

**“Putting Community First at Aiken Barnwell Mental Health Center-Part Three”**  
**Submitted by Tamara L Smith, LMSW**

Aiken Barnwell MHC continues to promote our slogan “Prevention Works, Treatment is Effective and People Recover.”

On September 19, Shannon Britt, Care Coordinator and Cindy Smith, Certified Peer Support Specialist participated in the Senior Extravaganza at Odell Weeks, Aiken, SC to provide educational materials about mental illness and treatment resources to older adults. This event was coordinated by the City of Aiken. On September 27, Wayne Mosley, Certified Peer Support Specialist and Peer Navigator, coordinated a Voters Registration Access Demonstration. Vickie McGahee of Protection and Advocacy educated participants about their rights to vote as well as showed participants how to use the electronic voting machine. Vickie is a familiar face to many as she previously worked at SCDMH. We were excited that she could make this very important presentation to our clients as we prepare for the upcoming election.

October saw a flurry of activity at ABMHC. ABMHC promoted Breast Cancer Awareness Month. An informational display was done for our entrance foyer. Clients were provided educational materials on breast cancer and treatment. In addition, information was provided about where to obtain mammograms. Shannon Britt worked closely with University Hospital, Augusta, GA, to schedule mammograms for clients. We are excited to announce that in October 2013, ABMHC will host a mobile mammography event at our Main Office in Aiken. On October 20, two staff members and several family members participated in the Miracle Mile Breast Cancer Walk. This is a three mile walk through downtown Augusta, GA. Funds raised help support University Hospital's Breast Cancer Center and Mobile Mammography Unit to include free mammograms to uninsured women.

In October, we also celebrated National Dental Hygiene Month and National Fire Prevention Week. Local dentists provided free dental supplies to ABMHC. Adult clients were provided a free toothbrush during the month of October. The Graniteville-Vaucluse-Warrenton Volunteer Fire Department provided a presentation on fire prevention. On October 23, Corine Simpkins, Health Educator with SCDHEC presented information on diabetes to our clients as we prepare to recognize Diabetes Awareness Month in November. On October 22, Cindy Motycka and Tamara Smith participated in one of the focus groups sponsored by Aiken County's Department of Parks, Tourism and Recreation (DPTR). It was a unique opportunity to provide information that will help guide Aiken County DPTR as they prepare their master plan for the next seven to ten years. We were able to advocate for our clientele to have access to affordable programs that promote community integration and overall health and wellness.

In November, we will participate in the Great American Smokeout. The ABMHC campus will be smoke free for 1 hour that day 12-1pm. Clients and staff will have opportunity to pledge to quit smoking or quit smoking for a designated amount of time.

ABMHC is excited to sponsor these events as we work together to build healthier communities.



Cindy Smith, CPSS & Victoria Wilson, CPSS  
Miracle Mile Walk, Augusta GA October 20, 2012



Cindy Smith, CPSS  
Senior Extravaganza September 19, 2012  
Aiken SC