



South Central Mental Health

SUMMER, 2019

Mark Your Calendar

June

Alzheimer's and Brain Awareness Month

Men's Health Month

PTSD Awareness Month

27: PTSD Awareness Day



July

National Minority Mental Health Month

25: Stress Down Day

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



Aug.

1: Clergy Sexual Abuse Awareness Day

31: International Overdose Awareness Day

Posttraumatic Stress Disorder Awareness

In 2010, the United States Senate designated June 27th as National PTSD Awareness Day and the National Center for Posttraumatic Stress Disorder has marked June as PTSD Awareness Month. Posttraumatic Stress Disorder is a condition that is caused by exposure to severe trauma or traumatic event. It can impact anyone from any socioeconomic background and can occur as a result of a single circumstance or a multitude of factors. PTSD may look like a woman who has suffered a miscarriage, a child agonizing the loss of a loved one, or a victim of or witness to domestic violence or assault. It can also be associated with military combat, sexual assault, accidental injury, or natural disasters.

When the topic of posttraumatic stress emerges, many people picture a male combat veteran behaving irrationally, but the reality is that anyone can experience trauma and their response to the event can differ. According to data from the National Center for PTSD, about seven or eight of every 100 persons will experience PTSD at some point. Ten of every 100 women develop PTSD compared to approximately 4 of every 100 men. Children are also at risk.

Although not everyone who experiences PTSD exhibit the same symptoms, they often manifest in one of or a combination of the following four ways:

- Reliving the event, flashbacks, or nightmares
- Avoidance of thoughts or feelings, places or events
- Negative beliefs or outlook about oneself, life, or the world in general
- Arousal, sleeplessness, easily startled, difficulty concentrating, or anger outbursts

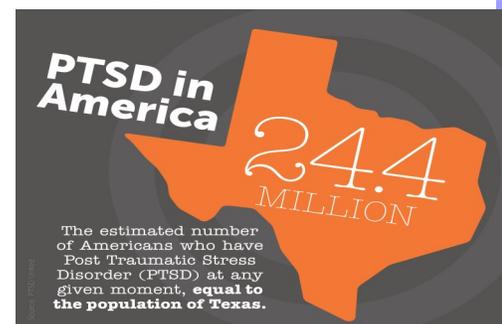
It is crucial to seek professional mental health treatment when experiencing ongoing negative symptoms following a traumatic event. Treatment options for PTSD often include psychotherapy and medication management, or both.

The following links from The National Center for PTSD and The National Institute of Mental Health provide additional information:

https://www.media.eo.va.gov/ptsd/mp4/what_is_ptsd.mp4

<https://www.ptsd.va.gov/>

<https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/index.shtml>



Minority Mental Health Month

July is National Minority Mental Health Awareness Month. Although there are many roadblocks to obtaining adequate behavioral health care; Minorities often have additional barriers, of which may include: Insurance coverage, Stigma, Language disparities, and Cultural Beliefs.

After attending training at the Kansas Health Institute, I became more aware of the growing ethnic populations in Kansas. I have lived in Kansas my entire life, and Butler County has not provided a significant degree of cultural diversity or understanding. Being aware of my inadequacies, this statement from an article written in 2007 became much more pressing, "If we want to remedy racial and ethnic disparities in health care, attending to language barriers is basically "low-hanging fruit."(Saha, S., Fernandez, A., & Perez-Stable, E. (2007). It is a needed first step to assure that we are better equipped to meet the behavioral healthcare needs in our county.

I encourage you to take a moment to watch the linked videos below presented by NAMI on the topic of minority mental health. Consider how you might make an impact on reducing health disparities and improving healthcare in our community.

<https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Strength-Over-Silence-Stories-of-Courage-Culture>

<http://www.mentalhealthamerica.net/conditions/infographic-minority-mental-health>

Saha, S., Fernandez, A., & Perez-Stable, E. (2007). Reducing language barriers and racial/ethnic disparities in health care: an investment in our future. *Journal of general internal medicine*, 22 Suppl 2(Suppl 2), 371-372. doi:10.1007/s11606-007-0372-4 Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2040485/>



Community Awareness Event

We were delighted to see over two hundred individuals at the Spring into Mental Health Community Celebration. Activities included OneSpark's Superhero Fire Truck, a silhouette of a burning home the children sprayed with the Augusta Fire Department, live music by Harrison Steele, free T-Shirts, face painting, a bouncy house, and planting flowers. The crowd drew many prizes, including over forty tickets for Royals baseball. Local talent showcased their artwork on the topic of mental health.

Event sponsors included:

DJ Catstir – Provided a food donation

OneSpark Foundation - Volunteered cooks to prepare the food

Sutherlands - Donated bottled water

Augusta Fire and Police Department - Offered firetrucks and police vehicles for the Touch-A-Truck event.



Community education and training available. Contact trishasmith@scmhcc.org for more information.



Contact Us

Andover
733-5047

Augusta
425-0073

El Dorado
321-6036

Administration
775-5491



New to SCMH:

- Carly Wills, MS, LMFT, Andover
- Jill Roberts, LMLP, Andover
- Lindsay Kroeger, LMSW, Augusta



Visit us at our Website:

www.scmhcc.org



or on

Employee Spotlight

- Dawn Gadberry, LSCSW

Dawn Gadberry is a Licensed Specialist Clinical Social Worker and received her Master's degree in Social Work from Wichita State University in 2006. She has more than thirteen years of experience from various mental health settings, gaining valuable knowledge and experience. Dawn's expertise has been in working with late teens to the elderly.



- Carly Wills, M.S. LMFT

Carly Wills is a Licensed Marriage and Family Therapist and currently works as an Outpatient Therapist at the Andover clinic. She completed her Master of Science in Family Therapy at Friends University. Carly trained in Level I Gottman Method Couples Therapy, Couples Communication, sand tray, and fundamentals of play therapy. She has experience working with all ages providing individual, couples, and family therapy.



Trauma Informed Care

In the Adverse Childhood Experiences (ACEs) study conducted by the CDC, in partnership with Kaiser Permanente, early trauma was correlated to have negative impacts on later life mental health and physical health. ACEs include physical, emotional, or sexual abuse; neglect; and other negative experiences a child encounters. Of the over 17,000 people surveyed, almost two-thirds reported at least one Adverse Childhood Experience, with the majority of those reporting more than one.

South Central Mental Health offers training on the assessment of trauma and the psychological impact it has on the brain. Health issues and risk factors increase as the ACE score increases. We hope to help others pull through adversity and trauma through resources such as emotional and body regulation, enhancing executive thinking skills, and applying interpersonal skills and safe remedies. In addition to therapeutic services and training, we offer parenting psychoeducation, peer support, and will soon be implementing a new program for domestic violence offenders.

For additional information, see the following resources:

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

https://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

