



A NEWSLETTER DEDICATED TO STRENGTHENING A  
POSITIVE ATTITUDE, ACTION AND KNOWLEDGE OF

# Northeastern Center Community Newsletter

FALL | 2021

## We are here for you!

Northeastern Center provides a person-centered plan of services to help meet your needs for persons of all ages and circumstances.

We are accepting new clients.  
Please call an office or stop by to make arrangements.

### Noble Outpatient- Albion

Tuesday 8:00a-5:00p  
Wednesday 8:00a-5:00p  
**260-636-6975**

### DeKalb Outpatient

Tuesday 8:00a-5:00p  
Thursday 8:00a-3:00p  
**260-925-2453**

### Noble Outpatient-Kendallville

Monday 8:00a-6:00p  
Friday 8:00a-3:30p  
**260-347-4400**

### LaGrange Outpatient

Monday 8:00a-5:00p  
Thursday 8:00a-2:30p  
**260-463-7144**

### Steuben Outpatient

Monday 8:00a-3:00p  
Wednesday 10:00a-5:00p  
**260-665-9494**

### Emergency Services Hotline

**24/7/365**

**1-800-790-0118**

## 9th Annual "Stomp Out the Stigma" 5K Race/ Walk Successful Turnout

The Stomp Out the Stigma 5K was started to increase awareness surrounding mental illness in our communities. Since its inception, funds raised from the sponsorship have assisted New Hope with furthering the Employment and Educational services offered at the Clubhouse. Our goal is to continue to break down barriers surrounding mental illness in Northeast Indiana.



Over 165 persons, from all over Northeast Indiana, participated in this year's event which circled Bixler Lake incorporating both pavement and trails. Prizes were awarded to the first place male and female finishers. The first place male finisher, with a time of 21 minutes and 21 seconds, was Carson Niccum. The first place female finisher

with a time of 27 minutes and 50 seconds was Laura Silver.

More than 30 area organizations helped sponsor this year's event. Highest level sponsors for the 2021 event included Best Deal Auto Sales Inc., American

Legion Angola Post 31, Therma Tru Doors, and Alum-Elec Structures Inc.

Clubhouse is a Psychosocial Rehabilitation

program for men and women recovering from mental illness. The recently 3-year Accredited New Hope Clubhouse Program in Kendallville is part of the International Center for Clubhouse Development. The ICCD is a world-wide organization to support people living with mental illness to rejoin the world of friendship and pursue employment and education opportunities.

# WINTER BLUES:

## KNOW THE SYMPTOMS AND TREATMENT OPTIONS FOR SEASONAL AFFECT DISORDER



### Fall and Winter Specific Symptoms of SAD

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

### Winter Blues

Winter can be difficult for many people with less sunshine and shorter daylight hours, plus colder days making it harder to find motivation to get out and about. This is typically considered the Winter Blues. However, if these feelings are having significant effects on your ability to function normally, it may be something more. It may be an actual condition more appropriately known as Season Affective Disorder. Seasonal Affective Disorder (SAD) is a type of depression that is directly related to less daylight hours due to shorter days.

### Common Signs or Symptoms of SAD

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating

### Who Does SAD effect?

- Women and young adults ages 18 to 30 are more likely to suffer with SAD than men and older adults, respectively.
- On average, about 6 percent Americans (most commonly in Northern climates) experience SAD, while about 14 percent of Americans experience the winter blues.
- Rates of SAD vary depending on where you live. About 9% of Americans who live near the Canadian border experience SAD symptoms, compared to just 1.5% of people in Florida.



Nicole Johnson-Smith, MS, LMHC, CCTP

OUR VERY  
OWN LICENSED  
THERAPIST  
ANSWERS ALL YOUR  
MENTAL HEALTH  
QUESTIONS.  
**ASK**  
**Nicole**

**Q** Nicole, what exactly IS mental health?

**A** Great question! To put it simply, mental health is our emotional, psychological, and social well-being.

**Q** How do I know if I'm unwell?

**A** Your mental health impacts how you think, feel, and act. If you notice any or all of these things being different than what is your norm, you should consider exploring this.

**Q** What do I do if I'm worried that I'm unwell mentally?

**A** If you have concerns about your mental health, you can call your family doctor or the Northeastern Center and schedule an appointment to talk about what you are experiencing. Talking about what you are experiencing can be hard, but it is necessary, so that you can return to your normal self.

**Submit your questions at**  
[www.nec.org/contact-us/](http://www.nec.org/contact-us/)  
**Subject Line: ASK NICOLE**

## LaGrange Outpatient “Coping Skills Tree” Returning This Holiday Season



**This year’s tree ornaments  
may include:**

- *Hot Cocoa Breathing*
- *Cookie Breathing*
- *Busy Bulbs*
- *Calming Candy Canes*
- *Coloring Activities*
- *Jingle Journals*
- *Miniature Massagers*
- *Stress Stars*
- *And many more*

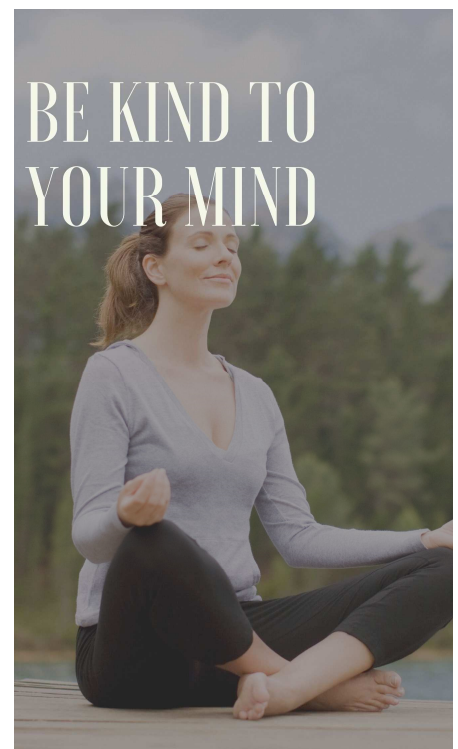
The LaGrange Outpatient Coping Skills Tree will be returning once again this year. The Coping Skills Tree has been used during the Holiday Season in LaGrange since 2018. Holidays are stressful and emotional for many people and for many reasons. This resource was created clients to come and use, as needed, to find a positive/healthy coping skill to help get through the holiday season. The Coping Skills Tree will be decorated with positive coping skills to provide clients with an opportunity to receive a simple coping skill to help them get through the difficult emotions and stress throughout the holiday season, and even beyond. Items available range from stress balls to handmade items created by staff at the LaGrange office.

Feel free to stop by the LaGrange office to check it out for yourself and be inspired to find ways to help your clients and community throughout this holiday season.

## DEKALB OUTPATIENT

**Intensive Substance Abuse Treatment Group (ISAT)**

The DeKalb Outpatient office has started a new Intensive Substance Abuse Treatment (ISAT) group. The group is “a 48-week program focused on assisting individuals to develop the knowledge, skills and ability to abstain from alcohol and other drug use. While the program implements a matrix model intervention specifically tailored for methamphetamine use, it has been shown to be effective for abstaining from other substances as well. In addition to group sessions, the program also includes individual/family sessions for educating family members and addressing individual mental health concerns.” The group meets on Tuesdays, Wednesdays and Fridays from 10:00 am to 12:00 pm at the DeKalb Outpatient office. You can contact their office for more details: 260-925-2453.





# AGENCY HIGHLIGHTS



Another year is winding down, and what a year it has been. What a better way to acknowledge and celebrate all that it entailed than with our annual Employee Appreciation day, held October 15th at Community Learning Center in Kendallville. As an organization, we have had some mighty accomplishments this year including a new partnership with Community Learning Center in Kendallville and our Wraparound program. We are excited to see the amazing opportunities this will new partnership will create. We also saw the opening of the new Promise House and Maintenance buildings on Dagny Drive in Kendallville. Clubhouse had another successful Stomp Out the Stigma in September.

These accomplishments would not have been possible without the dedication and hard work from each and all of our amazing staff and your continued efforts to identify and meet the needs of the communities we serve. We look forward to the new year and the wonderful ways we will all make 2022 our best year yet.

