

HHS Facet Report October 2016

The HHS Facet met on October 6, 2016. We had a productive, energetic, and well attended meeting. We came up with our programming activities and calendar for the upcoming year (please see calendar below along with Facet Coordinators).

One of our first activities will be the observance of National Mental Health Day on October 10, 2016. The HHS facet gave chapter members a hard copy of the Wellness Journal and asked that everyone participate in at least one stress reducing activity on October 10th. The chapter members are to journal their experiences and share these thoughts with chapter members at an upcoming chapter meeting.

We are also planning a monthly Mental Health Moment. This will be a 5 minute presentation at our chapter meetings where HHS facet members will share mental health information and activities to improve our mental wellness.

There are two events, January's Stress Reduction Retreat and May's Mental Health Community Event, that we will be asking all of the chapter's facets to plan and work together on. These events will be outlined and discussed at future chapter meetings.

In February, Link Victoria will lead the facet in programming to fulfill the requirements of the Heart Link Grant that our chapter was awarded.

We are also planning an Oral Health presentation in March that will address how Oral Health can impact our mental health. We are hoping to partner with a local church, school, or Boys and Girls club for this event.

We set a monthly meeting date of the 3rd Wednesday of each month at 7 pm.

| Month | Event | Coordinator(s) |
|----------|--|------------------------|
| October | National Mental Health Day Observance Stress Reduction Activity and Wellness Journal | Alicia |
| November | Monthly Mental Health Moments | Mary and Alicia |
| January | Half-Day Stress Reduction Retreat (all facets participate) Monthly Mental Health Moment | Denise and Kirsten |
| February | HeartLinks- Red Dress Monthly Mental Health Moment | Victoria |
| March | Oral Health Presentation Monthly Mental Health Moment | Stephanie and Alicia |
| April | HeartLinks Grant report due April 1st | Victoria |
| May | Mental Health Community Event (all facets participate) | Dorris, Denise, Sharon |

National Calendar additions- December HIV/AIDS; April- Hepatitis C

Respectfully submitted by Alicia Stephens, HHS co-chair