

May is Mental Health Awareness Month

According to the Substance Abuse and Mental Health Services Administration, nearly 1 in 5 U.S. adults experience mental illness each year. 1 in 20 will experience serious, potentially life-threatening mental illnesses. Numbers are largely the same among younger populations. 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year, with 50% of all long-term mental illnesses beginning by the age of 14.

Studies conducted by SAMHSA suggest that individuals diagnosed with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions. Just over 32% of U.S. adults with mental illness will also experience a related substance use disorder.

The rate of unemployment is also higher among U.S. adults who have mental illness (6.4%) compared to those who do not (5.1%). Just under 21% of people experiencing homelessness in the U.S. have a serious mental health condition. 37% of adults incarcerated in state and federal prison systems have a

diagnosed mental illness. Overall, mental illness and cooccurring substance use disorders are involved in 1 out of every 8 emergency department visits by a U.S. adult (an estimated 12 million visits).

With statistics such as these, it's highly likely that mental illness plays a significant role in your own life or the life of someone you know, be it a family member, close friend, neighbor, coworker, or classmate.

Unfortunately, it may also be likely that you've never chosen to share your struggles or heard about a loved one's unseen difficulties.

While the stigmas surrounding mental health continue to diminish with each passing year, those experiencing mental illness are still sometimes labeled as "crazy", "damaged", or "broken."

As calendars turn to May, it's important that we keep putting the harmful connotations and stereotypes surrounding mental illness to rest. During this edition of National Mental Health Awareness Month, let's each pledge to treat mental illness just like any other important health issue. Make an effort to wear a green ribbon in public and play an active role in sparking important conversations.

Familiarize yourself with local resources for those in need. Be willing to provide an open and non-judgmental ear to the important people in your life.

Together, we can continue to break the stigma, increase knowledge, and advocate for better access to treatment in each of our communities.

RESOURCES

CrossWinds: 620-343-2211, 800-279-3645 (toll free), www.crosswindssk.org
 General Crisis Text Line: Text SUPPORT to 741-741
 National Alliance on Mental Illness: 1-800-950-6264
 National Suicide Hotline: 1-800-273-8255
 SAMHSA National Helpline: 1-800-662-HELP



Where in the World is CrossWinds?



After nearly two years of cancellations and meetings over Zoom, CrossWinds staff have enjoyed several face-to-face opportunities for connection in our communities this spring. More are on the way! Check below for the most current schedule of events.

Completed Events-

Community Mental Health Center

Advocacy Day @ KS Capitol- March 1

Saturday Story Walk @ David Traylor Zoo- April 2

Lyon County Sheriff's Office Spring Training- April 5-6

Hamilton High Career Fair- April 6

Olpe Schools Health Fair- April 6

Family Fun Fest @ Coffey County Library- April 8

Diabetes Community Health Fair @ Lyon County Fairgrounds- April 14

Upcoming Events-

CrossWinds Annual Meeting- April 25, 5:30-7:30 p.m., Bowyer

Building, Emporia (2700 U.S. Hwy 50, Lyon County Fairgrounds)

Coffey County Employee Health Fair- April 27, 7:30 a.m.-11:30 a.m., Coffey

County Courthouse Basement, Burlington (110 S 6th St.)

Newman Regional Health Teddy Bear Clinic- May 7, 9 a.m.-12 p.m., Newman Regional Health Parking Lot, Emporia (1201 W 12th Ave.)

Lyon County Community Baby Shower- May 19, 2 p.m.-7:30 p.m., Anderson Building, Emporia (2650 U.S. Hwy 50, Lyon County Fairgrounds)

Keep It a Safe Summer- May 25, 5 p.m.-7 p.m., Lyon County Fairgrounds, Emporia

Mother's & Father's Day Raffle

CrossWinds Counseling & Wellness is partnering with Kari's Diamonds in celebration of local mothers and fathers. Beginning this week, participants can enter separate raffles for a chance at two fantastic gifts. In celebration of Mother's Day, Kari's has donated a lady's gold Moog watch with interchangeable watchband (to be drawn May 5). A men's matching money clip and key ring with grey Mother of Pearl inlay will be the prize for Father's Day (drawing June 16).



Single tickets can be purchased for \$10 each, or three for \$25. Funds will be used in the support of CrossWinds' adult clients, helping needy individuals afford a range of items and amenities necessary to shine in their communities. Your donations provide for: haircuts, hygiene products, driver's licenses, suitable living conditions, college application fees,

medication copayments, medical bills, and more!

To enter, contact Development Support Specialist Cameron Mann at cmann@crosswindsks.org.



United Way

The beginning of the spring season signaled another round of local support for CrossWinds. As part of its annual grant application process, the United Way of the Flint Hills awarded a sum of \$11,500 to the agency's Children's Community-Based Services.

"CrossWinds fills a need in and makes a great impact upon the community..." read an award letter from UWFH CEO Mickey Edwards.

Moving forward, a portion of the money will be specifically dedicated to the formation of new afterschool and summer children's programming in Chase, Greenwood, Morris, and Wabaunsee counties. The remainder of the funds will be used to continue an ongoing initiative of increasing the student population at the agency's therapeutic preschool.

"United Way of the Flint Hills consistently provides strong foundational support to our mission of providing the highest level of services possible. Over the past few years, their generosity has allowed us to expand our children's services to meet the growing youth mental health needs in our communities. On behalf of our entire agency, I want to extend a HUGE 'thank you' to all those who donate and help make gifts from UWFH possible."

- Lucas Moody,
Development Manager