

DMH MENTAL HEALTH AWARENESS MONTH NEWSLETTER

May 2019

Week Two

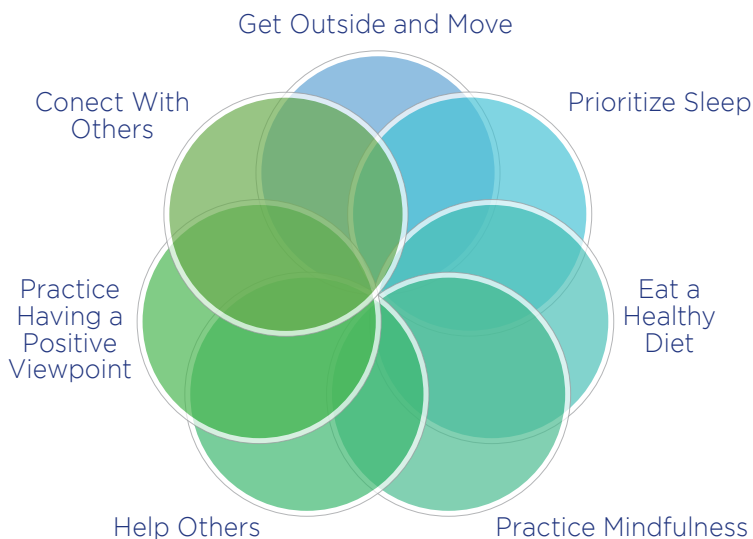
Mental Health Self-Care

This week of Mental Health Awareness month, we want to highlight how important and necessary Self-Care is for every individual's overall health. Making our mental health a priority can boost our ability to be resilient and elevate our overall well-being. Investment in self-care enriches coping skills, energy level, sense of well-being and the ability to create balance.

Prevention And Promotion

Department of Mental Health's vision is that all adults, children, and families are emotionally healthy. There are many resources and treatment options to strengthen our health and wellness and promote positive health.

7 Steps to Whole Health



Stress

Stress is something everyone experiences. Chronic stress and prolonged activation of the immune system could negatively affect how the brain functions. There are connections between stress and mental health conditions including depression, anxiety, psychosis and post-traumatic stress disorder (PTSD). For a quick guide we have included a list of free self-care activities available in our communities. (see second attachment, *Self Care Activities Outside in Vermont*).

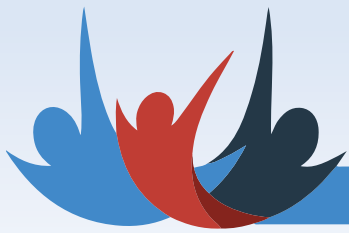
The Gut Brain Connection: How Gut Health Affects Mental Health

That gut-wrenching feeling in the pit of your stomach is all too real — your gut is sensitive to emotions like anger, anxiety, sadness, and joy — and your brain can react to signals from your stomach. All the more reason to eat a balanced and nutritious diet — so that your gut and your brain can be healthy.

Eating a balanced and nutritious diet is the most important thing a person can do to keep their gut healthy.

5 quick tips to get a state of optimal mental and gut health:

- 1. Optimize your diet** — Finesse your diet for the best results by aiming for a diet high in whole and plant-based foods with an emphasis on prebiotic fiber.
- 2. Consider Probiotics** — An effective probiotic, taken consistently, can replenish the population of good bacteria. Ask your doctor which probiotic is right for you.
- 3. Move** — Not only is exercise one of the best ways to decompress from a stressful day, but it can also change the composition of your microbiome.
- 4. Make sleep a priority** — Not only does quality sleep help reduce stress and keep you feeling your best.
- 5. Find ways to relax** — Make time for YOU, explore meditation, mindfulness, or yoga instead. Establishing balance in your life will support your mental and emotional health, helping you to optimize your gut and overall health.



PRIMARY CARE

National Children's MENTAL HEALTH AWARENESS WEEK 2019

Nationally, emergency department visits by youth for suicide-related injuries are **on the rise.**

Kalb LG, Stapp EK, et al. Trends in Psychiatric Emergency Department Visits Among Youth and Young Adults in the US. Pediatrics 2019;143:1-13

1 in 10 middle school and high school students have made a suicide plan in the last 12 months, according to the Vermont Youth Risk Behavior Survey.

The suicide rate in **Vermont is 35%** higher than the national average.

American Foundation for Suicide Prevention (2018) Suicide facts & figures Vermont 2018

Preventing Suicide: **EVERYONE** *Has A Role To Play*

Talking About Suicide

It's important to talk about suicide, but be mindful about the language you use.

- Talking to youth about suicide opens the discussion and does not induce suicidal thinking or behavior
- Encourage young people not to worry alone about a peer's safety. If they are worried about someone they know, the right thing to do is to tell a responsible adult.
- Language is important when talking about suicide.

Phrases to Avoid

Committed suicide
Successful suicide
Completed suicide

Use Instead

Died by suicide
Took his/her own life

You Can Prevent Suicide

While working with suicidal patients can be challenging and, at times stressful, having evidence-based tools and strategies can improve your effectiveness and comfort in this important work. Research-backed programs exist, but implementation of these methods to more practices (like yours!) is lagging. Here's how to get up to speed.

- Download for free the Suicide Prevention Toolkit for Primary Care Practices from the Suicide Prevention Resource Center at <http://www.sprc.org/settings/primary-care/toolkit>.
- Learn about the Counseling on Access to Lethal Means (CALM) method in a 2-hour online course at <https://www.sprc.org/reso>

Where to Get Help: vtspc.org



CRISIS TEXT LINE

Text VT to 741741
Free 24/7, Confidential





SELF-CARE activities



Easy & Family Friendly - No Activity Gear Needed -

- ✚ [Warren Falls](#), Warren (0.5 mile RT)
- ✚ [Mt. Philo](#), Charlotte (drive/hike 1.5 miles RT)
- ✚ [Moss Glen Falls](#),
Granville (4.2 mi RT)
- ✚ [Thundering Brook Falls](#), Killington (0.4 miles RT)
- ✚ [Owlshead](#), Peacham (0.5 mile RT from summit parking area, 3.2 miles RT for full route)
- ✚ [Bingham Falls](#), Stowe (1 mile RT)
- ✚ [Red Rocks Park Loop](#), S. Burlington (2.7mi RT)
- ✚ [Wiessner Woods](#), Stowe (2 miles RT)
- ✚ [Colchester Pond](#), Colchester (3 miles RT)
- ✚ [Robert Frost](#), Ripton (1 mile RT)
- ✚ [Colchester Causeway](#), Colchester (choose your length! Full route 10.9 miles)
- ✚ [Luce's Lookout](#), Woodstock (2.5 mi RT)
- ✚ [Niquette Bay](#), Colchester (3.2 miles RT)



Moss Glen Falls
NewEnglandWaterfalls.com



Colchester Causeway
AllTrails.com

Easy & Family Friendly - Activity Gear Encouraged -

Gear: Disc Golf (frisbee) Discs
Time: 1-2 hours (2 people), 2-3 hours (4 people)

- ✚ [Center Chains Disc Golf](#), Waterbury
Parts of this trail are not stroller friendly
- ✚ [Quarries Disc Golf](#), Barre
- ✚ [White River Disc Golf](#), Randolph



Center Chains
DGCourseReview.com

Gear: Kayak/Canoe/Stand Up Paddleboard
Optional add: Fishing poles/gear (license is \$)

- ✚ [Lake Willoughby](#), Westmore
- ✚ [Waterbury Reservoir](#), Waterbury
- ✚ [Lone Rock Point](#), Burlington
Requires free parking pass.

Gear: Swimsuit, Towels

- ✚ [Lareau Swimming Hole](#), Waitsfield
- ✚ [Kenneth Ward Access Area](#), Moretown

Gear: Bike (could also be gear-optional)

- ✚ [Stowe Recreation Path](#), Stowe
- ✚ [Lamoille County Rail Trail](#), Morrisville
- ✚ [Burlington Pike Path](#), Burlington
- ✚ [Wells River Trail](#), Newbury

Gear: Sled

- ✚ [Hubbard Park](#), Montpelier
- ✚ [Ralph Myhre Golf Course](#), Middlebury
- ✚ [LaPlatte Nature Park](#), Shelburne



Hubbard Park
TimesArgus.com

Gear: Ice Skates

- ✚ [Lake Morey](#), Fairlee (4.3 miles)

Challenging, Gear Encouraged

- ✚ [Mt. Mansfield](#), Stowe
- ✚ [Mt. Pisgah](#), Westmore
- ✚ [Hamilton Falls](#), Jamaica
- ✚ [Long Trail](#), Vermont (265 miles)
- ✚ [Camel's Hump](#), Waterbury
- ✚ [Spruce Peak](#), Winhall
- ✚ [Mt. Olga](#), Wilmington
- ✚ [Mt. Hunger](#), Waterbury



Mt. Pisgah
TrailFinder.info

*RT stands for Round Trip