

The Healthy Mentality

A mental health newsletter courtesy
of North Central West Virginia Community Action

October 2017

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Mental Illness Awareness Week

The first week of October was Mental Illness Awareness Week. This is a time set aside to fight stigma associated with mental illness, provide support, educate ourselves and advocate for equal care. The following information and guidance is provided by the National Alliance on Mental Illness (NAMI).

One in five adults experiences a mental illness in any given year. Those problems can contribute to onset of more serious long-term conditions such as major depression, bipolar disorder or schizophrenia. Approximately one-half of chronic mental illness begins by the age of 14. Unfortunately, long delays—sometimes decades—often occur between the time symptoms first appear and when people get help. It is critical to learn to recognize early symptoms of mental illness and talk with a doctor about any concerns. Early identification and treatment can make a big difference for successful management of a condition.

Anyone who is feeling that they are having symptoms of mental illness should see a doctor to discuss and be checked for possibly related physical conditions. For information on signs that you may be struggling with a mental illness, please visit <https://www.nami.org/Learn-More/Know-the-Warning-Signs>.



Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. First observed in 1987, Domestic Violence Awareness Month focuses on putting attention to the issue of domestic violence in our society. Domestic violence is a pattern of abusive behaviors, characterized by one person's need to control another person by using a range of methods such as physical/sexual violence, threats, coercion, intimidation and emotional manipulation. It can happen to anyone regardless of age, gender, race, ethnicity, religious beliefs, economic status, education, ability or sexual orientation. To stop domestic violence, we all must make an effort in educating ourselves and others about domestic violence. For more general information about domestic violence, including potential warning signs for emotional, physical, or sexual abuse, please visit <http://www.thehotline.org/is-this-abuse/>. If you or someone you know, need support, please contact the National Domestic Violence Hotline 1-800-799-SAFE.



Mental Health Walk Ins

Do you have questions or concerns concerning the social-emotional growth of your family/child? I will be available in each county to meet with you to discuss any issues and/or concerns and to provide resources. Below are the dates and times I will be in each county. If the dates and times do not fit your schedule, please contact your Family and Community Partnership staff and they will contact me to schedule an appointment.

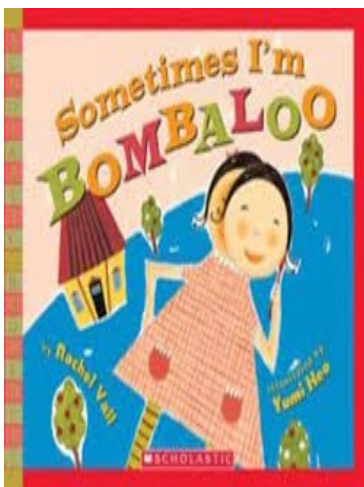
I look forward to meeting you.

County	Date	Place	Time
Marion	10/27/17	North Central Head Start Office in Marion County	10am-Noon
Barbour	10/30/17	Philippi Head Start	9-11am
Taylor	10/30/17	North Central Head Start Office in Taylor County	1-3pm
Webster	10/31/17	Cowen Head Start Center	11-1pm
Tucker	11/1/17	Tucker County Community Action Association	10-Noon
Randolph	11/2/17	Randolph County Early Head Start Site	Noon-2
Preston	11/3/17	Preston County North Central WV Community Action	10-Noon
Pocahontas	TBA	TBA	TBA



Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month's suggested book is: *Sometimes I'm Bomboaloo* by Rachel Vail



Everyone gets angry. It is what we do with anger that is the important part. *Sometimes I'm Bomboaloo* by Rachel Vail introduces us to Katie Honors who is a “really good kid” that can Velcro her own shoes and put away her toys. Katie shares with us that she sometimes turns into Bomballo, who uses her feet and fists instead of her words. But with a little time to calm down, she regains control and feels like Katie again. Read this book with your little one to help them understand that anger is a feeling that everyone has and that there are positive ways to deal with our anger. For more suggestions on how to use this book to support your child’s social-emotional growth see http://csefel.vanderbilt.edu/booknook/bn_bombaloo.pdf.



The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.