



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

Northeastern Center Community Newsletter

WINTER | 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

NEC Expanding in DeKalb County 2022

In recent months, NEC became aware that the Children's First Building located at 1752 Wesley Road was for sale. This building is located in Auburn next to our DeKalb Outpatient office and the Inpatient Hospital. We saw the location as an opportunity to enhance our presence in DeKalb County and decided to actively pursue the purchase of this property.



We are excited to announce that we have an accepted offer to purchase the building and the 4.23 acres that surrounds the building. We will look to expand our DeKalb County campus in the spring of 2022. Discussions about how to utilize the facility and land are already in motion. We look forward to hearing ideas that you as community stakeholders may have. Northeastern Center thanks its staff members for the continued dedication and commitment to our

communities and the people we serve. We appreciate our hardworking staff and look forward to our bright future full of new possibilities.

For more information about this exciting development, please contact Michael Steigmeyer at 260-347-2453.

SEVEN DAYS

Self Care Challenge

- DAY 1**
Take a 15-minute walk every day.
- DAY 2**
Describe 3 things you are grateful for.
- DAY 3**
Spend time with loved ones.
- DAY 4**
Prepare and eat your favorite meal.
- DAY 5**
Take a day off from social media.
- DAY 6**
Develop a new skill.
- DAY 7**
Keep a journal.



www.nec.org

SELF-LOVE SELF-COMPASSION

Self-Love is in the Air

Love is in the air. Self-love that is. The Brain and Behavior Research Foundation, Self-love defined as “a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth”. Sometimes self-love can also referred to as self-compassion. Self-love can take many forms including tending to your own health, well-being, and happiness. It can also mean putting yourself first. It can also mean to acknowledge and stand up for what you deserve, and nothing less. Everyone has their own needs for self-love, so find out what it is that you need to help refill your self-love bank. It may mean setting personal and professional boundaries. It may mean setting aside time in a busy schedule for yourself to relax and refresh. Some people are able to find their self-love on their own. Others may need assistance through meeting with a therapist or case manager to help sort through life’s everyday chaos. There is no way that is better than another one as long as it is genuine and healthy.

Practicing self-compassion

According to www.positivepsychology.com there are five (5) ways to practice self-compassion:

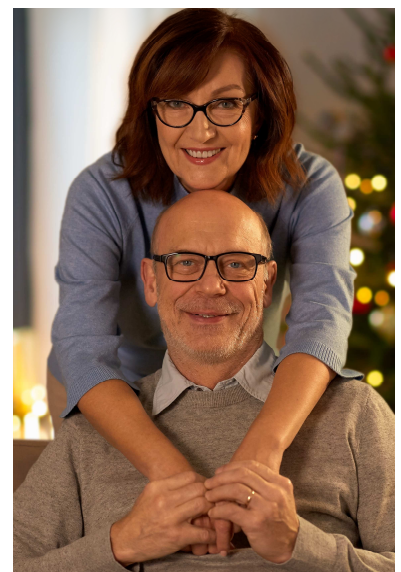
Practice Forgiveness Stop punishing yourself for your mistakes. Accept that you are not perfect and be gentle with yourself when you are confronted with your shortcomings. You are valued by your friends and colleagues because of who you are not because you are faultless.

Employ a Growth Mindset Embrace rather than avoid challenges, persist in finding meaning in them, and do not give up on yourself.

Express Gratitude By focusing on our blessings we employ a gentler inner voice and move the focus away from our shortcomings and outward to the world, with all its beauty.

Find the Right Level of Generosity For generosity to work in favor of your well-being, it cannot be selfless. So, when being generous, make sure you are aware of your own needs before progressing.

Be Mindful Allow what you think or feel to have its moment; do not give it the microphone or hide it in the corner. Allow it to come, and then, without attachment, let it go.





Nicole Johnson-Smith, MS, LMHC, CCTP

Submit your questions at
www.nec.org/contact-us/
Subject Line: ASK NICOLE

OUR VERY
OWN LISCENSED
THERAPIST
ANSWERS ALL YOUR
MENTAL HEALTH

ASK Nicole

Q Can you prevent mental health problems?

A Great question! Mental Health problems are not preventable but they are manageable.

Q What causes mental health problems?

A Many things can contribute to the development of symptoms of mental health; Genetic predisposition, exposure to trauma, lack of resources, chemical imbalances, stress and environmental exposure, etc. Sometimes an individual's medical health can also cause mental health symptoms to develop.

Q What should I do if I'm worried about a friend or relative

A If you have concerns about someone's mental health, talk to them. Sometimes the best thing that can be done for people is to listen and provide them support. You can encourage them to call to schedule an appointment at a mental health clinic and offer to go with them. If your loved one is suicidal, do not leave them alone, instead, take them to the nearest ER or call the suicide hotline. Mental health is just as important as physical health and should be treated as such.

LaGrange Outpatient "Coping Skills Tree" Returned 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 returned 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 was 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 ranged from stress balls to handmade items created by staff at the LaGrange office.

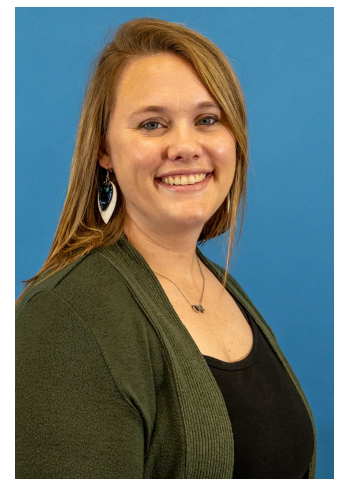
Feel free to stop by the LaGrange office to check it out for yourself and be inspired to find ways to help your clients and community throughout this holiday season.

ALBION OUTPATIENT

Haley Anglin named Associate Director

Haley Anglin has been named the new Associate Director of Northeastern Center's Albion Outpatient office. Haley obtained her Bachelors in Psychology in 2014 and received her Masters in Social Work from Indiana University-Purdue University Indianapolis in 2019.

After working for three years at Lifeline Youth and Family Services, Haley joined the Northeastern Center LaGrange team in 2019 as a case facilitator. She later moved into an intake therapist position before accepting her new role as associate director. We congratulate her on this new opportunity. The Northeastern Center Albion office is located at 833 East Main Street, Albion, IN 46701. This office is currently accepting new clients. Intakes are open-format Tuesdays and Wednesdays 8:00AM-5:00PM. If these days and times do not work for you and your schedule, call to schedule an intake at 260-636-6975.



AGENCY HIGHLIGHTS



Now, that 2021 has passed, we have the opportunity to look forward to all the greatness that 2022 will bring! Whether it be new jobs, new homes, new schools, new partnerships, new relationships, or just new hobbies, there are plenty of things to look forward to and to work towards. Take some time to think about what it is that you want 2022 to be. Will it be a time of new opportunities? Will it be a time for reaching those long forgotten or passed over goals? Will it be a time of slowing down and a return to what is most meaningful and important? Maybe it will be a time of

reconnecting to friends, family, coworkers, or your local communities. With the hustle and bustle of the holiday season behind us, we can take some time to circle back to what is important to us and what do we want for our life. Life is what you make it so think about how you can make this next chapter of your life the best it can be.

