

DMH Connections

A publication of the Massachusetts Department of Mental Health
May 2013



May is Mental Health Month!

Something for everyone with many events and observances statewide

The Department of Mental Health (DMH) joins the nation in observing Mental Health Month, a time when awareness can help many people understand that there is no shame in seeking treatment for mental health issues. Mental Health America began the annual tradition of Mental Health Month in 1949 to raise awareness about mental health conditions and the importance of mental health for everyone.



This year we address these important issues through the theme "**Pathways To Wellness**" which is a call to action for Americans to identify strategies that work for themselves individually to attain better overall health status.

- Wellness - it's essential to living a full and productive life. It's about keeping healthy as well as getting healthy.
- Wellness involves a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well-being. Wellness is more than just the absence of disease.
- Wellness is more than an absence of disease. It involves complete general, mental and social well-being. And mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health.
- Whatever our situation, we are all at risk of stress given the demands of daily life and the challenges it brings-at home, at work and in life. Steps that build and maintain well-being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and community.
- These steps should be complemented by taking stock of one's well-being through regular mental health checkups and screenings. Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic reading of our emotional well-being.
- Fully embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life. Using strategies that promote resiliency and strengthen mental health and prevent mental health and substance use conditions lead to improved general health and a healthier society: greater academic achievement by our children, a more productive economy, and families that stay together.

To help observe Mental Health Month, DMH and the mental health community will host, sponsor and participate in a number of events and activities statewide that highlight mental wellness and overall health throughout the Commonwealth.

[Click here](#) for a complete listing of DMH sponsored events happening throughout the state.

In This Issue

[Massachusetts Clubhouse Coalition Recognizes DMH Site Office and Employers Around the State](#)

[Conferences and Events](#)

[DMH Joins the Nation in Observing Mental Health Month](#)

[Children's Mental Health Week](#)

[Creating Wellness through Expressive Therapy: Drama, Art and Work](#)

[DMH Wraps Up Its 2013 Citizens Legislative Breakfast Series](#)

[Mark Your Calendar! Express Yourself 2013 Viva!](#)

[Photo of the Month](#)

DMH Office of Communications and Community Engagement

Questions or suggestions?

Call 617-626-8124



DMH is Getting Social!



DMH is on
Twitter!
[@MassDMH](#)

Spread the word: DMH is on Twitter! We're sharing great information, resources, links, happenings and content with you in live time. Follow DMH on Twitter [@MassDMH](#) or just click the button at the bottom of this block and we'll follow you back!

DMH Joins the Nation in Observing Mental Health Month

Theme focus: Pathways To Wellness

By Robert Walker

DMH Office of Recovery and Empowerment

Not so long ago wellness was seen as the absence of disease. Now we know it includes mental, physical, spiritual, and social health. Just as we check our blood pressure periodically, it is also important to take regular stock of our emotional well-being. The U.S. Substance Abuse and Mental Health Services Administration Center for Integrated Health Solutions has identified 10 key whole health, wellness and resiliency domains that are meant to inform individuals, medical practitioners and mental health professionals as they treat the whole person and develop more resilient lifestyles.

The 10 Domains include:

1. **Stress Management** - Stress is unavoidable in today's society. Individuals being served by DMH also have added stressors of stigma, poverty and less access to preventive healthcare. Although stress most likely can't be eliminated, there are things we can all do to manage stress.
2. **Healthy Eating** - You notice we didn't say "diet." If you ask most people if they would like to go on a diet, they would probably cringe and walk away. If you asked the same group of people if they would like to eat healthier, most **would** agree with you. Nutrition plays a key role in wellness and how we feel mentally and physically.
3. **Physical Activity** - Again, most folks would cringe at the mention of exercise, but wouldn't be so opposed to increased physical activity. Again, physical activity benefits mental health, physical health and is a great tool for stress management.
4. **Restful Sleep** - Long-term sleep deprivation is associated with many illnesses including high blood pressure, heart disease, stroke and obesity.
5. **Support Network** - Everyone needs a support network. Studies have shown that people with strong support networks and social ties tend to live the longest and are more healthy. The advent of Certified Peer Specialists in Massachusetts has shown the positive effects of peers on

If you have news items of interest to the mental health community to Tweet, send it to Anna Chinappi or Michelle Cormier Tallman. Remember, Tweets are 140 characters. (Not words!)

DMH joins the Executive Office of Health and Human Services (EOHHS) and several of its agencies on Twitter -- please follow them too. Here's a list:

- EOHHS - @Mass_HHS
- Department of Public Health - @MassDPH, @MassinMotion
- Division of Health Care Finance and Policy - @MassHealthCare
- Department of Veterans Services (DVS) - @MASSDVS
- DVS Save Team - @MassVeterans
- DVS Women Veteran Network - @WomenVeterans

Thank you for supporting DMH communications efforts. As always, any questions or suggestions, please don't hesitate to contact Anna Chinappi.

Follow us on [twitter](#)

Commonwealth Conversations BLOGS



Health and Human Services Blog

This social media platform provides news, updates and serve as a forum for open dialogue about issues related to all 16 EOHHS agencies.

[Click here](#) to read blog posts by Secretary Bigby, Commissioner Leadholm and others

persons served by DMH, and the healing and recovery effects of knowing you are not alone in your struggles.

6. **Service to Others** - Similar to having a support network, giving back to others helps develop and maintain support networks and develop connectedness.
7. **Optimism Based on Positive Expectations** - Attitude is an essential component of wellness, both physical, mental and spiritual. Studies have also found that heart patients with a positive attitude have a much better 15-year survival rate. Part of what Peer Specialists and other can do is offer hope and positive expectations to the individuals they work with.
8. **Cognitive skills to avoid negative thinking** - Along with optimistic thinking, having the skills to catch negative thoughts, examine them and change them is important to wellness.
9. **Spiritual beliefs and practices** - Spiritual beliefs can involve traditional religious practices, ceremonies, connection to a higher power or another connection with something bigger than one's self. Having a spiritual connection has been found to be helpful for people to weather the storms in life and maintain wellness.
10. **A sense of meaning and purpose** - Meaning and purpose in life may change as we pass through different stages. This connection to something bigger than ourselves is an essential component of wellness.

Fully embracing the concept of wellness not only improves health of mind, body and spirit, but also maximizes the potential to lead a full and productive life. Using strategies that promote resiliency and strengthen mental health and prevent mental health and substance use conditions leads to improved general health and a healthier society, greater academic achievement by our children, a more productive economy and families that stay together.

Children's Mental Health Week: Focus on mental health and well being



For more information or to download materials, go to <http://ppal.net/childrens-mental-health-week/about>

[Click here](#) for a complete list of activities happening for Young Adults and Transitional Age Youth to celebrate Children's Mental Health Week around the state!

Department of Public Health Blog
[Click here](#) to view the DPH blog which features expert tips on nutrition and physical activity as well as a roundup of health and wellness events



Please send all materials to
[Michelle Cormier Tallman](#)

[Click here](#) for Submission Guidelines

Connections Correction

March Edition - In the *DMH Holds 2013 Citizens Legislative Breakfast Series* article "Mr. Vassar participated in transitional employment and training through his local clubhouse", should read "Mr. Vassar participated in transitional employment and training through the Community Healthlink CBFS program".

Massachusetts Clubhouse Coalition Recognizes DMH Site Office and Employers Around the State



Creating Wellness though Expressive Therapy: Drama, Art and Work

**By Jen Solomon and Amy Huffaker, Expressive Therapy Interns
Jenny Murphy, Art Therapist**

At the Lemuel Shattuck Hospital Metro Boston Mental Health Units (MBMHU), visitors will find an incredibly active rehabilitation program in a brand new space on 4N. When walking through the doors of the Transitional Rehabilitation Education and Employment (T.R.E.E.) program, you are greeted by a colorful mural of a tree with a "Welcome" sign hanging from one of its branches. The patients worked together to paint this mural, which is just one example of how the arts infused within the T.R.E.E. program promote a wonderful sense of growth, hope and strength-based recovery. This is Expressive Therapies and it offers music, writing, art, movement and drama, all of which are essential to patients as well as to everyone in order to promote a sense of wholeness and wellness. Below are descriptions of three groups within the Expressive Therapy program that serve as an example of how Shattuck Hospital helps foster wellness.

Empowerment through Drama Performance: Creating a Voice

In the drama therapy group, patients have participated in theatre techniques that promote group connection and teamwork, emotional expression and exploration of identity. With a playful and spontaneous spirit, the drama therapy group has used role play and improvisational scenes to explore pretend scenes as well as real life scenarios where they have supported each other both as participants and audience members. The group performed in the T.R.E.E. community meeting and will be performing again soon at each of Shattuck's MBMHU units. The purpose of the performance is to build connections and community among the Shattuck patients by sharing their unique and collective experience of mental illness.

The Shakespeare Group is another place where people can connect, learn and perform. In the Shakespeare Group, patients have explored Shakespearian sonnets, the Shakespearian comedy "Twelfth Night" and Shakespeare's tragedy "Romeo and Juliet." Currently the group is working on reading scenes from "Julius Caesar." This group was founded on the belief that Shakespeare is for everyone. Shakespeare's many works convey a wide range of human experience and emotion. In Shakespeare Group, participants feel empowered as they take on the challenge of speaking the Shakespearian language and share their own insights, reflections and feelings about the characters and the story themes as they read in a supportive and encouraging environment. Patients share how Shakespeare's plays resonate with them and what can be learned from the stories and characters as they engage with the group in lively discussions.

Museum of Fine Arts Seminars: Community connection and a sense of normalcy

The Museum of Fine Arts (MFA) Seminar Group is an educational

Taunton State Hospital and the DMH Taunton-Attleboro Site Office were recognized at the Massachusetts Employment Celebration for their collaboration in providing employment for clients. The Massachusetts Clubhouse Coalition annual event was held in the Great Hall at the State House last month. The awards celebration recognized more than 30 businesses and agencies across the state for their efforts in offering employment opportunities for Clubhouse members in Massachusetts.

The Corner Club in Attleboro nominated Taunton State Hospital for the hospital's successful Work Skills program. Over the course of 21 years, the program evolved from a medical model to a rehabilitation service model that embraces the principles of recovery. The program is designed to provide meaningful work opportunities and is part of a patient's comprehensive and individualized treatment plan that integrates traditional treatment activities with work-based therapy. The work program is a pathway towards discharge and a successful transition back into the community. It is an experience that helps patients overcome the stigma of having a mental illness and being hospitalized.

The DMH Taunton-Attleboro Site Office was nominated for the innovative collaboration with the Fellowship and Corner Club for the oversight and expansion of the Greenhouse work program. The Corner Club has managed the Greenhouse for Taunton/Attleboro clients in early March. Working in the Greenhouse is an enriched work experience that many current and former patients value and enjoy. The work teaches transferrable skills and help some move into other types of employment.

The DMH Western Mass. Area Office was also nominated by the Star Light Center in Florence.

and experiential group that meets once a week in the art studio at the beginning of our open art studio time. Each week a different artist whose work is exhibited at the MFA is introduced and a brief lecture is given on the artist's biographical information, inspiration, method and style of art. Following the lecture, patients are invited to create an art piece, either as a group or as individuals, in the style of the featured artist with similar materials and methods. Once a semester, a field trip and special guided tour is planned to the MFA to view the works and artists that have been discussed including John Singer Sargent, Arthur Dove, Dale Chihuly, Mary Cassatt and Edgar Degas. The opportunity to view the artworks in person provides both a richer learning experience as well as a chance to explore the MFA. At the end of the tour, participants are given the opportunity to sketch in the galleries, an experience that has patients sitting alongside staff and other museum visitors, sketching from the contemporary paintings in front of them. To those passing by, this group was seen for who they really are: simply artists sitting and sketching together at the MFA.

Vocational Arts: Building an artist identity through meaningful work

Last year, an arts-based work program was established as one of the many vocational opportunities available. In this program, artists are paid for their time working in our art studio creating art. The products created during their work time are sold at in-house craft fairs. Now a year later, the program employs six professional artists in training and has had two very successful craft fairs in the main lobby. Artists in this program report that "it doesn't feel like work" when they arrive in the studio for their work shift. This is the best kind of work, when you can say you truly love what you do! Products created in this program include SAORI weavings, hand-painted and collaged cards, beaded jewelry, small painted wood items and silk scarves. The artists have learned how to document their work with a digital camera for their artist portfolios as well learn how to write a professional artist statement. One of our talented jewelry artists was commissioned by Shattuck Partners to create a piece for an auction.

DMH Wraps Up Its 2013 Citizens Legislative Breakfast Series

A 16-year tradition continued as DMH hosted annual Citizens Legislative Breakfast series for the Metro Boston and Southeast and Western regions of the state. The breakfast events are an opportunity for members of the mental health community to meet with their legislators, thank them for their support and discuss how the Department helps people with mental illnesses recover and live independently in communities of their choice. It is also an opportunity for consumers and family members to share good news and success stories about their life experiences.

Lyn Legere, Director of Lifelong Learning at the Transformation Center, brought her lively energy and passion for

Congratulations to all the Employer Awardees across Massachusetts listed below:

Atlantic House Quincy
TJ Maxx of Norwell

Baybridge Clubhouse, Hyannis
Mentor House Inc.

Center Club, Boston
Clover Food Labs

C.W Potter Place, Waltham
The Nelson Companies

Corner Club, Attleboro
Department of Mental Health,
Taunton Attleboro Site Office

Crossroads Clubhouse, Hopedale
Central Mass Employment
Collaborative

Crystal House, Gardner
Liberty Tax Service, Gardner

Elliot House, Needham
Newton Free Library

Elm Brook Place, Bedford
Marshalls of Burlington

Fairwinds, Falmouth
Windfall Market

Forum House, Westfield
Creative Machining and Molding
Corporation

Genesis Club, Worcester
TJX Asset and Recovery Center

Green River House, Greenfield
Tom Masters, Murphy's Realty,
Northampton

Haverhill Clubhouse, Haverhill
Christmas Tree Shops, Salem, NH

Heritage House, New Bedford
Humane Society and Shelter

Horizon House, Wakefield
Sanborn Place, Home Care and
Day Services

Lighthouse, Springfield



recovery to the Metro Boston breakfast as she introduced Metro-Southeast Area Director Patty Kenny, Commissioner Marcia Fowler and Legislative sponsor Representative Liz Malia. Irene Chavez introduced and shared the story of her son Alejandro Chavez Jr., **pictured left**, and his experience at the [PREP](#) program. A video "A Way Home" highlighting consumers in the Southeast was also screened at both the Metro and Southeast breakfasts.



Frances Sokell, Director of the Southeast Recovery Learning Community, joined returning emcee Robert Rousseau, Director of Peer Recovery Services at Fellowship Health Resources to emcee the Southeast Breakfast. With his trademark enthusiasm, Rob introduced Metro-Southeast Area Director Patty Kenny, Commissioner Fowler and Legislative sponsors Senator Mark C. Montigny and Representative Paul Heroux, **pictured above receiving his award from Commissioner Fowler**. Representative Heroux is personally passionate about mental health issues and as a regular blogger for the Huffington Post, he frequently discusses mental health topics. Consumer speakers included Tiffany Lougee and Lisa Murphy.



The Western Mass. region Legislative Breakfast was held at Springfield Technical Community College. Central-West Area Director Susan Sprung and Commissioner Fowler joined legislative sponsors Senator James T. Walsh, **pictured left with Commissioner Fowler and Susan Sprung**, and Representative Brian M. Ashe at this well-attended event. Speakers were introduced by John Hornik, President of the Western Mass. Area Citizens Advisory Board. Recovery perspectives were presented by Marty Hadge, Robert Douglas and Thomas Robie.

The breakfasts continue to be a shining example that our legislative leaders are committed to supporting and funding mental health services to support consumers and families in achieving their goals.

CW Resources

Neponset River House, Norwood
Liberty Tax Service, Dedham

Options Clubhouse, Marlborough
Advanced Math and Science
Academy Charter School

Pioneer House, Peabody
Torrigan Family YMCA

Plymouth Bay House, Plymouth
Walmart

Point After Club, Lawrence
Borrelli's Deli

Renaissance Club, Lowell
Market Basket, Tewksbury

Star Light Center, Florence
Department of Mental Health
Western MA Area Office

Tradewinds, Southbridge
Sturbridge Host Hotel &
Conference Center

Towne House, Fall River
Big Brother Big Sister Foundation

Transudations of Boston,
Dorchester
Big Brother Big Sister Foundation

Westwinds, Fitchburg
Fitchburg Historical Society

[Click here](#) to view all of the photos from these breakfasts.

Mark Your Calendar!

Express Yourself 2013 Viva!

Join us as The Massachusetts Department of
Mental Health and Express Yourself present:



Wednesday, May 15, 2013
7:00 p.m. - doors open at 6:45 p.m.
Citi Performing Arts Center Wang Theatre
[265 Tremont Street, Boston, MA 02116](#)
admission is Free to all!
general seating - no ticket is required
Telephone: 978-532-2489
www.expressyourselfinc.org

ASL Interpreters will be signing the show. If you are deaf or hard of hearing or have low vision and need to be seated close to the stage, please let the ushers know when you enter the theater. Contact info@expressyourselfinc.org or 978-927-8600 for additional questions regarding accessibility accommodation requests

Join families, friends, educators, legislators and DMH staff as they fill the Citi Performing Arts Wang Theatre for the 18th annual performance of the award-winning and nationally recognized Express Yourself. This year's theme is "Viva!" and features 150 amazing youth performers, beautiful props, set design and the always cool Stan Strickland Band!

This event is truly a highlight of May is Mental Health Month, so come out and show support.

Conferences and Events

May 3-4, 2013

2nd Annual Conference on
Haitian Mental Health
Weathering the Storm Like
Bamboo: Rethinking the
Concept of "Resilience" in the
Haitian Community

9 a.m. to 4:30 p.m.

Massachusetts School of
Professional Psychology, One
Wells Avenue, Newton, MA
Keynote Presenters: Marjory Clermont
Mathieu, Ph.D., Guerda Nicolas, Ph.D
and Dr. Ronald Jean-Jacques

[Click here](#) to register
[Click here](#) for a printable flyer



On your mark: NAMIWalks 2013 ready to go on May 11!

The National Alliance on Mental illness of Massachusetts (NAMI-Mass) is gearing up for another record-breaking, stigma-busting, hope-instilling NAMIWalks event Saturday, May 11, 2013 at Artesani Park in Brighton for a 10th consecutive year. The much anticipated walk raises awareness for NAMI-Mass programs, benefiting people affected by mental illness across the Commonwealth.

Get ready to lace up your sneakers and join the thousands who support people living with mental illness on Saturday, May 11. Registration opens at 9 a.m. and the walk begins at 11 a.m.

May 8, 2013

B.A.T.L.E.M.I.N.D

Transitioning from Combat to Home

**Presented by Kevin Lambert,
Department of Veteran
Services Statewide Advocacy
for Veterans Empowerment
(SAVE)**

10 a.m. to noon, DMH Central
Office, 25 Staniford Street,
Boston, MA 02114
Boston Room, Plaza level
For questions and registration
or accommodations, please email
[Lisa Colozzo](mailto:Lisa.Colozzo@dmh.state.ma.us)
[Click here](#) for a printable flyer

May 17, 2013

**4th Annual Asian American &
Pacific Islander Mental Health
Forum**

**"Making the Invisible Visible:
How do we educate, engage,
empower, and enable
consumers and their families?"**
8:30 a.m. to 4:00 p.m., Simmons
College, 300 Fenway Boston, MA
02115

The forum is Free
Continued Education Credits for
Social Work and LMHC have been
applied for.
co-sponsored by DMH, DCF and
Simmons College [Register Online](#)
For questions
and accommodations,
please email [Lisa Colozzo](mailto:Lisa.Colozzo@dmh.state.ma.us)
[Click here](#) for a printable flyer

**Upcoming Trainings from The
Bridge Training Institute**

[Click here](#) for the complete 2012
training schedule.

Training Institute events are
held at the DoubleTree Hotel
which is wheelchair accessible to
people with mobility limitations. If
accommodations such as ASL
interpreters or visual aids are
needed, please contact Stephen
Murphy
at stevem@thebridgecm.org, or
508-755-0333 three weeks in
advance of the training date.

To register online, join the DMH Walk Team, or to read more
about the NAMIWalk, visit www.namiwalks.org/massachusetts

For additional information contact Walk Manager Karen Gromis
at kgromis@namimass.org or 781-938-4048.

~ Save The Date ~

June 19, 2013

UMass Public Sector Psychiatry 29th Annual Conference
University Campus, Amphitheatre III, 55 Lake Avenue North,
Worcester, MA 01655,

Visit the [UMass Medical School Website](http://umassmed.edu/psychiatry) for Conference
information and agenda

Registration information will be posted on the site soon. Click
link for [Directions and Parking Info](#). For questions or If you
require an ADA accommodation, please contact Roxanne
Wellman, 508-368-0704 or email
at Roxanne.Wellman@MassMail.State.MA.US

October 4, 2013

Riverside Trauma Center's 3rd Annual Conference
**Donald Meichenbaum, PhD, presents "How to Journey from
Trauma to Resilience: Specific Ways to Bolster Resilience"**
8:30 a.m. to 4 p.m., Crowne Plaza, Natick, MA, 1360 Worcester
Street-Rte 9

Following exposure to traumatizing and victimizing experiences,
75% of individuals evidence some level of resilience, while 25%
evidence some form of persistent chronic psychiatric difficulties
such as PTSD and Substance Abuse Disorders. In this
presentation, Dr. Meichenbaum will consider what distinguishes
these two groups from a Constructive Narrative perspective and
the implications for assessment and treatment decision making.
He will discuss specific ways to bolster a client's resilience and
improve treatment outcomes.

Other presenters will be announced and pre-registration will be
required.

Information will be posted online shortly
at www.riversidetraumacenter.com

Cosponsored by Riverside Community Care
and the Massachusetts Department of Public Health's Suicide
Prevention Program

[Click here](#) for a printable flyer

October 29-30, 2013

**MassPRA Conference "Putting Our Collective Vision Into
Action"**

Tuesday - All Day Institutes
Wednesday - Keynote and Workshops
College of the Holy Cross, Worcester, MA
Visit www.masspra.org for updates

[Click here](#) for a printable flyer with more information

Upcoming Workshops at the Center for Professional Innovation (formerly Community Program Innovations)

CPI offers continuing education for mental health and healthcare professionals and educators, holding day-long workshops throughout Massachusetts on clinical and management topics. Trainings are held in Billerica, Foxborough and Springfield.

To view the complete schedule and to register visit

<http://bridgewellcpi.org>

All facilities are wheelchair accessible. If accommodations such as ASL interpreters or visual aids are needed, please email:

info@BridgewellCPI.org or call 339-883-2118.

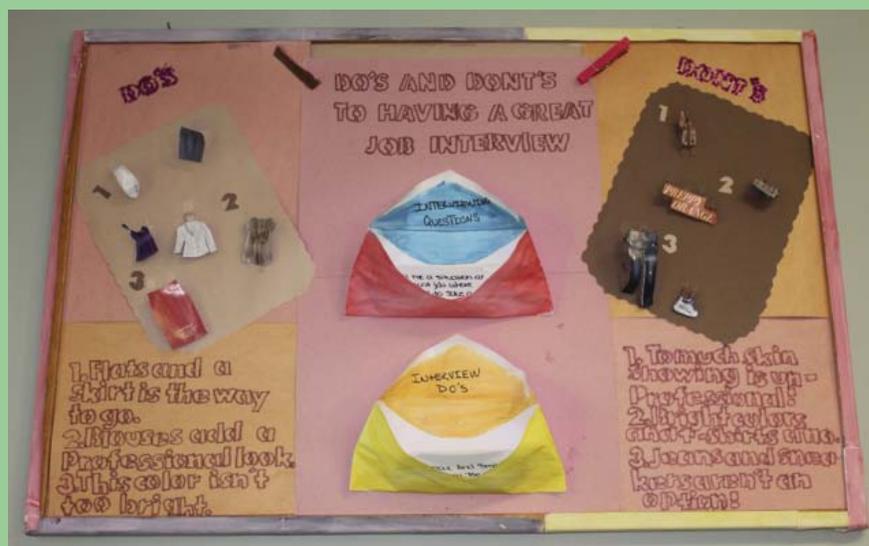
MA Department of Public Health Suicide Prevention Program

2013 Trainings

The Massachusetts Department of Public Health Suicide Prevention Program Workshop Calendar is available with the full schedule of trainings. More workshops will be added throughout the year. When registering, note that each event has tabs titled with information regarding the workshop. Space is limited for each workshop and fills up quickly, so register before the deadline. [Click here](#) to view the current Suicide Prevention Training Calendar.

[Click here](#) for the Transformation Center website and all the latest information and events happening throughout the mental health community.

Photo of the Month
STEPS Program Preps Young Adults for Work



This month we feature a creative way to get Young Adults ready for a job interview. This brightly colored informative bulletin board is prominently displayed at STEPS. A DMH-funded program of Wayside Youth and Family Support Network, STEPS is a resource center for young adults ages 18 to 25 who need a safe, supportive environment where they can get the help they need as they transition to independent living. STEPS aims to show young adults they are not alone. Regular workshops and events are held to teach valuable life-skills. Members are encouraged to draw on their strengths so they can recognize they already possess the capabilities to accomplish their goals and have the power to overcome obstacles.

Access photos of DMH Events anytime at the [DMH Photo Gallery on Shutterfly](http://www.dmhconnectionsphotogallery.shutterfly.com)
www.dmhconnectionsphotogallery.shutterfly.com

If you have photos from a DMH event that you would like featured as photo of the month or on the site, please send them to [Michelle Cormier Tallman](#)



We will be posting DMH Connections on DMH's on the new

*improved archives page of the internet and staff intranet sites.
View issues from 2008 to the Present.*

~

*DMH Connections proudly continues
4 years of continuous publication!*



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