

"Be where YOU matter"

WVFSRS

MAY 2023
NEWSLETTER



A dark blue banner with white and green text. On the left is a white silhouette of a human head in profile, facing right, with a pink brain and a red heart inside. The text reads "MAY is MENTAL HEALTH AWARENESS MONTH" in white and green. To the right is a green awareness ribbon and the SAMHSA logo (Substance Abuse and Mental Health Services Administration).



#MHAM2023

When it comes to mental health, small actions equal big impact.

If you are worried about your mental health or are worried about someone you know, there are resources and people out there who are willing to help, no matter what your situation is.

Talking about mental health helps promote acceptance and encourages people to seek help.

Whether we share resources, encourage others to seek help, or simply are there for someone when they need us, we instill hope and can help others to reach out when they need to most.

Week 1: May 1-7

The focus this week will be on spreading acceptance and support for the people we know and love who are experiencing mental health challenges.

<https://www.samhsa.gov/sites/default/files/embrace-authenticity-video.mp4>



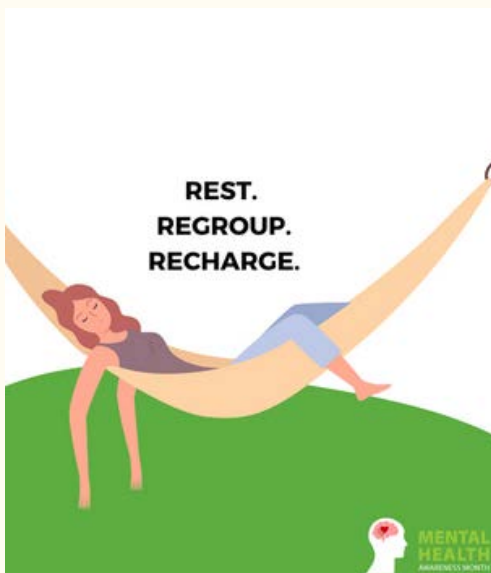
Week 2: May 8-14

The focus will be on strategies for managing mental health, such as self-care. Tell us: What does self-care look like to you?

Key messages:

Self-care is important for your mental health.

- Despite life's stressors, there are many things that you can do to maintain positive mental health, including self-care.
- Mental health is essential to your overall health and quality of life.
- When you take care of yourself, your physical and emotional health improve; you become more resilient and can find ways to manage stress in a healthy and positive way.
- Taking care of yourself is an essential part of your mental health. What does self-care look like to you?



Week 3: May 15-21

The focus this week will be on promoting acceptance and compassion surrounding mental illness. Language matters; let's work together to use person-first language and avoid derogatory terms.

Key messages:

We play a part in one another's mental wellness.

- Language matters. The language we use to talk about mental health can either perpetuate prejudice and discrimination or promote acceptance and compassion. When it comes to mental health, words matter.
 - It is up to each of us to be a lifeline, sharing in a commitment to care for ourselves and those around us.
- When we promote mental health issues, we empower ourselves and encourage others to find the help they need.



**LANGUAGE MATTERS. LET'S
USE WORDS THAT EMPOWER
AND SUPPORT.**



Week 4: May 22-28

This week, our goal will be to encourage individuals to seek help if they need it, as well as showing the importance of supporting others by offering words of encouragement and celebrating small successes.

Key messages:

Let's support each other and make it okay to reach out and seek help whenever we need it.

- Be aware of the signs and symptoms of mental health issues so that we can all work together to support one another.
 - If you are worried about your mental health or are worried about someone you know, there are resources and people out there who are willing to help, no matter what your situation is.
- Whether we share resources, encourage others to seek help or simply are there for someone when they need us, we instill hope and can help other to reach out when they need it most.

Week 5: May 29-31

We will end the month by focusing on hope and positivity and supporting one another by sharing key resources during May and beyond.

Key messages:

No matter the situation, there is always help and there is always hope.

- Be aware of the signs and symptoms of mental health issues so that we can all work together to support one another.
 - If you are worried about your mental health or are worried about someone you know, there are resources and people out there who are willing to help, no matter what your situation is.
- Whether we share resources, encourage others to seek help or simply are there for someone when they need us, we instill hope and can help other to reach out when they need it most.

**LET'S WORK TOGETHER TO IMPROVE
MENTAL HEALTH CARE ACCESS FOR ALL.**

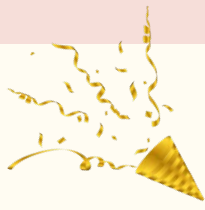


**WE SEE YOU.
WE HEAR YOU.
WE SUPPORT YOU.**



**YOU DON'T HAVE TO GO
THROUGH ANYTHING ALONE.**





MAY



02/02

CELEBRATIONS



Ashley Jones
Birthday: 05/04



Kourtney Smith
Soberversary:
05/07



SOBERVERSARY

KOURTNEY SMITH, PRSS

Huntington, WV-Phoenix Rising Transitional Homes

"I found recovery in 2020, at that time I was hopeless and homeless and lost my children. I was lost and faced many barriers but today I am proud to say that I am a mother, friend, and mentor. Recovery has taught me to clean house, trust god and help others. I want to say a big thanks to the recovery community & WVFSRS for lighting my way and being a steppingstone to make a difference in others' lives, I am truly blessed to be a recovering addict" ~Kourtney



Congratulations



"We are so happy you are here!!!"

Lashawnda Miles
Start Date: 04/24/2023

Start Date: 05/08/2023

Ethan Evers



WELCOME TO THE TEAM!!



John Hemmings

Start Date: 05/08/2023

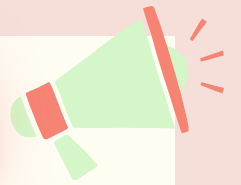
Reverend David Jackson

Start Date: 04/24/2023

Start Date: 05/08/2023

Williams "Billy" Thaxton

ANNOUNCEMENTS



Holidays-Office Closings: ★ ★ ★ **HAPPY** ★ ★ ★

- MEMORIAL DAY
MONDAY- MAY 29, 2023

MEMORIAL
Day



*****FRIENDLY REMINDER, GET YOUR VACATION
TIME OFF REQUESTS INTO YOUR SUPERVISOR
FOR APPROVAL!!!*****

🌸 **Mother's Day 2023** 🌸
Sunday, May 14, 2023



Cinco De Mayo
Friday, May 5, 2023

MAY TRAININGS



CLINICAL DEPT.



May 10, 2023
2:00pm-3:30pm

REMEMINDER

PRSS DEPT.

May 24, 2023
3:00pm

Live Attendees (05/24/23): A Fire Within: Working With the Rage of Trauma and Oppression

Overview

DESCRIPTION

Oppressed racial and cultural groups are at greater risk of addiction, mental health problems, suicide, and self-destructive behavior. In addition, the same groups are more likely to engage in violence or become victims of violence. The presenter's global research confirms the findings of previous studies conducted in the United States related to internalized rage resulting from transgenerational unresolved grief and trauma. This workshop will explore this phenomenon and the adaptive mechanisms and collective efforts intent on fostering resilience. Participants will learn strategies for approaching the underlying anger experienced by members of oppressed groups that struggle with addiction and ways to strengthen the protective factors that increase resilience and recovery.

May 24, 2023
Wed 3:00 PM EDT

Audio Options:
 Use Your Computer

DURATION 2H 0M

SUCCESS/ POSITIVITY STORIES



"WVFSRS has helped me
over come a lot of
personality defects and
helped me love myself and
the program more and more
everyday." ~Kalee Hensley,
Client

"I have a good support
group that I can depend
upon."~Lisa Collins, Client





Mom

*It's so amazing
what a little word can do -
It fills the heart
with warmth and love
that lasts a lifetime through.*

Happy Mother's Day

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LOVE YOU MOM! THANK YOU FOR EVERYTHING!