



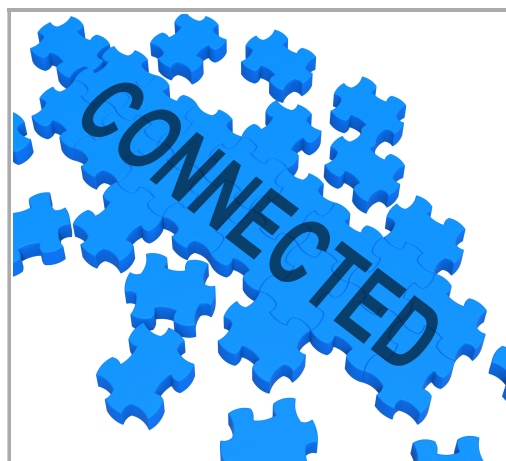
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8th Edition, *Published January 31, 2017*

## Top 5 Ways to Get Connected

If you're like most **mhca** members, the number one reason you joined was to develop valuable connections with trustworthy peers. Our deliberately small membership and frequent engagement opportunities make **mhca** uniquely suited to this goal. If you don't feel like you're as connected as you'd like to be, here are five ways you can get plugged in, and stay connected over time.



### 1. Prepare to Socialize

Yes, the sessions at are great – **mhca** conferences feature nationally-recognized speakers and peer presenters who provide insights on emerging issues and industry trends; but, the most valuable learning opportunities are often the result of informal hallway conversations. Before you head to our next conference, spend a few minutes looking over the [registration list](#), thinking about what you want to learn from others, and jotting down a few questions.

those you've known awhile, stepping out of your comfort zone and introducing yourself to newer members helps them feel welcome and also opens the door to new opportunities. You may find that a newer member has just found a way to solve a problem that you have struggled with for years. One strategy that's helped others break out of their comfort zone is to pick a color before you head into a break or reception, and then introduce yourself to one or two people you don't know who are wearing that color.

### Tips for Introverts

- Instead of taking a seat in the back of the room during sessions, find a table that is nearly full and introduce yourself as you take a seat. At **mhca** conferences, the audience is usually seated at tables of 6-8 people, so this is an easy way to introduce yourself to a handful of people interested in the same topic. You'll also have something to talk with them about after the session: "What did you think of the speaker/topic? Did you agree with his/her point on \_\_\_?"
- Arrive a few minutes early to receptions so you can introduce yourself to people as they arrive, before the room is full of people engaged in noisy conversations. If you are easily drained, commit to stay for just 20 minutes and connect with one or two people you can follow-up with later.

## **2. Deliver a Presentation**

Presenting at a quarterly conference provides opportunities to collaborate with colleagues as co-presenters, receive feedback on research or developing projects, share ideas and build relationships with others interested in your topic, and increase your visibility within the association and the industry. Presenters' names and organizations are publicized in online and printed conference materials over a period of four to five months, which can result in significant exposure. If you are interested in presenting, contact Dale Shreve at [dshreve@mhca.com](mailto:dshreve@mhca.com).

## **3. Read Publications/Contribute Content**

In addition to this Monthly Minute e-newsletter, **mhca** publishes industry information and member news on our [website](#), on [social media](#), and in the [mhca Report](#), a quarterly newsletter that is mailed to member CEOs, posted to our website and shared on social media. Reading these publications is a great way to find out more about your fellow members and identify opportunities to

to initiate conversations that play to your strengths. If you'd like to submit an article, contact Lonnie Parizek at [lparizek@mhca.com](mailto:lparizek@mhca.com).

#### 4. Use the Listserver

When you have a question, the **mhca** Listserver provides a quick and easy way to reach a large group of trusted peers. By posting and responding to questions on the **mhca** Listserver, you can begin connecting with your fellow members and then follow-up with them at quarterly conferences. **mhca** has two lists: a General List for member CEOs and staff, and a CEO List restricted to member CEOs only (No vendors or general public are eligible to join either of these lists). By default, all member CEOs are added to both the General List and the CEO List. Other staff may join the General List by visiting [www.mhca.com](http://www.mhca.com). Once you subscribe to a list, you will have the ability to send and receive emails with others in the **mhca** community on those lists. ListServer emails can be sent from the **mhca** [website interface](#) (you must log in to access this page), or via your email client software, like Outlook ([general@lists.mhca.com](mailto:general@lists.mhca.com) or [ceo@lists.mhca.com](mailto:ceo@lists.mhca.com)). All members subscribed to a list can review and respond to emails from that list. While all replies to a ListServer email are accessible to those subscribed to the list, members sometimes choose to respond to sensitive questions via a private email.

#### 5. Engage via Social Media

**mhca** follows members online, and we tweet, like and share relevant information nearly every day. A quick reply on Twitter, Facebook or LinkedIn is an easy way to reach out, share interesting articles, offer a compliment, or ask a question. Social media can be a great starting point, especially for introverts; but to create a meaningful connection, you'll eventually need to meet in person. Before heading to a conference, think about which online contacts you'd like to know better and invite them meet up for a cup of coffee.

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