadnock Region, we have seen over the years (decades!) how Monadnock Family Services has occupied a vital role in our community. Providing crisis support, stability, and opportunities for long-term growth for members of our area who face mental health challenges, MFS, its leadership and clinicians, has been a strong safety net and resource that our region can rely on. We are proud and happy to be counted among the many donors and supporters who recognize how important MFS is to us and our area, going forward."

Gary and Jane Shapiro
MFS Capital Campaign Donors

I support the campaign because...

▼ JoAnn Fenton

This exciting project sends a powerful message: Mental health services are an important, absolutely necessary part of health care services. Like nothing else before, the past two years of the pandemic have taught us how important and fragile our mental health is to us as individuals and to our community as a whole.



▲ Brian Donovan

I support the Opportunity and Hope capital campaign because the new location is a modern, open, bright space which will demonstrate to our clients and workers how valuable they are to MFS and the entire community.

▼ Mike Chelstowski

A new facility for MFS will enhance its ability to provide effective behavioral health services to its clients with respect and dignity and will give the dedicated staff a better work environment. I believe this is a necessary investment in a critically important service for the betterment of individuals and the community.



▼ Nancy Vincent

I am eager to support the capital campaign because the opportunity is now. The new building will welcome clients and their families to a single, fully accessible location, demonstrating that our community both understands and appreciates the importance of mental care services to the health and well-being for each and every one of us.



▲ Judy Rogers

MFS provides services that make a difference in the lives of people who need hope the most. This is a moment, an absolute opportunity for greater positive outcomes in the lives of our friends, family and neighbors and so I didn't hesitate to give this capital campaign both my time and financial support. I hope you'll join me.





Recent Community Film Events



In May and June, MFS was a part of two, free to the community, film events on trauma and mental illness.

The Wisdom of Trauma



In honor of Mental Health Awareness Month, the Monadnock Assembly on Trauma and Transformation, an initiative of the Health Monadnock Alliance facilitated by MFS CEO Phil Wyzik, hosted a viewing and discussion of *The Wisdom of Trauma*. The documentary follows physician and bestselling author Dr. Gabor Maté who has “dedicated his life to understanding the connection between illness, addiction, trauma and society” and envisions a trauma-informed culture where people focus on collective and individual healing.

The Monadnock Assembly on Trauma and Transformation is an initiative of the Healthy Monadnock Alliance. To learn more about the assembly, visit www.mfs.org/community. Want to stay updated on the latest news with the assembly? Text "traumainformed" to 22828 to be added to our newsletter mailing list.

Hiding in Plain Sight: Youth Mental Illness

In June, MFS along with NH PBS screened a 30 minute preview of Ken Burns new documentary, *Hiding in Plain Sight: Youth Mental Illness* by Erik Ewers and Christopher Loren Ewers. The film presents an unvarnished window into daily life with mental health challenges, from seemingly insurmountable obstacles to stories of hope and resilience.

Afterwards a panel, including the film makers, a young person featured in the film, and mental health experts, explored the unprecedented mental health challenges our young people are facing, and what we can do to help.

The complete four hour documentary airs on PBS June 27th and 28th.





Our pART

ART AND MENTAL HEALTH

"Art is a wound turned into light."

Georges Braque

Monadnock Family Services has enjoyed having clients, staff, and friends showcase their talents and creativity in the first-floor window of our 64 Main St. location since taking over the space a few years ago. This year, seven clients and staff, and former Board Member Sue Doyle participated. The cherished community event has become an opportunity to share how art is an integrated part of their routines and experiences with mental and emotional wellness.

Some of the artists in this year's Art Walk also submitted artists' statements, which provide reflection and insight into what their pieces and the creative process means to them.

Artists from top to bottom of the page:

Tara Babcock
"Long Trotter"

Punch needle with wool and monk's cloth

Mary Cotton
Untitled
Acrylic

Todd Tobin
Untitled

Acrylic airbrush and paint markers



HEAR FROM THE ARTISTS!

Phyn Vermin
"Lost In Space"
Watercolor, Acrylic



"The idea that feeling "lost in space" at work might be okay – valuable, even – gave me some comfort as I settled in [to my new job]. This painting is a meditation on this. I love working at MFS. I feel our company is really receptive to new ideas and fresh energy. The work I do is challenging, stimulating, and meaningful – everything a space case like me needs!"

Rachel Rosenoff
"Stripes and Oreo"
Acrylic



"I have been working with acrylic and gouache painting, as well as collage and photography, for many years."

Julie Bowen
"Beautiful Chaos"
Acrylic



"Pour painting teaches the artist to release control of the outcome of the paintings, while also giving them complete freedom to manipulate the variables in countless ways, creating truly unique, one of a kind pieces of artwork. To me, the true beauty of fluid art is that every person who gazes at this painting will interpret it in very different ways."

Liz Haynes
"Strange Magic"
Mixed Media



"For me, creating wreaths such as this is a form of mindfulness and self-care. It requires focus and creativity. This piece was made to show there can be light in the darkness, joy in the struggle. Creative outlets allow for the creation of strange magic."

Mary Cotton
Untitled
Acrylic



"I do therapeutic art for myself and all the ugly I feel inside battling PTSD, anxiety, depression, dissociation, and panic attacks. When I bury myself in my therapeutic art, feeling ugly, I paint beautiful animals without a word. My doctor and case manager never give up on me. They guide me in the right direction and inspire me to keep doing what I love. I could not have done it without their encouragement and guidance. I wanted to share this with everyone. MFS has impacted my life and helped my world be a safer, a more stable place for me."

Sue Doyle
Old Shed (Block Island)
Colored Pencil



"Sue was a Fine Arts major at Elmira College and did graduate work at Syracuse University. She was a high school Art Teacher in Port Washington, NY and Eaglebrook School, MA. She has exhibited in the Keene Art Walk, Art In the Park, Fall Foliage Tour, and Sharon Art Center."



Your Community Mental Health Center

64 Main St • Keene, NH 03431

Your Summer 2022 Summit Newsletter

- Thoughts on our dear friend, Ken Jue
- Ruth Ewing Family Match
- Art Walk
- Community Film Events



**RUTH
EWING
FAMILY
MATCH**

**HELP
US
REACH
OUR
GOAL**



\$38,170
currently raised



Your donation is matched dollar for dollar up to \$45,000 through June 30th!