

MaiFS Voice

December 2015 Newsletter

Support when you need it most



Free Helpline (888)664-8624

www.maifs.org

Mai Family Services thanks each of you for your support, generosity and assistance.

Season's Greetings

May god bless your homes, family and friends. Best wishes always!

Visit us at www.maifs.org

Mai Family Services is tax-exempt under section 501 (c)(3), a non-profit organization

Tolerance or Acceptance: connection with abuse?

Tolerance - acceptance, two words often interchanged, treated like synonyms. In the area of domestic violence this exchange is particularly confusing.

"You need to be more tolerant a daughter hears." "Today girls have become so intolerant" a relative chimes. "They call every little thing an abuse, they cannot accept anything" someone comments, as people savor another sip of tea, nodding affirmatively. Sheila wonders as she listens to such backtalk. Sohan had been telling her "you are becoming far too demanding, expecting me to tell you everything about what I do, where I go why I am home a few hours late, accept me for who I am;" a prelude to another stormy evening.

"It's not that you are late, but smell of alcohol, shout angrily about the food on the table, tasteless garbage you call it" Sheila protests as she cowers into the corner, shutting the door behind her in case three year old Sheena wakes up. In the other room, Shamin crouches under the covers as he listens.

Sheila's mother-in-law has been complaining to Meenamasi, that same aunt who had helped arrange the marriage. She told, in no uncertain terms, that Sheila must be more accepting of Sohan's behavior, after all he did provide well and let her be a stay-home mom. Cycles like this send ambivalent messages, control our lives- what does this have to do with abuse we wonder. We turn a deaf ear. We cannot believe it is happening at our door. Do I deal with it Sheila thinks as she waits again, do I tolerate, accept! It suddenly occurs to her; she matters too and decides to take the next step.

She can no longer tolerate, rather, decides to accept. She must take an active step- the children matter too.

Latika Mangrulkar, ACSW, LMSW

Mental Illness –Identifying Traits

Mental illness involves a variety of identifying traits that can be thought of along a spectrum. A variety of phenomena can be observed, some that are subtle and some that may become more apparent as situations arise. Each trait by itself may not determine a mental illness; however, a group of traits along with the intensity and distress caused to self and/or others and the duration can lead to a diagnosis.

Some of the items that are taken into consideration in identifying mental illness: level of hygiene, general upkeep, eye contact, appropriateness of dress for the occasion, rate of speech, mood, affect, decision making, sleep patterns, repetitive thoughts, excessive repeated rituals, organization of thoughts, excessive worry, inability to concentrate, memory, recent weight gain or loss, irresponsible impulsive behavior, hallucinations (see or hearing things that don't exist), rapid heart rate, nervousness, racing thoughts, suicidal and/or homicidal thoughts, self-defeating thoughts, helplessness, disassociation, paranoia, excessive nightmares, night sweats and any previous history of mental illness. Mental illness can be grossly grouped as

mood disorders, neurotic based disorder, psychosis, personality disorders and substance abuse disorders.

Furthermore, any history of childhood abuse that may be sexual, physical or emotional will also be a determining factor for mental illness. Additional precipitating events should also be reviewed. For example, experiencing a recent death or trauma. This is important in determining if the mental illness is transient in nature. The source of the clinical phenomena may have to be ascertained. For example, substances or medications that are being used may contribute to the development of cluster of symptoms. Family history also is a very important consideration. In addition, it is important to understand the individual's medical history that could have led to the mental illness.

The person's environment should also be reviewed, a recognition that some individuals can function appropriately only within certain environmental, cultural and/or social contexts. Cultural competence is an important aspect to consider when observing individuals that may be from an unfamiliar culture.

It is the intensity of the identified characteristics the onset and/or precipitating factors, the length of time these existed, the combination of the various phenomena noted and the impact on day to day functioning can help determine the diagnostic process.

Awards & Achievements

Mai Family Services receives the "Advocacy Award" from the prestigious APIA Vote, Michigan. The annual banquet hosted was appropriately themed as New Faces of Leadership. MaiFS was recognized for serving the South Asian community amidst elected state officials and other Asian American achievers.

Mai Family Services was recognized for its work within the South Asian community by the prestigious Michigan Asian Pacific American Affairs Commission (MAPAAC) at Schoolcraft College, Livonia.

MaiFS - 2015 Highlights

MaiFS participated in the following events and collaborated with several reputed organizations throughout 2015. Some major highlights include:

- » Awareness Session on Abuse – Bharatiya Temple
- » UFM - Health Fair
- » PWAM Celebrates International Women's Day
- » MAPI - CME Event
- » BAPAC Board Meeting
- » TANA convention - Panel discussion on Women and Culture
- » AIWA International Women's day
- » Miindia Women's Day Expo
- » US department of State - International Visitors Council
- » Participated in the ISKCON - Festival of Colors
- » Empowering Women of Conference, Bay Area
- » Human Trafficking Event – in collaboration with APIA-Vote and AIWA
- » Miindia- Festival of India
- » Department of Public Safety – Farmington Hills

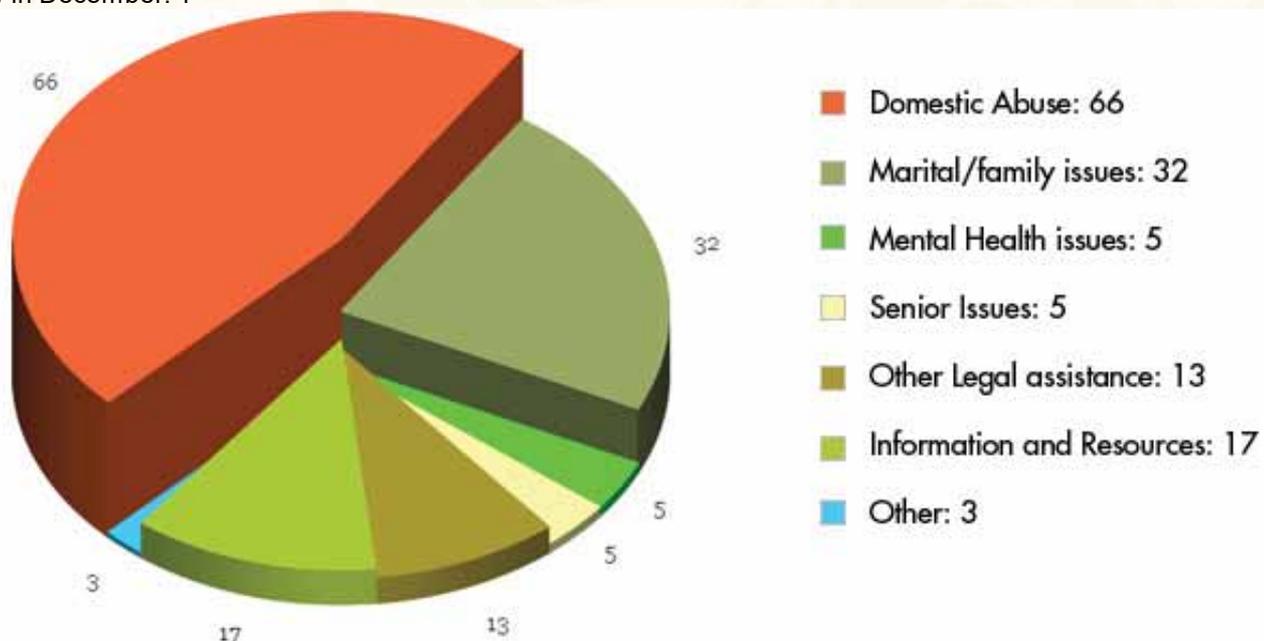
2015 Total Number of Clients Served till Dec 21: 141

Number of Carried over from 2014: 31

New in 2015: 110

Closed/Resolved Cases: 43 (31 from 2015+ 12 from 2014)

New in December: 4



Thank you Patrons and Sponsors

2015 saw a record turn-out at all our events.

1. Annual Fund Raiser: Live. Love. Laugh.
2. Seventh Annual Walk to Stop Domestic Violence
3. Fifth Mai Bazaar at India Day Event
4. Seventh Annual Holiday Banquet
5. MI South Asian Socio Cultural Orgs. Leader Summit
6. MaiFS booths at various cultural events - Miindia Festival of India and Women's Expo

Special thanks to organizations that made MaiFS as their beneficiaries. Your generosity and kindness have helped many individuals and families.

Grant Partners:

- » REI- Racial Equality Initiative
- » BAPAAC
- » MAPAAC
- » APIA-VOTE

Beneficiaries:

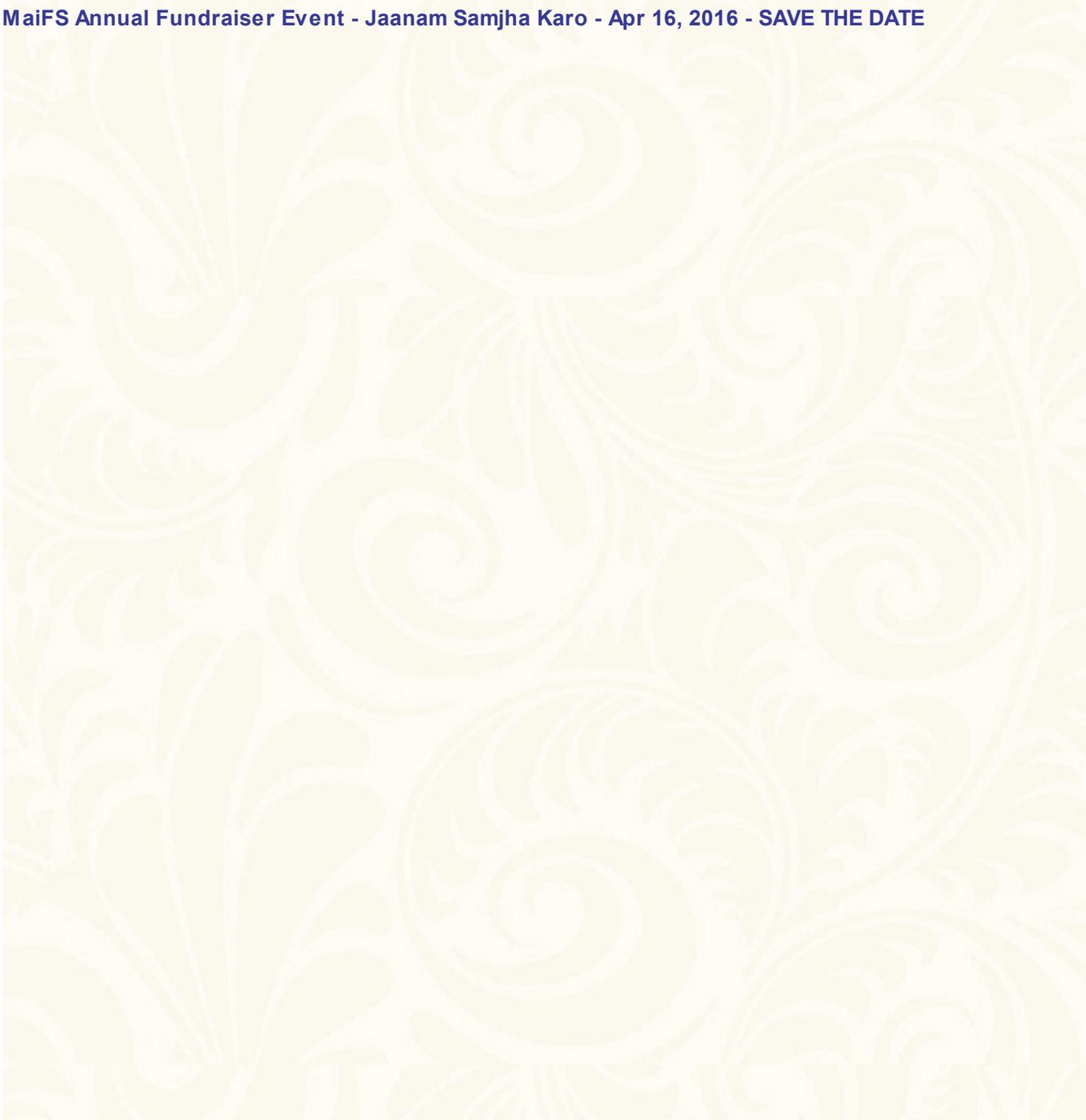
- » AIM for Seva
- » Comerica Bank
- » Jain Temple
- » Fifth Third Bank
- » St. Stephen's Episcopal Church
- » GM Asian Affinity Group
- » AIWA
- » FOMAPI

Thank you for making the Fun n' Sparkle holiday banquet event on December 5th a huge success.

Enjoy the colorful pictures at <http://www.maifs.org/2015HolidayBanquet.aspx>

Photo credits: Ravin Bhandari.

MaiFS Annual Fundraiser Event - Jaanam Samjha Karo - Apr 16, 2016 - SAVE THE DATE





Mai FAMILY SERVICES *presents*

ANNUAL FUNDRAISER

JAANAM SAMJHA KARO

A thematic presentation of music and dance

DIRECTED BY

JAIDEEP BANGAL

SATURDAY, APRIL 16TH 2016

SEAHOLM HIGH SCHOOL AUDITORIUM
2436 W LINCOLN ST, BIRMINGHAM, MI 48009

STAY TUNED FOR MORE DETAILS.
VISIT WWW.MAIFS.ORG

**SAVE
THE
DATE**

Mai Family Services is a 501(c)(3) non-profit organization dedicated to supporting South Asians in need.

Looking to join MaiFS?

We need a General Secretary as part of the MaiFS Executive Committee. If you have a few hours to spare for the organization and if interested, please send a brief profile to admin@maifs.org. Thank you!

You shop. Amazon gives



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You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

MaiFS is a non-profit, tax exempt organization under section 501(c)(3), completely driven by volunteers. We seek your help in keeping this community healthy.

Please support MaiFS! Donate Now. Visit www.maifs.org

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