

NORTHEASTERN CENTER

# COMMUNITY NEWSLETTER

SUMMER 2022 EDITION



The lazy, hazy, crazy days of summer are finally here! It truly is so nice to be able to get out and enjoy the beautiful flowers and trees, the fresh air, time with friends, family, neighbors, and maybe even enjoying one of the many lakes, rivers, and streams our communities have to offer. Fresh air and time away from home are great ways to recharge and relax. There has been a lot going on in our country and community for a while and it is important to stop, and take a moment to just be. Be still. Be quiet. Be calm. Be relaxed. Be happy. Be you. Believe that you are important and worthy, and that whatever stressors you may be experiencing are just temporary and we are here for you.

## SCHOOL ASSISTANCE SUPPORT CONTINUES 2022-2023



Help is available for all mental health issues. Some common mental health concerns include, but are not limited to, the following:

- Depression
- Anxiety
- Family Relationship Problems
- Social Interaction Problems
- School/Work Problems
- Self-Harm
- Eating Disorders
- Substance Use

To participate in the School Assistance Program you do not have to be a client of Northeastern Center. There is no deductible, co-pay, or preauthorization required to access the free sessions. It takes just a single phone call to setup an appointment. Sessions may be completed at your local Northeastern Center office or at your school. Services are performed by a master level therapist and are confidential and private. Initial counseling session will be scheduled within five (5) working days.

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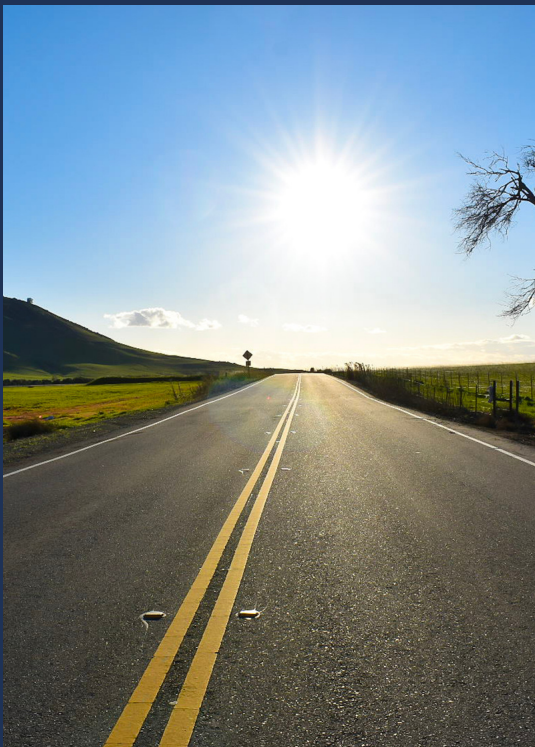


## **CELEBRATING THE 10TH ANNUAL NEW HOPE CLUBHOUSE STOMP OUT THE STIGMA 5K RUN/WALK!**

For the past 9 years, on the second Saturday of September, New Hope Clubhouse and the Northeastern Center have come together to hold the Stomp Out the Stigma 5k Run/Walk at Bixler Lake Park in Kendallville, Indiana. This year, will be the 10th year of the event and both Northeastern Center and New Hope Clubhouse hope to make it the best one yet!

Registration for the annual 5k is now open! It is \$25 to register and all proceeds go to benefit New Hope Clubhouse and its members! Registration for the event, donation information, along with more event details, can be found at: [getmeregistered.com/stompoutthestigma](http://getmeregistered.com/stompoutthestigma). Check-in time is at 9A.M. and the race will start at 10A.M.

For the 10th anniversary, there will be a food truck, with a free coupon provided to each participant, and awards given to each runner! The hope of Clubhouse members and Northeastern Center is to make this year extra special for all those participating in this year's event, we hope you can join us!



## **RUN 4 RECOVERY IN DEKALB**

This event will be held on August 13th in Auburn, Indiana and will include the race and fun run, along with booths from various organizations within the recovery and mental health community, as well as a food truck and music! The cost to participate in the four mile race is \$25, and the fun run is free.

Registration details, as well as additional information about the event can be found at: DeKalb County Run For Recovery - 4 Mile Recovery Run/Walk & Mile Fun Run registration information at [GetMeRegistered.com](http://GetMeRegistered.com)

We are looking forward to this inaugural event in DeKalb County and we hope to see you there!



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## JANE GEORGE SCHOLARSHIP WINNER ANNOUNCED



Northeastern Center presented the 2022, Jane George Scholarship Award to recent DeKalb High School graduate Meghan Hinkle from Ashley, Indiana. Hinkle plans to attend Ball State University in the fall where she will be pursuing a degree in Social Work. Nicole Johnson-Smith, Community Outreach Director for Northeastern Center, presented Hinkle with the award.

The \$750 Jane George Scholarship is awarded to one college-bound senior from either Steuben, LaGrange, DeKalb, or Noble County. The scholarship contest is held annually starting in February with the winner selected in May; graduating seniors who are planning to pursue a career in mental health are encouraged to submit an essay to participate in the contest. The 1,000 word essay should focus on two themes: 1. "What in my life has motivated me to pursue a career in mental health?" and 2. "How I plan to contribute to the future of mental health?" Judges from Northeastern Center's clinical staff make up the judges.

The scholarship was created in honor of Jane George, a Nurse Case Manager for Northeastern Center who was dedicated to her patients and job until her death from cancer in October of 2002.

## KENDALLVILLE OUTPATIENT WELCOMES NEW DIRECTOR



We would like to welcome Jeremy Lewis as the new director in the Kendallville, Indiana office. Jeremy has been in this role since April, however, it is not the first time he has been a part of the Northeastern Center.

Jeremy began his career in mental health with us as a bachelor's level intern in 2003, and then returned as a master's level intern in 2005. Once he graduated in 2006 with his Master's in Marriage and Family Therapy from Indiana University, he came back to NEC again as a therapist in DeKalb county where he remained until 2016.

Jeremy is excited to be back with us here at NEC and said that returning felt like "Coming home." We are excited to have Jeremy here as our new Director of Noble County, and if you see him we hope you will say hello!

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## NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



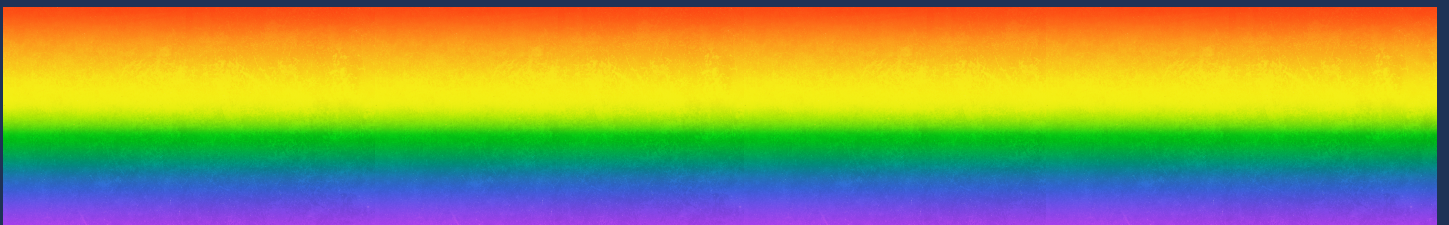
National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. Today's definition of minority includes; people of color, indigenous people, immigrants and their families, LGBTQIA people, and other underrepresented groups face unique struggles in regard to mental illness in the United States.

Some challenges facing minorities today but are not limited to:

- Stereo Types
- Discrimination
- Lack of cultural competency from providers.
- Fear of having the respectful conversation
- Cultural concerns with seeking help
- Implicit biases involve associations outside conscious awareness that lead to a negative evaluation of a person on the basis of irrelevant characteristics such as race or gender. This review examines the evidence that healthcare professionals display implicit biases towards patients.

Some conversation starters Minorities can ask available providers to ensure a positive working relationship might include:

- Have you treated other LGBTQIA people/people of color/immigrants/refugees? Have you received training in gender/cultural competence or on LGBTQIA/people of color/immigrant/refugee mental health?
- How do you see our sexualities/gender identities/cultural backgrounds influencing our communication and my treatment?
- How do you plan to integrate my sexuality/identity/culture/beliefs and practices into my treatment?





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## JULY IS NATIONAL PICNIC MONTH



### TOP TEN BENEFITS OF GOING ON A PICNIC

1. Outdoors – Spending time outdoors, basking in nature, breathing fresh air and enjoying a great view. The pure air invigorates you and leaves you feeling rejuvenated. For those with respiratory disorders, breathing clean air helps clear the lungs.
2. Family bonding – Spending time with family (biological or chosen) is always a great bonding experience. Maintaining connections with your family and friends can help build stronger bonds and foster warmth, security and love, as well as feelings of belonging.
3. Enables communication – Since picnics often take place in casual settings, the opportunity to participate in relaxing small talk is high. Conversations during the meal provide opportunities for attendees to bond, plan, connect and learn from one another.
4. Grants time for self-reflection – Picnics offer an excellent opportunity for you to self-reflect on your life, the decisions you have made and the decisions you will and/or need to make.
5. Foster healthy eating habits – Meals prepared and eaten at home (or a picnic) are usually more nutritious and healthier than take-out. Tradition scenes of picnics have a wicker basket full of fruits, vegetables, dairy and grains. These foods provide nutrients such as fiber, calcium and essential vitamins.
6. Stay active: Regular picnics can foster a family ritual where young ones are introduced to sports, games, and nature and encourages adults to partake in physical activities as well. Mini games like tug-of-war, kickball, horseshoes, Frisbee, and beanbag toss can be great ways to incorporate physical activity.
7. Mood booster – Eating lunch outdoors is a natural mood booster. There's something about fresh air, sunshine, or a nice breeze that just puts you in good mood.
8. Relieves stress – Picnics are a great stress buster as it helps reduce the stress and anxiety related to work and home.
9. Builds stronger bones – The vitamin D we get from the sun is needed for maximum absorption of calcium which helps build strong bones and teeth.
10. Saves money – Picnics are known to be fairly affordable. If you have a well-stocked refrigerator and pantry, you may not even have to spend a cent!

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## MEDICATIONS AND HEAT RISK



Persons who use antipsychotic medications are at greater risk of heat related illnesses for many reasons. Antipsychotic medication may make it difficult for the body to self-regulate its temperature. The weather can also influence this as heat and humidity naturally elevate body heat. With this combination, it is important for persons taking antipsychotics need to utilize awareness and precautions for health and safety. In addition, individuals who have other chronic medical conditions such as diabetes, heart and pulmonary disease (including asthma), and alcoholism are at increased risk for heat related problems including heat exhaustion and heat stroke.

Here are a few ways to help reduce your risk of developing symptoms:



- Manage your time. If you have to do outdoor activities, try to do them in the early morning or late evenings, to avoid the highest heat of the day.
- Take it easy. Work on tasks and activities in small blocks of time, taking frequent breaks.
- Sunscreen is your friend. Apply and reapply throughout the day if you have to be out in the sun for extended periods of time.
- Stay hydrated. Drink plenty of healthful fluids such as water, lemonade, or sports drinks being mindful to avoid beverages that pull liquids from the body such as coffee, tea and/or alcohol.
- Get comfortable. Wear loose fitting, light-colored clothing, in breathable materials.
- You are what you eat. Avoid heavy, carbohydrate filled meals that often make you feel heavy and sluggish. Instead balance your diet with fresh fruits and vegetables, and lighter and healthier meats such as fish or chicken.

## 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.

Noble Outpatient- Albion

260-636-6975

DeKalb Outpatient

260-925-2453

Noble Outpatient-Kendallville

260-347-4400

LaGrange Outpatient

260-463-7144

Steuben Outpatient

260-665-9494

Emergency Services Hotline 24/7/365

1-800-790-0118



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