

PROVIDING ACCESS TO HEALING NEWSLETTER

SPRING
23



SPRING into Your Mental Health

Spring is a time for transition, a time to hit the reset button. It's the season of fresh starts and new beginnings, symbolized by growth and new life. It's a time when we're encouraged to clean our homes and organize our lives - but it's also a great time to give a little attention to renewing our mental health. While the increased daylight and warmer temperatures naturally encourage hormonal changes that help to boost our mood and energy levels, there are other practices we can do to "spring" our mental health forward.

To help you and your family bring some of these wellness practices into your life, the incredible team of therapists and community partners who help provide services to youth in Sheboygan County through the Providing Access To Healing (PATH) School-Based Mental Health Community Impact Initiative are here provide these tips as well as other insights as to what may be impacting the youth in our community. Throughout this article PATH Partners will provide helpful information, tips, and resources and hopefully offer comfort in knowing that you and your family are not alone; there is help - there is hope.

Wishing you a bright Spring season filled with much rejuvenation!

A handwritten signature in black ink that reads "Brianna Heusterberg".

Brianna Heusterberg
Director of Providing Access To Healing (PATH)
United Way of Sheboygan County

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MIND AND BODY

the connection between your body and your mental health

What Is Integrative Medicine & How Can It Impact Mental Health?

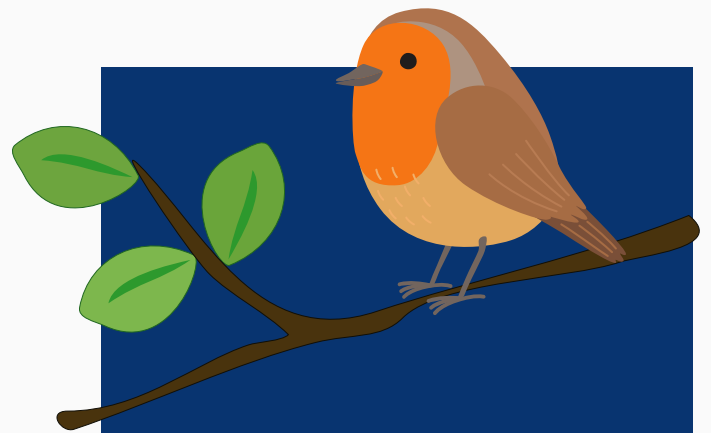
BY ERIN PEREZ, MA, LPC, CMHIMP
CLINIC DIRECTOR
OZAUKEE COMMUNITY THERAPIES

Now that the school year is in full swing, our providers are seeing many students who are struggling with mental health symptoms. With this, families/guardians may seek alternative options to medication for their child's mental health. Did you know there's another option that can be used in conjunction with counseling?

Integrative medicine for mental health is the use of complementary or alternative approaches to support mental health wellness or manage symptoms. Some examples of these approaches are: nutrition, exercise, sound healing, and supplements. Several studies have been done on the use of these approaches and their effectiveness in treating mental health symptoms. These approaches can be used with or without prescription medications.

Traditional western medicine looks at each part of the body separately. Utilizing integrative medicine approaches to support mental health wellness, combines approaches that support the brain and the body together.

Read more about integrative medicine [here](#).



"Self-care
is not
self-
indulgence,
it is
self-
preservation."

-AUDRE LORDE

INTEGRATIVE MEDICINE SIMPLE STRATEGIES



YOU ARE WHAT YOU EAT

- **Be mindful of your sugar intake:** According to the American Heart Association, the daily recommended amount of sugar should be less than 36 grams for men, and 25 grams for women. Sugar can cause inflammation the body which is linked to anxiety and depression.
- **Water intake:** Drink half your body weight in ounces of water. For example, if you weigh 150lbs, you should be drinking 75oz of water per day. Lack of adequate amounts of water can cause symptoms of anxiety.



LIMIT PROCESSED FOODS:

Our bodies are not made to break down some of the ingredients found in processed foods. Consumption of these ingredients can cause inflammation in our gut which can cause stress on our brain and body. If you've ever eaten too much sugar free candy, you know what I'm talking about. Try eating more whole food instead. Whole food is food that is fresh and is closest to it's most natural state (fresh fruit, veggies, etc.).

WALK 15 MINUTES EVERY DAY

- When we are dysregulated, we are functioning in the lower parts of our brain. Research has shown that patterned, repetitive, rhythmic activity such as walking helps to sooth the lower parts of our brain. The exercise helps our brain to release endorphins (brain chemicals) that help our brain and body feel good. The movement is also good for our gut (the place where our feel good brain chemicals are produced).




CULTIVATE DAILY HABITS

- **Get Daylight Exposure:** Light, especially blue light (daytime sunlight and electronic/screen light), is one of the key drivers of our sleep cycle. Be sure not to wear blue blocking glasses or sunglasses in the morning, and wear them in the afternoon/evening. By doing this you are enabling your body to create meletonin (sleep hormone) at times of the day when it is supposed to.
- **Incorporate Brain Breaks:** Our brains are constantly working in so many different ways all at the same time. With technology, we often have a sensory overload of brain work during the day. Give your brain a 15 minute break and do nothing (no tv, music, books, etc.). Just let it do what it wants during that time.



GETTING STARTED.
simple and easy ideas for getting started



“Mental health...
is not a
destination, but
a process.
It's about how
you drive,
not where you're
going.”

-NOAM SHPANCER, PHD

Healthy Habits for Mental Wellness

BY ERIN PEREZ, MA, LPC, CMHIMP
CLINIC DIRECTOR, OZAUKEE COMMUNITY THERAPIES

As a parent, I get it, when is there time for anything? Between school, extracurricular events, family, work, and heaven forbid, a social life, where can you squeeze another minute out of your day to add more to your plate?!? In reflecting on my own life as a parent, when my children were school aged, I recall many nights sitting in the hockey rink parking lot, in my pajamas, with my laptop trying to get work done while waiting for my son to finish practice. Or, better yet, spending my evening as a taxi cab service running kids all over town from one event to another without any downtime. Those times were certainly challenging. Take a look at page 4 for some tips that I discovered along the way that I found helpful and healthy for myself and my family in supporting our mental wellness.

HEALTHY HABITS

HELPFUL TIPS



FOR PARENTS

Continued from page 3:

- Prep your food every Sunday for the week- fruits and veggies were washed, cut and put in to single serve Ziplock bags, ready to grab. Often times, when we are in a hurry, we grab the most convenient thing we can find. Make healthy choices a convenient option. Fruits and veggies are filled with vitamins and minerals that our bodies and brains need to stay balanced and healthy.
- Make meals in bulk and freeze the extra for a later meal. I often double the recipe and then freeze half so that all I have to do next time is thaw and heat it up- voila, dinner is served! This can be a great healthy and financially healthy option to eating out.
- Practice silence-After work, when you're in the car, turn the music off and sit in silence. Throughout the day, our brains are bombarded with sensory input. If we get too much, our brains may have a difficult time keeping up and this could lead to symptoms of anxiety or sleep issues. Doing this around your child is a great way to model this practice for them as well.

Aside from food and sleep, if there was something that I could write a prescription for, it would be physical activity. Patterned, repetitive, rhythmic activity is soothing to your brain.

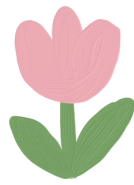
The following are some examples of this: rocking in a rocking chair, bouncing a ball, coloring, walking/running/riding bike, humming/singing (the vibration of your vocal chords)

FOR TEACHERS

Teachers have so many initiatives on their plate during the school year, it can be difficult to even find time to each lunch or use the bathroom. These tips are strategies that you can incorporate in to what you're already doing in your class and that often meet some of the other classroom/educational initiatives:

- Have students store materials across the room from their desk area so they have to get up and move.
- Take your class outside to learn
- Provide parents with a healthy snack items list
- Dosing- give students strategies to practice during the day that are calming and regulating. Do this multiple times per day, as regularly scheduled times, regardless of what kind of day students are having.
- Add binaural beats (with headphones) to your calm corner.
- Play visual kaleidoscopes on your smart board as a calming break.
- Be sure to fill your own tank so that you're modeling self care and not feeling drained at the end of the day!





SEASONAL ACTIVITIES/ EVENTS

ACTIVITIES, EVENTS, TRAININGS, & MORE!

PLAY IS HEALING FALL POP-UPS

Join a number of community partners for playful educational opportunities developed to support our children's mental health, overall well-being, and positive connection to others. Click [here](#) to learn more or to register today!

MONTHLY YOUTH & FAMILY RESOURCE GUIDE

This guide helps keep our community in the loop on activities and resources available to families in Sheboygan County! To see this month's events and activities visit: <https://www.uwofsc.org/resources/youth-and-family-resource-guide/>

NOURISH FARMS: COOKING CLASS 04.12.23 - 4:30 PM

Join [this youth focused cooking class!](#) Youth and their grownup will learn how to use different spices and sauces. Contact: info@nourishfarms.org or call 920-550-2020

TEEN ANXIETY GROUP

TUESDAY 6-7 PM;
4/18/23 - 5/23/23

For youth ages 14-18: This group helps teens understand and manage stress, anxiety, fear, and worry. Offered by Ozaukee Community Therapies at their Grafton location. Contact Jessica, at jessica@ozaukeecommunitytherapies.com

GET INVOLVED: COMMUNITY VOLUNTEERING

Sheboygan County Food Bank, along with community members/partners coordinate the Community Cafe (Mon. - Sat.). Volunteers help with: light food prep, setting up & serving lunch, hospitality, and clean up. Click [here](#) to learn more and/or to volunteer as a family.

PARENT CAFES

Parent Cafés explore the five Strengthening Families Protective Factors through guided peer-to-peer learning, self-reflection and conversations that strengthen the social and emotional health of families. Click [here](#) to learn more!

CREATE & EXPRESS SHARPIE ART: 03.18.23 - 10:30 AM

Ages 7-13: Join MHA Lakeshore for a relaxing and fun Sharpie art activity. Experience the benefits of creative expression while enjoying a healthy snack. Visit: mhalakeshore.org/event?s=create-express-sharpie-art-for-youth

DEVELOPMENTAL SCREENING DAY

WEDNESDAY,
04.05.23

Do you want to see if your child's development is on track? Along with their community partners, Family Resource Center will be offering a Developmental Screening Day for children 6 months to 5 years. Click [here](#) to learn more/register!

Importance of Getting Involved

Community involvement is beneficial in all areas of life, but perhaps the greatest examples of the profound and inspiring ways that it impacts our society, is when we look at the benefits of community involvement within families and our children.

Getting your child connected to their community gives them a deeper **sense of belonging**, it allows them to view themselves as an important part of a larger network of people. Community projects bring people together, **boosting the mental wellbeing and quality of life** to all those involved and has been shown to **increase self-esteem**.

Community involvement also **helps children form social connections** through a shared objective, fighting off feelings of loneliness or self-doubt, **uniting them with a network of people they can rely on** for support, advice and friendship.

Community projects which benefit other people **give children a sense of purpose and meaning**, taking a break from their own problems and allowing them to focus on the good they can bring to someone else's life.

<https://www.all4kids.org/news/blog/benefits-of-community-involvement-in-early-childhood/>

RESOURCES & SUPPORT

SAFE/AT RISK

UNSAFE

DANGER

211

Call 2-1-1 anytime for free assistance with basic needs, mental health or substance use resources/support, and/or for help during disaster situations. For personal assistance call the three-digit number 2-1-1 or 877-947-2211. You can also text your zip code to 898211 or Click [here](#) for more information.

MHA LAKESHORE

MHA Lakeshore promotes mental wellness through education, prevention programming, advocacy, and resource referrals for care and recovery. Find help today by visiting mhalakeshore.org or calling them at 920-458-3951.

Remember - your story matters!

988

Call 9-8-8 for access to trained crisis counselors when experiencing thoughts of suicide, a mental health or substance use crisis, or emotional distress to prevent a situation from becoming dangerous. To learn more about the 988 Lifeline and/or how it works visit 988lifeline.org.

MOBILE CRISIS

24/7 mental health emergency and suicide prevention support. Immediate assistance will be provided as well as subsequent connection to additional services as needed. Dial: (920) 459-3151

[Click here](#) to learn more about Youth Services provided by Sheboygan County Health and Human Services.

911

Call 9-1-1 to request immediate assistance from police, fire and rescue personnel for any in-progress situation that could potentially result in danger to someone's life.

PRESENT TO LOCAL EMERGENCY ROOM

Individuals struggling with a mental health emergency are always encouraged to present themselves at the nearest hospital. *Please note: Aurora has an inpatient behavioral health unit.

- [Aurora Medical Center](#)
- [HSHS St. Nicholas Hospital](#)

OTHER HELPFUL COMMUNITY RESOURCES:

SHEBOYGAN COUNTY MENTAL HEALTH COMMUNITY ROAD MAPS

SCAN ME



EMOTIONAL SUPPORT & CRISIS RESOURCES

SCAN ME



ROGERS BEHAVIORAL HEALTH IN SHEBOYGAN

Offers partial hospitalization care for adults and teens. By working closely with patients and families, their staff develop a personalized plan to treat OCD, anxiety, depression, other mood disorders, and co-occurring substance use in adults and adolescents ages 13 to 17.

Click [here](#) for more information or to contact them today!

D A T I I I

P R O V I D I N G A C C E S S T O H E A L I N G

I / / I I I

**SCHOOL-BASED MENTAL HEALTH
COMMUNITY IMPACT INITIATIVE**



**Making youth mental
health a priority.**



United Way of
Sheboygan County
uwofsc.org

PATH: A BRIEF OVERVIEW

What Is PATH?

PATH is a school-based mental health program that helps create increased access to services for youth by removing financial and geographical barriers.



Who Can Receive PATH Services?

PATH provides counseling to students ages K3 through 12th grade who may be experiencing emotional or behavioral concerns with a barrier that prevents counseling in the community.

What School Districts in Sheboygan County have PATH?

- Cedar Grove–Belgium
- Elkhart Lake–Glenbeulah
- Howards Grove
- Kohler
- Oostburg
- Plymouth
- Random Lake
- Sheboygan Area
- Sheboygan Christian
- Sheboygan Falls
- Head Start



How do I learn more and/or get my child in PATH?

Contact your child's school counselor to learn more about PATH, if your child qualifies, and if there is availability at your school.

to learn more

SCAN ME



For all other inquiries and/or how you can help support PATH, scan this code or visit www.uwofsc.org/path

HOW TO SIGN UP YOUR CHILD TO RECEIVE PATH SERVICES:



CONTACT YOUR CHILD'S SCHOOL COUNSELOR TO SEE IF YOUR CHILD QUALIFIES FOR SERVICES AND/OR IF THERE IS AVAILABILITY AT YOUR SCHOOL.

SCAN ME



TO LEARN MORE AND/OR GIVE TO THE CAUSE



BOYS & GIRLS CLUBS
OF SHEBOYGAN COUNTY



LAKESHORE
community health care



WISCONSIN



Ozaukee Community Therapies



2022-2023
PARTNERS

Participating Sheboygan County School Locations:



- Cedar Grove-Belgium
- Elkhart Lake-Glenbeulah
- Howards Grove
- Kohler
- Oostburg
- Plymouth
- Random Lake
- Sheboygan Area
- Sheboygan Christian
- Sheboygan Falls
- Head Start

SPECIAL THANKS TO ALL WHO HELP MAKE THIS COMMUNITY IMPACT INITIATIVE POSSIBLE



United Way of Sheboygan County

<https://www.uwofsc.org/our-impact/path/>

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