

# Mental Health Professionals

## OCTOBER UPDATE

### UPCOMING MEETINGS

It has been GREAT to be back!! October was our last formal meeting for 2020. We will be off in November due to the ALCA Conference. BUT, for December we would like to poll you all to see if there is any interest in an in-person gathering. Those of you who have been with us for awhile know that we typically do a cookie swap. But due to the pandemic, we want to take the pulse of the group to see how you all are feeling about a gathering at this point. Please take the poll BELOW



<https://forms.gle/WFqpMa7cWT...>

forms.gle

### OCTOBER MEETING

Our October meeting was hosted by Dr. Charles Hayden & Associates at TMS Huntsville. Dr. Hayden gave an informative presentation about the updates in TMS treatment and services as well as introduced us to a new nurse practitioner, Hannah Nolte Ph.D (c), PMHNP, at their practice. She gave a presentation entitled Enhancing Self Regulation Through Mind-Body Practices. Missed it? No problem! Go to the link below to watch the presentation. You will need to view the video in Vimeo. WE LOST WI-FI DURING THE MEETING, PLEASE FORGIVE SOME OF THE GLITCHES WHILE VIEWING!

## Dr. Hayden & TMS Updates



## Self-Regulation with Mind-Body Practices



## 2020 HOLIDAY COMMUNITY SERVICE PROJECT

This year we are planning to work with the Harvest Home of Madison County. They serve hundreds of people during the holidays. Since they are not doing the annual Turkey Bowl Fundraiser due to the pandemic, they are in need of items and money to help them serve the community. Supplying them with food/non-perishable items and money can help them provide for people in need and help them enjoy the holidays as much as possible. Here is a short list of items they are asking for:

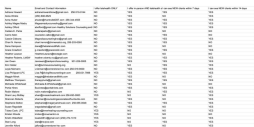
***As far as Christmas, we are currently in the process of collecting for Thanksgiving and Christmas meals. These are our two biggest days. We give about 400 family meals (About 1500 people) at Thanksgiving and another 300 or so at Christmas. We have some particular needs of items that could work for collection. This list is below:***


**Thanksgiving:**  
**Stuffing mix**  
**Cranberry Sauce**  
**Christmas:**  
**Corn**  
**Green Beans**  
**Sugar Cookie Mix**  
**Cookie Icing**  
**Mashed Potatoes**

**MONETARY DONATIONS ARE ALSO ACCEPTED (i.e.-gift cards)**

## PROVIDER AVAILABILITY OCTOBER UPDATE

We sent out the Provider availability update. This allows those of you accepting NEW clients within 7-14 days to let us know so we can send clients your way! As most of you know things have really picked up as far as people seeking services. We want to be able to help both therapists and clients connect during this time! Please check out the spreadsheet BELOW!



 **Oct Assessment (Responses)**

[docs.google.com](https://docs.google.com)

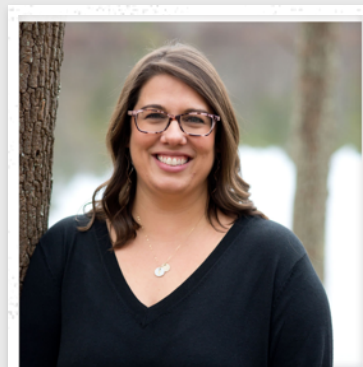


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**MHP OF  
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