

# EAGA Business Builder

Volume 12

Issue 38

eaganm.com

September 20, 2016

Today's presentation was by Brandon Sayler-The Community Lighthouse



Brandon Sayler, in addition to being the husband of Angela, and the father of 2 year old Brook, is the Chief Operating Officer of The Community Light House. The Community Lighthouse is a mental health clinic. They have the ability to treat anyone from ages 2 through 65. As noted on their website: "At the Community Lighthouse, our mission is to empower families, children and professionals to heal trauma for generations to come. As a locally owned family clinic, we understand the importance of providing the community with access to services in their time of need. Whether you are in need of individual therapy for you or your child, family therapy, behavioral management services, medication management, or psychological testing we look forward to

helping you." There are various aspects to mental health: The treatments - among them: intervention; counseling; medication; institutionalization. The perceptions - fear; avoidance; public stigmatization. Most important—the types and definitions of mental health issues. Brandon noted that the most common types of mental problems can be categorized as mood disorders; schizophrenia; or anxiety disorders. About 9.5% of the population suffers from some sort of mood disorder, such as depression or b-polar, each year. The severity of the disorder is obviously a level of the individual's potential for harm. When the condition becomes most severe, the individual feels the only solution to the terrible feelings, is to leave the world. There is a suicide death every 13 minutes in the United States. The even more sad statistic is that 95% of those suicides could have been prevented. Schizophrenia is a condition where the person cannot distinguish reality. It is described as always being in a dream and not having the ability to figure out where reality is in it all. About 3.2 million folks are diagnosed with schizophrenia each year. Anxiety disorders can vary from the very severe type, like when a person is afraid to go outside at all, to a much less severe type like having to be involved in unpleasant personal interactions or events. About 40 million people in the US encounter one level of anxiety or another every year. Combining it all, about 1 in 4 people will experience some sort of mental health issue this year. Like the problem, the solutions are, and should be, varied as well. There needs to be meaningful public discussion of all the aspects of mental health. At this point, the majority of information concerning the issue comes from public media's presentations right after the occurrence of a horrific event. That platform, and that timing, is not the best conduit for transmitting and receiving meaningful information about the problem. Brandon provided data regarding four recent national or local events that were examples of such a situation. The public outcry after the event is usually "what could have been done to prevent this from happening?" If there were regular, non dramatic discussions regarding the issue, without the frenzy, perhaps there could be a more rational approach to figuring out what needs to be done. Solutions will have to include many components; beginning with changing public perception about mental health issues; then the determination of whether or not each individual situation is caused by something that actually requires formal treatment, or just discipline or general guidance; then providing proper funding for treatment options; and possibly most important; research to discover what causes each type of mental illness. The research is already in progress and Brandon had examples of some determinations so far. Brain mapping - apparently an electromagnetic image of the brain- indicates some rather consistent patterns in people that have been diagnosed as having certain mental issues. The normal healthy blood flow patterns are decreased, or altered, in patients with depression; The gray matter of the brain appears to be substantially reduced in persons with schizophrenia; and so on. Science can make great strides in analyzing and categorizing physical things. There are however the overall cautions that have to be exercised as well. Brain mapping; medications; consultations are all tools for guidance, when necessary, but cannot be used as a substitute for educated common sense. Brandon also had examples of people that suffered substantial loss of brain material; or where the brain had been severely damaged; yet those folks were functioning as though there was no problem at all. The human brain has been known to redirect electron pathways; replace needed tissue away from a damaged area and otherwise compensate for complications. Whenever science determines that a percentage of situations can be classified, what remains of the 100% cannot be so classified. Call me crazy, but I thought the information that Brandon presented was enlightening, as was the direction of the presentation and the interactive discussions with the audience. If you have questions about the topic of mental health, if you would like more information about mental health issues, or if you would like to engage in specific mental health discussions, give Brandon a call 505-273-6300.

- ◆ President Mark's thought for today—"Line of Sight" . In a company, the staff needs to be specifically told about the goals of the company. The business will not be as successful as it could be, if management just heads off to fulfill those goals without having properly educated the rest of the involved individuals about where they are going. If everyone has the clear goal, and can keep it in their line of sight, the result will be a smoother operation and a more successful company.

## Business Leads:

FLIP YOUR IMAGE Beauty Salon is opening at 4250 Coors, SW  
-Lionel Specter—Zeon Signs

## Reciprocity:

Thank you to Chuck Mitchell for getting my truck running again after it was attacked by a gang of rogue squirrels.  
—Jack Zipper

Thank you to Dave Giddens for a referral regarding estate planning.  
Thank you to Mark Abramson for patronage for friends at Nativo Lodge.  
—Jeff Sakamoto - Heritage Hotels & Resorts.

Thank you to Terry Roberts. We just did 2nd roof for Bob Scholl family.  
Thank you to Stan Byers for referring me to a guy with two roofs.  
Thank you to Chuck Mitchell. We are working on his home.  
—Bill Elliott - AAA Roofing

### ◆ First announcement of a prospective new member:

Downtown Historic Bed & Breakfast  
Representative: Steven Grant  
Category: Bed& Breakfast Lodging  
Sponsor: Mark Tobiassen

If you have an objection to this company becoming a member, or if you have any information that you feel should be considered during the application review process, please contact Committee Chairman, Jack Zipper, (jdzipper@comcast.net - 505-259-5959), as soon as possible.

### ◆ It was nice of Earl Greer, Past Member and Past President of EAGA stop in to visit. Good to see that the rural, low key living hasn't aged him very much at all.

## Badge Board Greeters

Sept 27th	Rick Reese—Blue Ristra; Mark Abramson—Los Ranchos Gun Shop
Oct 4th	Kit Turpen—HUB International Insurance
Oct 11th	Leon Marler—Marler Manor
Oct 18th	Mike Deveraux—Document Imaging of the Southwest
Oct 25th	Lou Rodges—Retriever Merchant Solutions
Nov 1st	Scott Lardner—Rocky Mountain Stone
Nov 8th	Manny Corrales—Vigilant Security Services

## Upcoming Speakers

Sept 27th	Kevin Lorenzen—Aflac
Oct 4th	Steven Douglas—Design Printing Solutions
Oct 11th	
Oct 18th	
Oct 25th	
Nov 1st	

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