

AMAZING LOVE

*Straight from the Heart*



A L H S

HEALTH SERVICES

*Because we care*

n e w s l e t t e r

Vol.4 • October 2016

# WORLD MENTAL HEALTH DAY



## Amazing Love Health Services hosted THE DISTRICT OF COLUMBIA'S 1<sup>ST</sup> WORLD MENTAL HEALTH DAY

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## GEORGES' CORNER

By **Georges W. Ntemi**

President/CEO



Greetings from Amazing Love Health Services, (ALHS). Each day at ALHS our staff confronts many of the medical challenges that individuals in our community face.

An important social concern is the stigma of mental illness. Society has always treated people with mental illness in heartless ways, and they have been relegated to the lowest priority of the healthcare system. Some believe that individuals with mental problems are deranged and that the only cure is to institutionalize them. This belief heightens the fear of living with mental illness.

Often, stigmatizing beliefs exist among people who are related to or are friends with someone with mental health concerns. These beliefs are manifested in the form of distrust, avoidance, pity, and gossip. The social stigma is also frequently directed towards adolescents from family members, peers, and teachers which lead to a loss of friendship and social rejection.

The staff at ALHS continues to work towards removing this stigma.

**Because we care, we dedicate this day to bringing awareness to the stigma of mental health.**

Because of our commitment to address the stigma associated with mental illness, ALHS hosted, in conjunction with the World Health Organization World Mental Health Day.

Because we care, we dedicated World

Mental Health Day to bringing awareness to the stigma of mental health. With this day, we worked to educate our society and assist them in understanding that everyone is valuable and important.

# > Because we care! We take care of your health



**A**mazing Love Health Services, (ALHS) is committed to providing person-centered, quality, comprehensive behavioral/mental health, and intellectual/developmental disability services to support the District of Columbia's residents. ALHS' free-standing mental health clinic provides psychiatric evaluation, prevention/intervention, counseling, life skills/coping strategies, anger management, grief and loss, diagnostic assessment and medication management services.

We offer a comprehensive, integrated set of health care, education, and social services to help individuals and families achieve physical and mental health, overcome the life challenges they face and enjoy the same opportunities as any other citizen.

We are, on a daily basis, providing many services to our Ward 6 residents specifically and to citizens

throughout the District of Columbia. ALHS is the sole Health Center in Ward 6 that offers clinical laboratory services on-site. ALHS believes that people with disabilities should have the opportunity to be employed and be fully integrated into mainstream society and the workplace. This vision is embodied in our Workforce Development Division.

Thus, ALHS works with the Department of Disability Services/Rehabilitation Services Administration (DDS/RSA) to provide vocational and rehabilitative services to individuals with disabilities and help them prepare for and secure employment.

ALHS has a dedicated staff of professional and certified psychiatrists, psychologists, clinicians, social workers and workforce development personnel. We pledge to provide quality services to any individual who walks into ALHS. We take care of your health because we care.

By ALHS Team

# World Mental Health Day

Reduce the **negative stigma** in the Community



**On October 10, 2016, Amazing Love Health Services hosted the first annual World Mental Health Day**

**W**ith the intent to remove the negative stigma of mental illness, Amazing Love Health Services invited over 40 community partners and profound members of the community to embrace the veracity of mental health.

Some negative stereotypes assume the worst about those who suffer from mental illness. Some say that people who have a mental illness are dangerous and unpredictable, while others

may add that they are incompetent. In reality, anyone can suffer from a mental illness as mental health includes a variation of conditions, behaviors, and disorders. World Mental Health Day recognizes mental health on a strength-based paradigm and welcomes a universal dynamic.

The National Alliance on Mental Health (NAMI), one of the patrons, attending World Mental Health Day, defines mental illness as “a condition that affects a person’s thinking, feeling or mood.” It is a fact that one in five adults have experienced an issue

related to mental health. Relationships, careers, educational goals, etc., can all contribute to a person’s mental health state. World Mental Health Day acknowledges the normalcy of mental health and invites other community partners to help spread the word.

The community joined ALHS on October 10, 2016 to aid in raising awareness and to support our missions to reduce the negative stigmas.

By ALHS Team

THANK YOU !

STRAIGHT FROM THE HEART



# Marsha Early-Curry

Marsha Early-Curry, M. ED is a Washingtonian, who has over 20 years of experience advocating for people who have developmental disabilities and mental illness.

At Amazing Love Heath Services(ALHS) Ms. Early-Curry is the Intellectual and Developmental Disabilities Division Director. She has experience working with community businesses to create a partnership to build career and employment opportunities. She uses

Person Centered Training Tools. Her passion is assisting people with achieving their goals to become independent and self-sufficient. Mrs. Early-Curry is excited to work with ALHS to assist participants in reaching goals that are consistent with their person-centered plan.



# Sonya Clyburn, Psy. D.

Dr. Clyburn is a native Washingtonian. She is very passionate about the field and the practice of psychology

She received her B.A. from Winston Salem State University, M.A. in Counseling Psychology from Bowie State University, and her doctoral degree from the American School of Professional Psychology (Argosy University, Washington, DC). She has experience working in many settings including community mental health centers, district courts, college counseling cen-

ters, and private agencies. Her clinical interests include cultural interests, sexual identity issues, attachment, grief and loss, depression, trauma, women's issues, spirituality, anger management, and group process-mimesis. Her approach to therapy is integrative with an emphasis on psychodynamic and cognitive behavioral techniques.



## BLACK CAUCUS

The Annual Congressional Black Caucus Foundation held its **46th Annual Legislative Conference (ALC)**. ALC is the leading policy conference on issues impacting African Americans and the general black community. Leaders, legislators, and concerned citizens engage in public health and education issues, economic development, and social justice. Among the 9,000 people who attended the event were Amazing Love Health Services (ALHS) own **Michael Martin** (Program Director), **Sharise O'Banion** (Workforce Development), **Marsha Early-Curry** (Developmental Disability Services Director), and **Gwendolyn Hemphill** (Public Relations).

# “I am grateful to **Amazing Love Health Services** for making me realize that happiness can still reign in the midst of troubled moments”

**M**y name is Esther, and I am a 74-year-old woman from Africa. I have been in the United States for the past six years, and during that time, I was undergoing treatment for several medical conditions. These conditions included Bilateral knee replacements, an open heart surgery and other medical attention due to kidney failure.

As a result, I have been on Dialysis since March of 2014. As if that wasn't enough, I also lost my eldest son, who'd lived to see only 56 years, a month after my medical treatment. Due to my health and medical conditions, I was physically unable to travel and bid my son goodbye before his burial. The cumulative impact of these derailing vicissitudes of life reconstructed my biopsychosocial functioning, and soon, I became severely depressed.

The new changes that I began facing deemed my new environment “unlivable.” In addition to becoming depressed, I became home sick and had trouble adjusting to life in the U.S. because of cultural differences. Every day felt like a battle. It was God and my daughter, a registered nurse, who'd both encouraged me to come to Amazing Love Health Services (ALHS), for help. Like myself, my daughter was also lost and worried as she had no clue how to help me on her own.

As God would have it, I took my daughter's advice and enrolled as a consumer with ALHS. Soon, I found that ALHS could provide me with the services that I desperately needed. Without delay, the emphatic and meticulous professionals at ALHS worked with me using a strength based approach



## I am able to function and live with my life-changing circumstances

with my psychiatrist as needed and was prescribed medication. Individual therapy was also suggested.

What makes me appreciate the services as I do, comes from the amount of love and support that I have received while attending ALHS. My therapist, Mr. Franklin makes sure to focus on my treatment plan and the goals that were implemented into my plan. Our sessions are not only therapeutic and refreshing but, they are also extremely sensitive and supportive. Finally, I've found an environment that consists of hope and love.

Today, I am gradually adjusting to my new, untroubled life and the circum-

being. During my therapy sessions, I am now able to talk about my late son, and I'm able to accept the fact that he is no longer living. Despite the fact that I take medication, I can function and live with my life changing circumstances.

Since coming to ALHS and receiving proper help, I am now able to continue doing the things that I love. Now, I can resume my hobby of gardening, as I've always enjoyed planting vegetables in Africa. I am also able to help take care of my two-year-old grandson, who, to a great extent, fills the void that the death of my son left. Today, I can truly say that I am living an eventful, and hopeful life, thanks to Mr. Franklin. In addition to Mr. Franklin, the ALHS staff have all been a miracle during the process of my journey.

*By ALHS Team*

THANK YOU !

STRAIGHT FROM THE HEART



*Thank you !*

*Thank you !*

*Thank you !*

INDEPENDENT LIVING, DDS, PIW, NAMI, HEALTH LINK DC, HIV ADMINIS, JOB CORPS, ANDROMEDA, CENTER FOR VEIN RESTORATION, SOME, CENTRAL UNION MISSION, OFFICE OF AGING, CATHOLIC CHARITIES, DC COMMISSION OF DEVELOPMENTAL DISABILITY, UDC, BEE SOUTH HOMES, DC CARES, EAST OF THE RIVER, EMORY MEN'S SHELTER, DC FIRE AND EMS, SAMARITAN INNS, DC HUNGER SOLUTIONS, DC HEALTHY, FAMILIES, DC FAMILY MEDICAL, DBH PREVENTION SERVICES, DBH MENTAL HEALTH COORDINATOR, DJ'S HOSPITALITY SERVICES, CFSA, VOTER REGISTRATION, FREE PHONE PROGRAM - SAFE LINK, MOM TRUCK



AMAZING LOVE HEALTH SERVICES, LLC  
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Amazing Love Health Services, LLC (ALHS) is committed to the health and wellness of our veterans. ALHS provides services to veterans in partnership with the Veterans Administration's Choice Program. The program allows veterans to receive health care in their communities rather than waiting for an appointment at the Veterans Administration.

**AMAZING LOVE HEALTH SERVICES, LLC WELCOMES YOU !**

CONTACT US AT **202-388-8500**

WALK-INS ARE ALSO ACCEPTED.

WE ARE LOCATED AT **702 15<sup>TH</sup> STREET, NE WASHINGTON, DC 20002**

The staff at ALHS provides the following health services :

- Emotional and Behavioral Health Services
- Case Management
- Grief Counseling
- Nutrition

**AMAZING LOVE HEALTH SERVICES, LLC**

Honors and recognizes

**ALL VETERANS**

on **November 11, 2016**  
**VETERANS' DAY**



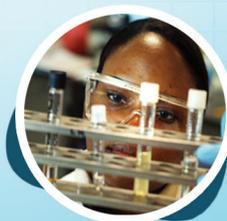
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AMAZING LOVE HEALTH SERVICES, LLC

*Because We Care*



WE PROVIDE  
**CLINICAL LABORATORY SERVICES**



- > COMPREHENSIVE METABOLIC PANEL
- > PREGNANCY TEST (hCG)
- > HEPATITIS C (HCV) ANTIBODY TEST
- > HIV 1/2 ANTIBODY TEST
- > 12-PANEL MULTI DRUG TEST
- > COMPLETE LIPID PROFILE
- > BLOOD SUGAR TEST

**FOR MORE INFORMATION :**

Visit us at [www.alhs-health.com](http://www.alhs-health.com)

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**Monday - Friday  
9:00am - 5:30pm**

