

# **Mental Health Center Awarded Ittleson Foundation Grant**

**For Immediate Release Contact: Ken Snow  
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Manchester- The Mental Health Center of Greater Manchester was recently awarded a \$40,000 Ittleson Foundation grant designated to support the agency's efforts to integrate naturopathic medicine among the array of treatments available for behavioral and mental health concerns. The two-year grant will support efforts to develop a program model, treatment protocols and educational materials that can be replicated by other mental health programs throughout the country.

A year ago, The Center became one of the first community mental health centers in the United States to offer naturopathic medicine as a treatment option. At a time when more people are seeking alternatives to traditional medical care and, in particular, looking to rely less on medication to manage their symptoms, the demand for complementary therapies like those provided by naturopathic medicine is growing. Research has shown that naturopathic therapies including clinical nutrition, vitamin and mineral therapy and botanical medicine, are effective in treating conditions such as attention deficit disorder, depression, anxiety, substance abuse, and other behavioral health problems.

According to The Center's Medical Director, Daniel P. Potenza, MD, "The Ittleson Foundation grant affords us an exciting and unique opportunity to establish a first-of-its-kind program model. Dr. Jeffrey Sager, the naturopathic doctor on our staff, will be developing the program model, treatment protocols, educational and program development materials that will be an invaluable tool for other mental health organizations locally and nationally who want to replicate the program."

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Dr. Sager, a licensed doctor of naturopathic medicine, joined the staff of The Center's Bedford Counseling Associates one year ago. He is also on the staff of the Center for Life Management, the community mental health agency located in Derry.

Since 1932, The Ittleson Foundation has been serving the needs of the underprivileged and providing resources for not-for-profit organizations. Today, The Foundation continues a commitment to bringing a "venture capital" approach to philanthropy and is particularly interested in the areas of mental health, AIDS, and the environment.

For more information regarding Naturopathic Medicine services, contact The Mental Health Center of Greater Manchester at (603) 668-4111 or visit <http://www.mhcgcm.org/>.