

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

What's in This Month's Issue:

- Mental Health Awareness Month
- 3rd Grade MyPlate Program Complete
- Youth Summit - ECHO Coalition
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- Save the Date - Breaking the Stigma: Mental Health, Addiction, & Trauma
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Mental Health Awareness Month

Source: NAMI, Minnesota Dept. of Health

May is nationally recognized as Mental Health Awareness Month (MHAM). During the month of May, WCHD takes part in this national movement to raise awareness about mental health conditions for both peers and family members.

We all have mental health, it affects how we think, feel, and act every day. However, mental health is often ignored until something is going wrong. The best way to prevent that is to pay attention to your mental health even when you're feeling ok or even good. Just like with our physical health, we can all do things that make us mentally healthier.

Self Care: Self-care is the practice of taking care of oneself. It takes purposeful effort, but it can help with maintaining or improving your daily mental well-being. Below are a few different forms of self-care, according to the Mental Health Coalition:



Physical: Addresses stress that lives in your body. Ex: massage, fitness, dance, aromatherapy, rest, pampering.



Emotional: Involves tending to your own internal emotional world. Ex: connecting with others, psychotherapy, journaling or creative writing, art.



Cognitive: Engages in activities that are intellectually rewarding and/or stimulating. Ex: reading, writing, listening to books or podcasts, watching films, psychotherapy.



Spiritual: This can take many different forms and does not have to be tied to formal religion. Ex: meditation, breathwork, prayer, connecting with a spiritual or religious community.

When you are struggling, friends and family can be a great support system, but sometimes it is hard to ask for help. In fact, we should talk about our feelings. Reach out to friends, family, neighbors, a warm line, or a crisis line if you want to talk. Know that you are not alone, help is available, and healing can happen.

Having conversations around mental health can sometimes be uncomfortable, but it can also make a big difference. Not sure where to start? Check out these tips and tools from Seize the Awkward to help start the conversation. bit.ly/43F7FZB

Resources:

- Four County ADAMhs Board: bit.ly/3GNOmnb
- Local Crisis Hotline: 800-468-4357
- Crisis Text Line: Text "4Hope" to 741-741
- National Suicide & Crisis Hotline: Text/call 988
- NOCAC Resource Guide: bit.ly/3op1KYk

Mental Health in Williams County

Source: 2022 Community Health Assessment

Adults

Williams County adults reported their **mental health was not good 4.6 days** out of the last 30 days.



14% felt sad or hopeless for two or more weeks in the past year that they stopped doing usual activities.

Youth

30% of youth in grades 6-12 **felt so sad or hopeless** almost every day for 2+ weeks in a row that they **stopped doing some usual activities** in the past 12 months.



14% of youth reported they had **seriously considered attempting suicide** in the past 12 months, increasing to **19% of females**.

In the past year, **8%** of youth had **attempted suicide**. Of those who attempted suicide, 28% reported their suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

3rd Grade MyPlate Program Complete

The WCHD completed another year of implementing the 3rd Grade MyPlate program to Williams County 3rd grade classrooms. The 3rd Grade MyPlate Program is funded by the Four County ADAMhs board, in partnership with United Way, in order for the Williams County Health Department to educate children about healthy nutrition habits to reduce childhood obesity and improve mental health. The program is intended to increase the students' knowledge about the five food groups, healthy eating, and physical activity through interactive lessons. Each lesson includes activities to engage students and enhance learning. The last session also includes a produce taste test. The taste test offers fruits and vegetables that many students have not tried before to students to introduce them to new, nutrient dense foods. Students take home handouts at the end of each session that are relevant to the lessons and handouts that can be shared with their parent or guardian. Students also receive a physical MyPlate to utilize at meals and a \$10 voucher to purchase produce at a local grocery store when they complete the program.

Thank you to the Four County ADAMhs Board for funding this program and United Way of Williams County for assisting with the program.



Youth Summit

The ECHO Coalition is hosting a Youth Summit at Superior School on May 11th. The school day event will be packed with information to prevent youth substance use in local schools. About 150 students from each of the 7 school districts will attend. Attendance is determined by school staff.

Youth Summits are planned to:

- Increase awareness of the harms of substance use.
- Connect students to community resources to be informed citizens and know how to use the resources in their community.
- Elevate youth voice so they can take that information back to their schools and home.

Youth Summit provides students from different schools an opportunity to connect with peers and talk about topics that are relevant to their lives.

COVID-19 Vaccine Recommendations Update

On April 19, the CDC updated its COVID-19 vaccine recommendations.

What has changed:

- Adults age 65 and older & immunocompromised people can get an additional COVID-19 vaccine dose.
- Monovalent (original) COVID-19 mRNA vaccines will no longer be recommended for use.

What has not changed:

- CDC continues to recommend that everyone ages 6+ years receive an updated (bivalent) mRNA COVID-19 vaccine. Individuals ages 6+ years who have already received an updated mRNA vaccine do not need to take any action unless they are 65+ years or immunocompromised.
- For young children, multiple doses continue to be recommended and will vary by age, vaccine, and which vaccines were previously received.

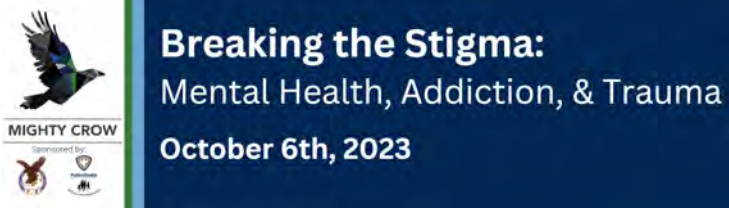
To learn more, visit: bit.ly/41ytusn

Save the Date - Breaking the Stigma: Mental Health, Addiction, & Trauma

Dr. Gretchen Clark Hammond will be coming back to Williams County to host a second Breaking the Stigma: Mental Health, Addiction, & Trauma training. Dr. Hammond held a training for Williams County on January 19th, 2023 and the feedback from the event was so positive that the Williams County Health Department invited her back in October.

Please save the date: Friday, October 6, 2023

More details will be released as they become available.



WIC Program

WIC, or Women, Infants and Children, is a nutrition education program that provides nutritious foods that promote good health for eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age. WIC also provides breastfeeding education and support and referral for health care. Supplemental foods that are offered on a food card include cereal, eggs, milk, whole grains, fruits and vegetables and infant formula.

In addition to the foods offered throughout the year, the Farmers Market program is a project that happens every year starting in Mid-June/Early July where local farmers take their produce to markets in the area and WIC participants are able to use coupons toward purchasing their produce. Those coupons are usually up to \$30 in free money that is given to them as WIC participants.

In Williams County, the caseload for WIC offices has increased tremendously in the past several months. The current caseload count is approximately 733 for Williams County WIC.

To learn more about WIC services, visit <http://www.signupwic.com/>.



Talking Points Content Survey

We would like to hear from you. What would you like to learn about in future Community Talking Points? Share your feedback by taking the following survey: bit.ly/CTPInputSurvey.



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCommunityTalkingPoints

For more information on WCHD programs and services, visit: williamscountyhealth.org

Main Office
310 Lincoln Ave.
Montpelier, Ohio 43543
Phone: 419-485-3141
Fax: 419-485-5420

WIC Satellite Office
1399 East High Street
Bryan, Ohio 43506
Phone: 419-636-8754
Fax: 419-636-8107

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