



CHESAPEAKE INTEGRATED BEHAVIORAL HEALTHCARE PREVENTION SERVICES NEWSLETTER

Welcome to May! Summer is right around the corner and May comes with a lot of holidays!

Daily holidays include: Mother Goose Day (5/1), Save the Rhino Day (5/1), International Tuba Day (5/3), Kentucky Derby Day (5/4), Star Wars Day (5/4), Cinco de Mayo (5/5), No Socks Day (5/8), V-E Day (5/8), Red Cross Day (5/8), Childcare Provider Day (5/10), Military Spouses Day (5/10), National Train Day (5/11), Mother's Day (5/12), Police Officers Memorial Day (5/15), National Bike to Work Day (5/17), Armed Forces Day (5/18), International Museum Day (5/18), International Jazz

Day (5/25), National Missing Children Day (5/25), Memorial Day (5/27), and National Macaroon Day (5/31).

Weekly celebrations are focused on individuals who spend their life in service to others in either first responder form or saving life in medical settings form. These weeks include: National Nurses Week, National Police Week, and EMS Week.

Finally monthly celebrations are: Foster Care Month, National Blood Pressure Month, Better Hearing and Speech Month and

National Recommitment Month.

The month of May is an exciting month for our department as we will focus on Mental Health Awareness Month, National Prevention Week, Older Americans Month, and World No Tobacco Day for this newsletter. All of these topics are near and dear to our hearts and we are excited to share information with you about them.

Have a great month of May, Chesapeake!



POSITIVITY RULES!

"Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along." - George Herbert

"Happiness is a butterfly, which when pursued, is

always just beyond your grasp, but which, if you will sit down quietly, may alight upon you." - Nathaniel Hawthorne

"Do not go where the path may lead, go instead where there is no path and leave a trail." - Ralph Waldo Emerson

"You may not control all the events that happen to you, but you can decide not to be reduced by them." -Maya Angelou

"A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success." - Elbert Hubbard

" From a little spark may burst a flame." -Dante Alighieri

Inside this issue:

Older Americans Month	2
May is Mental Health Month	2
World No Tobacco Day	3
Upcoming Events	3
National Prevention Week!	4
Contact Us! Follow Us!	5
What Has Your Prevention Staff Been Up To?	5

Did You Know?

- Originally Memorial Day was known as Decoration Day, meant to honor the Union and the Confederate soldiers who died during the American Civil War. By the 1900s it had become a day to celebrate all American soldiers who died while serving in the military. It wasn't until 1967 that it was legally named Memorial Day.

OLDER AMERICANS MONTH

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- ⇒ Connect with friends, family, and services that support participation.
- ⇒ Create by engaging in activities that promote learning, health, and personal enrichment.
- ⇒ Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older

adults play a key role in the vitality of our neighborhoods, networks, and lives.

Offering an activity or event is a fun and effective way to celebrate Older Americans Month (OAM). There are countless approaches to planning activities like this. Here are just a few ideas!

- ⇒ Connect — Arrange a sit-down meal to celebrate OAM and consider recognizing community members for their accomplishments. Ask local leaders to attend and/or speak.
- ⇒ Create — Host a workshop for seniors on key issues like starting a new career, personal finance, nutrition, or

safety. Consider engaging an older adult to lead the workshop.

- ⇒ Contribute — Host a fundraising event, like a community walk or bake off, to benefit local programs or community centers that serve older adults.

For more information, visit:

acl.gov/oam/2019



CONNECT, CREATE, CONTRIBUTE MAY 2019

MAY IS THE 70TH MENTAL HEALTH MONTH!

For Mental Health Month 2019 we are expanding upon last year's theme of 4Mind4Body and taking it to the next level, as we explore the topics of animal companionship (including pets and support animals), spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

These topics are relevant to all Americans, and may be especially important to the health of those living with chronic health conditions and the people who care for them.

Key messages for this year's theme are as follows:

- ⇒ Mental health is essential to everyone's overall health and well-being and mental illnesses are common and treatable.
- ⇒ A healthy lifestyle can help to prevent the onset or worsening of mental health conditions as well as chronic conditions. It can also help people recover from these conditions.
- ⇒ For those dealing with a chronic health condition and the people who

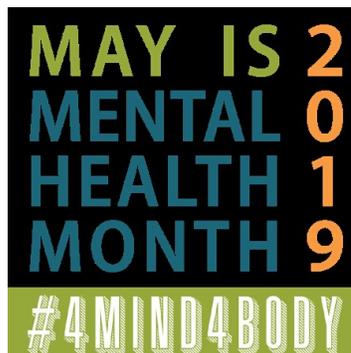
care for them, it can be especially important to focus on mental health.

- ⇒ Humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone, but may be of special importance to people also living with chronic health conditions and those who care for them.
- ⇒ Finding a reason to laugh, going for a walk, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy.
- ⇒ The company of animals - whether

as pets or service animals - can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives.

- ⇒ Sometimes life is far from funny but finding humor in a situation can lift moods with laughter and help people to better deal with and overcome difficult experiences.
- ⇒ Whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning - it can be important to connect with your spiritual side in order to find that mind-body connection.
- ⇒ Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes.
- ⇒ Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

For more information, visit: mentalhealthamerica.net



WORLD NO TOBACCO DAY—MAY 31ST

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The campaign will increase awareness on:

- ⇒ the negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease,
- ⇒ the fundamental role lungs play for the health and well-being of all people.

The campaign also serves as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.

World No Tobacco Day 2019 will focus on the multiple ways that exposure to tobacco affects the health of

people's lungs worldwide. These include: lung cancer, chronic respiratory disease, across the life-course, tuberculosis, and air pollution.

The most effective measure to improve lung health is to reduce tobacco use and second-hand smoke exposure. But knowledge among large sections of the general public, and particularly among smokers, on the implications for the health of people's lungs from tobacco smoking and second-hand smoke exposure is low in some countries. Despite strong evidence of the harms of tobacco on lung health, the potential of tobacco control for improving lung health remains underestimated.

The World No Tobacco Day campaign will raise awareness on the:
risks posed by tobacco smoking and second-hand smoke exposure;
awareness on the particular dangers of tobacco smoking to lung health;
magnitude of death and illness globally from lung diseases caused by tobacco, including chronic respiratory diseases and lung cancer;

emerging evidence on the link between tobacco smoking and tuberculosis deaths;

implications of second-hand exposure for lung health of people across age groups;

importance of lung health to achieving overall health and well-being;

feasible actions and measures that key audiences, including the public and governments, can take to reduce the risks to lung health posed by tobacco.

For more information, please visit:
<https://www.who.int/tobacco/wntd/en/>



We look forward to seeing you at future events!

CHESAPEAKE R U READY?

Chesapeake R U Ready? is an interagency and multidisciplinary coalition of nearly 70 organizations serving Chesapeake youth and their families. Our goal is to increase community collaboration to improve systems and programs for children and families. Our areas of concentration are: Early Care and Education, Substance Use and Prevention Awareness, Suicide Prevention and Mental Health Promotion, Family Engagement, Out of School Time and Workplace Readiness.

Upcoming Events include:

- ⇒ Safe Healthy Ethical Lifelong Lessons (S.H.E.L.L) classes are

FREE to the public (youth 13 - 17 yrs.) Come join us as we discuss topics that help build productive young citizens and gain information that will be used for the rest of your life. All classes are held at the J&D Court Building from 6:30pm-8:00pm.

May 8th - Empowerment

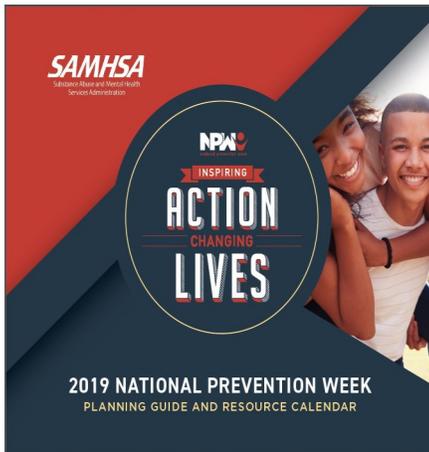
May 22nd - Drugs & Alcohol

- ⇒ suicideTALK training
Thursday, May 16, 2019
12:00pm-2:00pm
Chesapeake Central Library
To register, go to:
may2019suicidetalk.eventbrite.com

Please check our coalition, Chesapeake R U Ready?, website for other events happening around the city.

***Contact Us*
757-382-2226**

SAMSHA NATIONAL PREVENTION WEEK 2018



WHAT IS NATIONAL PREVENTION WEEK?

National Prevention Week (NPW) is a SAMHSA-sponsored campaign dedicated to increasing the prevention of substance use and promotion of mental health by promoting prevention year-round. The weeklong National Prevention Week observance that occurs each May brings individuals, organizations, coalitions, states, and communities together to celebrate the events and activities that communities have held all year to raise awareness about the importance of preventing substance use and mental disorders.

WHEN IS NATIONAL PREVENTION WEEK?

NPW takes place May 12–18, 2019. Near the kickoff of summer, this week is an ideal time for communities to come together to celebrate their successes and rally around prevention. NPW is also timed to allow schools to take part in a prevention-themed event before the school year ends, raising awareness among students of all ages.

WHAT'S THE THEME OF NATIONAL PREVENTION WEEK 2019?

This year's NPW theme—"Inspiring Action. Changing Lives."—reminds us that we can all inspire positive change

through the year. Every day and everywhere, whether we make healthy choices for ourselves or inspire others to do so, the small actions we take can change lives for the better.

WHAT TOPICS DOES NATIONAL PREVENTION WEEK ADDRESS?

- Preventing Prescription and Opioid Drug Misuse (Monday, May 13)
- Preventing Underage Drinking and Alcohol Misuse (Tuesday, May 14)
- Preventing Illicit Drug Use and Youth Marijuana Use (Wednesday, May 15)
- Preventing Youth Tobacco Use (Thursday, May 16)
- Preventing Suicide (Friday, May 17)

WHO GETS INVOLVED IN THIS OBSERVANCE?

Community-based organizations, schools, community leaders, and behavioral health coalitions are the primary hosts of local NPW events and activities. However, everyone can take part in NPW and plan events around one or all of the NPW topics. Remember, it's beneficial to include anyone that touches prevention in your planning and promotion for events and activities, such as those involved in law enforcement, the medical community, faith-based institutions and organizations, and the military community. We all have a role to play in prevention, and a powerful perspective to bring to the table.

WHAT TYPES OF EVENTS DO ORGANIZATIONS HOST DURING NATIONAL PREVENTION WEEK?

Since the first observance of NPW in 2012, hundreds of community events have been held in nearly all U.S. states and territories. Events have included the following activities:

- School assemblies featuring guest speakers
- Town hall meetings
- Health fairs
- Community fun runs
- Physical activity challenges
- Local observance days to honor individuals working in the prevention field
- Television and radio public service announcements
- Media campaigns to raise awareness about behavioral health issues and local resources, and
- Twitter chats with key community leaders.

Many communities also involve their local leaders and state policymakers in NPW by asking them to issue a proclamation recognizing NPW in their state or community and informing others about the observance on social media.

WHAT TOOLS ARE AVAILABLE TO HELP ME PARTICIPATE IN NATIONAL PREVENTION WEEK?

- SAMHSA has a suite of tools and resources available to help organizations plan, promote, and carry out prevention-themed events. Visit www.samhsa.gov/prevention-week to access these resources.
- Stay connected by subscribing to the Prevention Works email distribution list on the NPW home page for resources, news, and ideas to make substance use prevention happen every day.
- The Prevention Challenge provides an opportunity for communities and individuals to participate in NPW promotional efforts through social media.

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FOLLOW US!

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cibhprevention.eventbrite.com

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**CHESAPEAKE
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HELPING YOUTH SUCCEED

WHAT HAS YOUR PREVENTION STAFF BEEN UP TO?

April was another month of hard work for your CIBH Prevention Staff! Here are a few highlights of our month:

- ⇒ April 3rd — Staff was invited to TCC to facilitate a discussion regarding opioids and showed the film "Heroin: The Hardest Hit"
- ⇒ April 3th — Staff met with Faith community leaders and Chesapeake Police 5th precinct officers to discuss services and SUPAC
- ⇒ April 4th — Staff facilitated a Revive! Training for the Drug Court staff
- ⇒ April 6th — Staff hosted a resource table at the Southern Chesapeake Community Day
- ⇒ April 9th — Staff was invited to TCC to facilitate a discussion regarding opioids and showed the film "Heroin: The Hardest Hit"
- ⇒ April 10th & 11th— Staff co-facilitated Adult MHFA classes
- ⇒ April 11 & 12 — Staff facilitated an ASIST training at New Vita Neurotherapy
- ⇒ April 12 — Staff met with guidance counselors at TCC-Chesapeake campus to discuss programs and trainings
- ⇒ April 17th — Staff met with counseling staff at Indian Creek Correctional Center to discuss trainings
- ⇒ April 23rd — Staff talked to the Girls Rock Club at Great Bridge Middle regarding coping skills
- ⇒ April 23rd & 24th — Staff, in partnership with Kempsville Behavioral Health Center, presented to 125 guidance counselors regarding ways to decrease anxiety in their students
- ⇒ Prescription medication lock box at Chesapeake Police 1st precinct placed into service.
- ⇒ Substance use education and REVIVE! Training information was included in ValPak direct mailing service

