



E-NEWS: JULY

People Incorporated Mental Health Services

As summer break approaches, many young people experience increased anxiety due to changes and new or uncertain expectations. Parents and caregivers can help alleviate summer break stress for kids by understanding the causes and providing support. People Incorporated's Sara Benson gives us tips on how to navigate that summer break anxiety.

Causes of Anxiety:

- Changes in routine and loss of daily structure.
- Reduced social interaction with friends and teachers.
- Academic pressure from end-of-year tasks and grades.
- Worries about transitions to new grades or schools.

Signs to Watch For:

- Irritability, restlessness, or increased "what if..." questions.
- Withdrawal from usual activities or social interactions.
- Physical symptoms like headaches or stomach aches.
- Sleep disturbances, including nightmares.

Tips for Parents and Caregivers:

- Maintain a consistent routine.
- Encourage open conversations and validate feelings.
- Celebrate school year accomplishments and summer opportunities.
- Model healthy coping strategies and manage your own stress.

Bonus Wellbeing Boosters:

- Prioritize sleep and rest.
- Spend time outdoors and stay active.
- Support hobbies and creative interests.
- Set healthy boundaries around screen time and social media.

By recognizing the signs and offering steady support, families can help kids transition into summer with confidence and calm.

SAVE THE DATE: JULY 23RD 8:00 AM TO 12:30 PM
2025 COMMUNITY CONVERSATIONS & CONFERENCE



This month, the Training Institute will partner with People Incorporated Mental Health Services to host the first-ever half-day mental wellness conference: 2025 Community Conversations & Conference. This year's theme, Navigating Uncertainty, will explore how individuals, professionals, and communities address mental health challenges during times of change and how we can move forward with empathy, insight, and action.

There are Continuing Education Units (CEUs) available for eligible professionals. The cost for this conference is \$25.00.



2025 Speakers:

Opening Keynote: Tyrre Burks- CEO and Founder, Players Health.

Moderator: Miss Shannan Paul- Comedian, Speaker, Event Emcee & Advocate.

Featured Panelists:

Jessica Poole, Rebecca Rabb, Emmaline Childs, Gayle Smaller, Russ Turner, & Warren Duncan.



651-774-0011



info@peopleincorporated.org



3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121

One Gift, Big Impact: Why a One-Time Donation Matters

Every dollar you give to People Incorporated helps someone take a step toward mental wellness. Whether by providing hygiene kits for IRTS clients, art supplies for our Artability program, or emergency support for those in crisis, your one-time gift fills urgent gaps in care. In Minnesota, a significant number of adults and youth experience mental health conditions, with challenges in accessing timely and affordable care.

[Give today and be the reason someone gets the help they need.](#)

PEOPLE INCORPORATED AND TRAINING INSTITUTE

Is now offering CLE for
Legal Professionals.

Live online July 24th
10:00 AM- 11:00 AM

Interested in joining? Sign up [here](#).

FOLLOW US ON SOCIAL MEDIA!

Instagram: @peopleincorp
Facebook: People Incorporated Mental Health Services
LinkedIn: People Incorporated Mental Health Services
TikTok: people.incorporated
Pinterest: peopleincorpor

ARTABILITY AND V3 SPORTS

Artability is excited to expand its programming to include youth, marking a significant step in our mission to make the arts more accessible and inclusive. This expansion began with a new partnership with V3 Sports, a vibrant and community-centered organization in North Minneapolis.

Through this partnership, Artability piloted monthly all-ages classes at the V3 facility. These sessions have been well-received, drawing strong participation and enthusiasm from youth and families alike. The success of this trial affirmed the need and desire for creative programming among young people in the community.

Artability is proud to announce the inclusion of a youth segment in this year's Artability Art Show & Sale—a first in our program's history. This addition represents our growing commitment to supporting self-expression and confidence-building.

[Sign up for a class at V3 here!](#)



651-774-0011



info@peopleincorporated.org



3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121