

HEALTH AND HUMAN SERVICES FACET REPORT

SEPTEMBER 2016

MEMBERS: Victoria Fletcher, Alicia Stephens, Dorris Okoro, Christine Turner, Kirsten Watts, Sharon Freeman, Mary Green, Denise Robinson, Stephanie Williams

The HHS Facet is proposing the following initial suggestions for programming under our Umbrella Initiative of Mental Health for the upcoming year. We will be meeting as a Facet in the next 2 weeks to come up with a definitive plan for programming.

Some of the suggestions we are exploring:

- 1) Partnering with a local mental health professional or organization and collaborating with them on a community event or ongoing volunteer opportunity in the community
- 2) Giving an Oral Health presentation to a local youth group and/or Boys and Girls Club on how Oral Health and our food choices affect Children's mental health
- 3) Observe the upcoming World Mental Health Day, October 10th, with our chapter and have members use the Wellness Journal to guide their day. Members would participate in one stress reducing activity that day and later share their activities at a future chapter meeting.
- 4) Have a team participate in the annual NAMI Walk to raise awareness and money for Mental health issues.
- 5) Plan a half day Stress reduction Retreat for our chapter. The day would incorporate the mindfulness exercises from the Mental Health Toolkit; Stress reducing activities; and pampering.
- 6) Plan a community Wellness event, possibly in May to observe National Mental Health Month, and have guest speakers and activities

Respectfully submitted by Alicia Stephens