

MAY 2022

Mental Health Awareness Month: You're Not Alone!

May is dedicated to mental health awareness. One of the most important things to be aware of regarding mental health is that YOU ARE NOT ALONE! The National Association on Mental Illness (NAMI) reports that 1 in 5 adults in the U.S. will experience a mental illness and 1 in 25 will experience serious mental illness. Additionally, 17% of youth (ages 6-17) will experience a mental illness. Below are some great organizations that provide various resources such as information sheets, infographics free classes and more:



- **NAMI**- National Association on Mental Illness, general information, and resources
- **Make It Okay**- Community ending stigma around mental illness
- **The Trevor Project**- Directed toward LGBTQA youth
- **SAMHSA**- Directed toward co-occurring mental illness and substance abuse

What Types of Services are Available?

The various types of services can get confusing at times. Here are some of the categories used to describe the intensity of services:

- **Outpatient Therapy:** When the client lives at home and sees their therapist in their office at scheduled times. While this is typically provided weekly for around an hour, sometimes a therapist and client might arrange for more sessions or a greater length. This could be individually, with just the therapist and client, couples, with two or more people focusing on their relationship, family, where a group of people identified as family come together to work on

their familial relational goals, or group, where there is one therapist and multiple clients that typically focuses on one area such as trauma. Outpatient Therapy can be provided in many ways and modalities such as Cognitive Behavioral Therapy (CBT), Art therapy, Narrative, Biofeedback, Eye Movement desensitization and reprocessing (EMDR), etc.

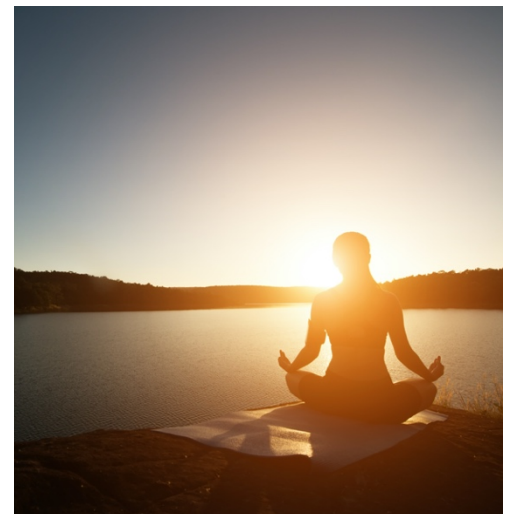
- **Intensive Outpatient Programs:** When a client attends either a half-day or a full day program outside of the home. These programs may be daily or a few days a week and are often referred to as Day Treatment or Partial Hospitalization Programs (PHP). To try one of these programs, clients typically have to try less intensive interventions (outpatient therapy) first.
- **Inpatient Treatment:** Mental health symptoms are severe enough to require that the client sleeps at the facility overnight for a period of time (usually between 1 and 30 days) while multiple providers work with the client to reduce symptoms and increase the client's safety. Clients are monitored 24/7 and kept in a controlled, safe environment.
- **Residential Treatment:** For clients who do not need the level of supervision provided at inpatient treatment, but who still need a structured place to live and receive mental health services. It is designed to be more comfortable and less like a hospital. To try a residential program, clients typically need to have tried less intensive interventions (outpatient therapy, day treatment/partial hospitalization) first.

Mindful Moment: Loving Kindness

This week's mindfulness is from Mindful Loving kindness is a form of meditation in which you focus on sending kind thoughts to yourself and others. It can help you feel connected to others by choosing specific people to send these well wishes to. You can close your eyes and imagine saying these statements energetically like a prayer or you can keep your eyes open and write them like a letter. Start by sending these messages of loving kindness to yourself:

- May I be happy.
- May I be safe.
- May I feel loved and appreciated exactly as I am.

When you have finished working on loving yourself, repeat this process but with others: Someone close to you, someone neutral, and someone who is difficult to connect with. Replace the "I" with their name. You can do this as many times as you wish for as many different people or groups or people as you wish. You may wish to apply it to your pets or to nature or humanity. Notice (without judgment) how it feels to send these statements to each person. Who is the easiest/hardest? How did it feel to send loving kindness to yourself?



Creative Corner: Colors of Me

This week's activity is about using colors to identify core emotions you feel daily and to identify the ones you would like to work toward feeling more.

Find an outline of a face/head silhouette. One side, identify 5-6 emotions you feel daily and write them down next to the color you would like them to represent. Next, fill in one silhouette with those colors in the amount you feel each emotion. Next, write down 5-6 emotions you would like to feel more of in the future. Repeat the process of coloring in how much of each you would like to feel. Take a moment to think about the results. What is different? What would you like to change most?

