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PATHWAYS to a Brighter Future

Mental Health Network

# SPOTLIGHT

Fall 2020

Pathways to Promise & Mental Health Minnesota

Pathways to Promise and Mental Health Minnesota are two organizations that provide a full array of behavioral health services and care coordination for children, adolescents, adults, families and older adults.

## Website Resources

Check out Pathways to Promise and Mental Health Minnesota Website Resources. Resources under these tabs:

- Homepage – scroll down to click on "Learn more" in the Mental Health Minnesota section
- Resources Tab – click on Mental Health Minnesota Resources in the drop down menu

Mental Health Minnesota Homepage: We are working to improve the website resources. The new content is at www.mentalhealthminnesota.org for inquiries or if you have suggestions for website improvements.

**Interested in a shorter monthly Spotlight instead of the current quarterly Spotlight?**

**This shorter monthly Spotlight would consist of resources that will focus on preparing you month by month for upcoming events and holidays happening online and around the world, pertaining to mental health and wellness.**

Yes

Maybe

No

## Understanding ADHD: Causes, Symptoms, and Seeking Support

Photo by Nappy on Unsplash

**By Georgia M. Williams, PhD**
**Executive Director**

**Understanding ADHD:** Understanding Attention Deficit Hyperactivity Disorder (Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental condition that affects both children and adults, impacting focus, impulse control, and energy levels. Understanding its causes, recognizing its symptoms, and seeking appropriate support, individuals with ADHD can thrive in their personal and professional lives.

**Causes of ADHD**

While the exact cause of ADHD remains unknown, research suggests that genetics and environmental factors play a role. Studies have identified higher chance that their relatives may also develop the condition. Additionally, differences in brain structure, particularly in areas responsible for attention and impulse control, have been observed in individuals with ADHD. Factors such as exposure to toxins or alcohol consumption during pregnancy, or exposure to lead during childhood, are also thought to contribute to the development of ADHD. Importantly, it is crucial to understand that ADHD is not caused by poor parenting or laziness.

**Symptoms of ADHD**

ADHD presents differently in individuals, but the symptoms generally fall into two main categories: inattention and hyperactivity/impulsivity.

**Inattention:** People with ADHD may have difficulty staying focused, organizing tasks, remembering details, and following through on projects. Careless mistakes, or lessons being disregarded by external stimuli.

**Hyperactivity** and Impulsivity: Individuals may feel restless, talk excessively, or interrupt others during conversations. They often struggle with impulsive control, making it hard to wait their turn or think through consequences before acting.

While some people primarily exhibit inattentive symptoms, others may show more hyperactive and impulsive behaviors. It's important to note that ADHD manifests in a spectrum of both. Symptoms of ADHD can vary with age and can significantly affect school, work, and relationships.

**Seeking Help for ADHD**

For individuals and families dealing with ADHD, seeking help is essential for managing symptoms and improving quality of life. Various treatment options are available, including a multimodal approach, combining medication and behavioral therapy. Medication, such as stimulants and non-stimulants, can significantly alleviate symptoms for many individuals. Behavioral therapy plays a significant role in managing symptoms and improving quality of life.

Treatment often includes a combination of medication, such as stimulants or non-stimulants, behavioral therapy, and support strategies to improve focus, organization, and impulse control. Collaboration with healthcare providers, educators, and multinational communities, it's important to work with professionals who respect cultural and spiritual values while offering support.

At Pathways to Promise, we believe in providing comprehensive care and resources to individuals and families navigating mental health challenges. We offer a range of services, including assessments, therapy, and support groups, to help you and the care team. Know the signs and take action and support. Mental Health America begins by our efforts as we continue to promote positive supportive resources to those dealing with mental health issues.

## Explore Upcoming Training Events to Become a Companion or Community Trainer

### *Become a Companion Workshop*

The Become a Companion Workshop equips volunteers nationwide to reach out to individuals with mental illness and their families, providing them with the tools to flourish in healing. It increases our volunteer capacity for empathy to recognize each person's individuality and meet them with utmost respect. In Companionship, we foster a deep connection with individuals, emphasizing shared experiences, attentiveness, diverse hospitality, and listening to them as neighbors in their communities and recovery journeys.

Become a Companion is a transformative Companionship Model series that has important lessons: hospitality, neighboring, side by side, listening, and accompaniment. You will gain an understanding of how to move from a transactional exchange to a relational and transformative model that enables substantial change when helping others.

Upcoming Workshop

**Tuesday, November 12, 2024, 9:30 am CT**
Zoom Link: https://zoom.us/j/96174000000

**Register for Become a Companion**

### Community Trainer Training

Do you want to become a Community Trainer? Do you want to become trained as a Community Trainer? This course, over two consecutive days:

- Become a Companion, a three-hour workshop that teaches participants the principles and practices of Companionship that equips them to become Alongside a person in distress.
- Community Trainer Training, a six-eight hour training that teaches people to lead the Become a Companionship workshop.

Upcoming Training

**Tues. November 12, 2024, 9:30 am CT**
**PLUS Tue., November 26, 2024, 9 am 5:30 pm CT**
**Application deadline: November 19**

We are interested in sending the application to later than November 19.

**Fax Learn Information and Application Sheets: click here**

### *Attend Tools of Compassionship*

Tools of Compassionship is a two-day training that teaches participants how to assess and prepare, at-risk people and high-risk, first responder persons, for therapy, participation as available.

- **Wed., Oct. 23, 10 AM CT, led by Dr. Gerry F. Jenkins, National Trainer**

Click on a link below to register for a Zoom session:
Zoom: zoom.us/meeting/register/tJ-Ocuu-qzwsE

**Register here on the Pathways To Promise Homepage**

All of the following primarily from webpage where their pathways/promise page are intended as a library of resources only. Pathways to Promise/Mental Health Network benefit from these resources.

## OCTOBER

These resources are intended for the Mental Health Network to highlight mental from the Mental Health calendar for October.

### October is Global Diversity Awareness Month

"This October, celebrate Global Diversity Awareness Month and pay tribute to the diverse minds and talents held by all cultures around the world. We live in a world where everyone's unique gifts are valued and celebrated. Let's strengthen our understanding and appreciation of this world. Open your mind to new views and ideas, appreciate cultural differences, and enjoy a fresh perspective on life. Take time to reflect on how you become a true citizen of the world."

**Click here to read more**

### October is National Disability Employment Awareness Month

"Each October, during National Disability Employment Awareness Month, or "NDEAM," we celebrate the value and talents of workers with disabilities and to demand workplaces and economy. NDEAM's purpose is to celebrate our diverse workforce, to promote the employment of people with disabilities, to raise awareness about the barriers that still exist and to spread effective theories. Access to good jobs for all is the theme for this year's NDEAM."

During National Disability Employment Awareness Month, or NDEAM, we celebrate the value and talents of workers with disabilities and to diversify workplaces and economy. NDEAM takes place annually each October. Its purpose is to celebrate our diverse workforce, to promote the employment of people with disabilities, raise awareness about the barriers that still exist and to spread effective theories. Access to good jobs for all is the theme for this year's official theme. "Access to Good Jobs for All."

**Click here to learn more**

### October is Breast Cancer Awareness Month

"In 2024, more than 300,000 people will be diagnosed with breast cancer. But there is hope. Advancements in early detection methods and support continue to improve the lives of those affected by breast cancer. Thanks to ongoing efforts, 5-year relative survival rate of breast cancer is 99%.

But early detection for all is only possible through access. NBCF is dedicated to helping Women Nowadd. The earlier we act, the bigger our impact — and we need your help."

**Click here to learn more**

### Breast cancer: How your mind can help your body

"As we celebrate the annual November Military Family Appreciation Month here at Mental Health Network we are thankful for Military Family Member who work to keep"

**Click here to learn more**

### Mental Stress Awareness Week - October 6-12

### Navigating Life with a Mental Health Condition

This Fall week in October is Mental Stress Awareness Week (MSAW), an annual national public education campaign led by the National Alliance on Mental Illness (NAMI). Designed to help raise the awareness of mental illness, National Depression Screening Day is October 10, 2024.

**Click here to read more**

### OCD Awareness Week - October 13-19

"OCD Awareness Week (#OCDaware) is a worldwide event that aims to dispel myths about obsessive compulsive disorder beyond the stigma around mental illness, and provide education about the disorder and how to support those who live with it. Mental Health Awareness Week (#MHAW) is a week of conversation we present from from accessing the timely, effective treatment they need to move from suffering to thriving. This #OCDweek, whether you are a mental health professional, a person living with OCD #ocdlife#, or a family member, you are making a powerful difference."

**Click here to read more**

### National Bullying Prevention Awareness Day - October 2

"In academy is an increase, which is the number of cases of a disease above what is normally expected in that population in that area. Bullying, is all the rage. Bullying is a form of aggressive behavior in which people intentionally and

Some has irrepressible urge to bullying as antagonism Remember, "Hearing is the schoolbell" story. However, it is so much more than that.

Many schoolmates experience bullying. Some schoolmates that bullies don't know about when they are in the 4th."

**Click here to read more**

### World Mental Health Day - October 10

"The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to join forces and focus their efforts on issues that relate to more mental health care a reality for people worldwide."

**Click here to read more**

### National Depression Screening Day

"Whether for heart disease, high blood pressure, diabetes or depression, health screenings are important. Early detection of a disease or condition and its risk factors can lead to better care and more effective and cost-effective medical advice.

Mental illness is considered a one of the most common mental illnesses, affecting 6.7% (nearly 1 million) of American adults each year.

Like screenings for other illnesses, depression screenings should be a routine part of healthcare."

**Click here to read more**

### Indigenous Peoples' Day - October 14

"Although there is a huge amount of diversity among Indigenous/Native communities in the U.S., many of these communities share common challenges and concerns. Indigenous/Native communities have had a long and complicated relationship with the past and with others in the community, including among family, friends, and healthcare providers. Many Indigenous/Native people have been personally affected by past and current Indigenous identity.

Many of these shared cultural experiences are protective factors for mental health, but members of Indigenous/Native communities also describe many challenges to their mental health, including discrimination, racial/ethnic discrimination and mental health challenges related to a long history of trauma."

**Click here to read more**

### Stork Day - October 17



"#Fertility is the world's most visible and bullying movement regarding LGBTQ youth, especially transgender and nonbinary youth is to their lives more in their truth and authenticity. This year, on Thursday, October 17th, GLAAD will celebrate National Coming Out Day, a day dedicated to raising awareness, it is the course, lessons in acceptance, leadership, quality impact, equality, and inclusion. Coming out is a personal decision, and it is important to provide youth by creating safer inclusive spaces for them to thrive and be recognized in the world."

**Click here to read more**

### International Overdose Awareness Day - October 31



### Why Overdose Awareness and Prevention are Important

"International Overdose Awareness Day on August 31st is a day to remember those who have lost their lives to overdose and to raise awareness about overdose. For anyone whose life has been affected by the use of a local drug or an overdose, every day is a day of remembrance but also a day to relive an overdose and to raise awareness about the importance of being able to prepare a person's recovery, promote healing, and prevent more deaths."

**Click here to read more**




### General Drug Overdose Facts and Symptoms

"If someone in your life has a substance abuse problem, the fear and concern that they may overdose is very real. Unfortunately, it is not uncommon for it's hard to escape the dark cloud of shame or blame of some that means leave of another celebrity who has succumbed to an overdose whenever you turn on the TV. Overdose is a tragedy that affects families and communities. Learn how to save drug overdose from can help you be informed."

**Click here to read more**

## NOVEMBER

These resources are intended for the Mental Health Network to highlight mental from the Mental Health calendar for November.

### November is Native American Heritage Month




### Indigenous Populations Face Unique Barriers to Accessing Mental Health Help

"Indigenous populations face different barriers and risks likely than majority populations when it comes to accessing help for mental health, according to a new study from the Centers for Disease Control and Prevention (CDC).

## Indian Health Service
## Fact Sheet on Behavioral Health

"The high rates of alcohol, substance use and mental health disorders, suicide, violence, and behavioral related morbidity and mortality in American Indian and Alaska Native communities are a result of the intergenerational impact of the legacy of the U.S. government. Positive drivers (Indigenous) protect from disproportionately higher rates of mental health problems such as suicide, post-traumatic stress disorder, violence and substance use disorders. These high rates result in American Indian and Alaska Native people reporting serious psychological distress at nearly twice the rate of the general population. In a month's time, Native are less statistics defining the health disparities experienced by the American Indian and Alaska Native population."

**Click here to learn more**

## November is National Veterans and Military Families Month

## Understanding the Significance of National Military Family Month

"Military Family Appreciation Month is an annual observance in the United States that takes place in November. The month is dedicated to recognizing, acknowledging and celebrating the families of service members across all branches of the military. These families — much like the service members themselves — make significant sacrifices in support of their loved ones. The month is a time when various events, programs, and discounts are offered to military families as a token of appreciation."

**Click here to learn more**

## 4 Ways to Recognize Military Family Appreciation Month

"As we celebrate the annual November Military Family Appreciation Month here are a few ideas of ways to show our thanks for fellow military families who have so or dear."

**Click here to learn more**

## November is Movember

"Globally, on average, 1 man dies by suicide every minute of every day. Movember is a month-long movement that sees men grow mustaches in celebration, while international and health promotion. We're starting towards a world where men take action to be mentally well, and are supported to those around them."

**Click here to read more**

## International Stress Awareness Day - November 1

Stress is a natural part of life. The expectations are familiar to us. "I'm stressed out." "I'm under too much stress." or "Work is one big stress."

Stress is hard to define because it means different things to different people. However, it's clear that mind stress is a negative feeling rather than a positive feeling.

**Click here to learn more**

## International Day for Tolerance - November 16

In 1996, the UN General Assembly adopted Resolution 51/95 proclaiming 16 November as **International Day for Tolerance**.

This action followed the adoption of a Declaration of Principles on Tolerance by UNESCO's Member States on 16 November 1995. Among other things, UNESCO's Member States agreed to "practice tolerance and solidarity among persons. It is respect and appreciation of the rich variety of our world's cultures, our forms of expression and ways of being human. Tolerance recognizes the universal rights of others and their fundamental freedoms. It is not a concession, a condescension, nor indulgence. Tolerance is a virtue that makes peace possible and contributes to every region of the globe.

**Click here to learn more**

Photo by Jed Owen of Unsplash

## Practicing Tolerance: It's Good for Your Mental Health!

"UNESCO's 1995 Declaration of Principles on Tolerance says that "tolerance is respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and our ways of being human. It is harmony, at the very core, why tolerance helps so much. It's about the embrace all of respecting others. But let's talk about some of the most important reasons that you should practice tolerance."

**Click here to learn more**

## International Survivors of Suicide Loss Day - November 22

"In 1999, Nathalie Rolls-Hertz, who lost her father to suicide, introduced a proclamation to the Governor of Utah, Michael Leavitt, to establish International Survivors of Suicide Loss Day. Also known as Survivor Day, this day was designated by the United States Congress as a day on which those affected by suicide can gather to share their stories and find hope. Although Survivor Day would always fall on the Saturday before American Thanksgiving, as the holidays are often a difficult time for suicide loss survivors."

**Click here to learn more**

# DECEMBER

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for September.

## Giving Tuesday

Join us in delivering resources to ease the mental health crisis!

This Giving Tuesday a monthly gift of $25 (just for a day!) or a one-time gift of any amount you feel you can give would help establish a stigma-free safety net for those in need. Your gift will help us provide mental health resources across the country and especially to marginalized neighborhoods.

We need to wait until Giving Tuesday!

Click the button below to give anytime or, if you prefer, send a check to

Pathways to Promise
P.O. Box 6768
Kansas City, MO 64124

**Give Now**

## International Human Rights Day - December 10

© Ed Kashi / VII, Palestine Territories: Jordan Valley Israeli Occupation of Occupied Rights

"The formal inception of Human Rights Day dates from 1950, after the Assembly passed resolution 423 (V) inviting all States and interested organizations to adopt 10 December of each year as Human Rights Day.

When the General Assembly adopted the Declaration, it was proclaimed as a common standard of achievements for all peoples and all nations. It sets forth, which individuals and societies should strive, by progressive measures, national and international, to secure their universal and effective recognition and observance."

The Universal Declaration of Human Rights sets out a broad range of fundamental human rights, which deserve to be protected in all societies. The rights of every individual everywhere, without distinction based on nationality, place of residence, gender, national or ethnic origin, religion, language, or any other status."

**Click here to learn more**

## The Holidays and Mental Health

December 21 - Christmas
December 26 - January 1 - Kwanzaa
December 26 - January 2 - Hanukkah

## Maintaining Mental Health During the Holiday Season.

"The holidays can be a joyful season, but they can also be stressful and especially challenging for those impacted by mental illness.

A NAMI study showed that 64% of people with mental illness report holidays make their conditions worse. The many people the holidays season is not merely a time of joy and cheer, but a time of sadness, loneliness, and isolation (or an epicenter before the pandemic). For individuals and families coping with mental health challenges, the holiday season can be a lonely or difficult time. Feelings of sadness, loneliness, and isolation, or the stress of mental health challenges, always can also contribute to worsening symptoms. Examples: In schizophrenia, it can encourage hallucinations and delusions, in bipolar disorder, it can cause episodes of both mania and depression. The COVID-19 crisis has made maintaining mental health more challenging for so many."

**Click here to learn more**

## Christmas - December 25

## Blue Christmas Worship Resource

Here is a list of the resources on this blog suitable for use at a "Blue Christmas" or "Longest Night" worship service.

For additional resources for Blue Christmas Services, visit our Mental Health Ministry Resources page, or the Blue Christmas Service Resources, click here, select "Blue Christmas Worship".

**Click here to learn more**

## Kwanzaa - December 26 - January 1

## Applying Kwanzaa's Principles to Addiction and Recovery

"Celebrating African American and African culture and its accomplishments, Kwanzaa runs from December 26 to January 1 each year.

Kwanzaa means "first fruits" in Swahili. Its roots, in Swahili, the word kwanza means first, so the holiday also honors the first products of the harvest."

**Click here to learn more**

## Kwanzaa - December 26 - January 1



## Eating Disorders and Hanukkah: Finding Light in the Darkness

"Like with all Jewish holidays, Hanukkah focuses on food, such as traditional yeast-filled doughnuts (sufganiyot) and fried potato pancakes (latkes), during Hanukkah. This festival part of the holiday can be highly triggering to those who struggle with eating disorders."

**Click here to learn more**

# MARK YOUR CALENDARS

## October
**Month Long Themes**

Global Dwarfism Awareness Month

National Disability Employment Awareness Month

Breast Cancer Awareness Month

National Polish American Heritage Month

Down Syndrome Awareness Month

Italian American Heritage Month

Filipino American Heritage Month

ADHD Awareness Month

**Week long themes**

9-23 - Navaratri - A festival in the Hindu faith that celebrates the Goddess Durga.

9-13 - Mental Illness Awareness Week

13-19 - DSS Awareness Week

21-25 - National Health Education Week

1-9 - Rosh Hashanah*

1 - National Bullying Prevention Awareness Day

3 - Anniversary of the Mental Health Parity and Addiction Equity Act

4 - World Diabetes Day

10 - World Mental Health Day/National Depression Screening Day

12* - Sukkot, Yom Kippur

14 - Celebration of Dasara Day

14 - Indigenous Peoples' Day

17 - Dandi Day

31* - Pagan and Wiccan: Samhain

31 - International Disability Awareness Day

## November
**All Month Long Themes -**

Native American Heritage Month

National Veterans and Military Families Month

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

Movember

1 - Christian: All Saints' Day

1 - Hindu: Diwali

1 - Sikh: Bandi Chhor Divas

2 - International Stress Awareness Day

2* - Jewish: Birthday of the Bab

3 - Birth of Baha'ullah

3 - Sikh: Guru Ramdhami

16 - International Day for Tolerance

16 - Dutch American Heritage Day

20 - Transgender Day of Remembrance

23 - Native Women's Equal Pay Day

23 - International Survivors of Suicide Loss Day

30 - St. Andrew's Feast Day

## December

1 - World AIDS Day

3 - International Day for the Abolition of Slavery

3 - Giving Tuesday

5 - International Day of Persons with Disabilities *

6 - Christian: Saint Nicholas Day

8 - Buddhist: Bodhi Day

8 - Feast of the Immaculate Conception

10 - International Human Rights Day

14-24 Roman Catholic: Las Posadas

25 - Christmas

26 January 1 - Kwanzaa

26 January 1 - Hanukkah

26 - St. Stephen's Feast Day

**Reminder: All holidays marked with * begin the prior evening.**

Also consider the following calendars for other important dates:

2024 Interfaith Calendar

2024 Diversity Calendar

Mental Health Minutes, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental health challenges in our faith communities. Join us in making a difference for Mental Health Awareness Month and those who have and support them.

Click the button below to give a monthly gift of $10 (just 5 a month!) or a one-time gift of any amount. Your gift will help us provide in any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

**Click here to give now**

**Pathways to Promise**
**P.O. Box 6768**
**Kansas City, MO 64124**
(816) 531-4710
www.pathwaystopromise.org

www.mentalhealthminutes.org

Add to Google Calendar (on desktop Gmail or app)
You can update your preferences or unsubscribe from this list.