



THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

MAY 2022

Welcome to the May 2022 Prevention Post, celebrating Mental Health Awareness Month!

Upcoming Trainings/Events

We are moving to a new format, but all of the great information you enjoyed in the past Prevention Posts will of course continue!

STARTING TO THINK ABOUT MENTAL HEALTH

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.

WHAT IS A MENTAL HEALTH CONDITION?

A mental health condition, or mental illness, refers to a set of symptoms that have been identified by the mental health community. Mental health conditions are described in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V), the International Classification of Diseases (ICD-11), or by people with lived experience.

People with mental health conditions deal with changes in emotions, thinking, and/or behavior. For some, this means extreme and unexpected changes in mood – like feeling much more sad or worried than usual. For others, it means not thinking clearly, pulling away from friends and activities you used to enjoy, or hearing voices that others do not. No matter what kind of mental health condition someone is facing, it's always possible to recover.

IS POOR MENTAL HEALTH THE SAME THING AS HAVING A MENTAL HEALTH CONDITION?

No. We all have tough days and weeks and struggling with your mental health doesn't automatically mean you have a mental health condition. To be diagnosed, the changes in your thinking and emotions must be seriously hurting your ability to do the things you want to do; and sticking around longer than they should – weeks or months, depending on the condition.

TERMS TO KNOW

SYMPTOMS: physical or mental features that indicate the potential existence of a concern, condition, or diagnosis

LIVED EXPERIENCE: first-hand, personal experience dealing with a mental health or substance use challenge

STRESS: a feeling of emotional or physical tension in response to being overwhelmed or unable to cope with mental or emotional pressure

TRAUMA: an emotional response to a disturbing, scary, or shocking experience that overwhelms an individual's ability to cope

COPING SKILLS: a strategy to help you deal with difficult situations and lessen unpleasant emotions, thoughts, or behaviors

MENTAL HEALTH SCREEN: an evaluation of your mental health and wellbeing through scientifically validated assessment tools

CONDITION	FOR DIAGNOSIS SYMPTOMS MUST LAST AT LEAST:
ANXIETY	6 MONTHS
DEPRESSION	2 WEEKS
BIPOLAR	DEPRESSIVE EPISODE AND MANIA OR
	2 WEEKS
	1 WEEK
	HYPOMANIA
	4 DAYS
SCHIZOPHRENIA	6 MONTHS
PTSD	1 MONTH
OCD	2 WEEKS

You can have times of poor mental health without having a diagnosable condition – just like you can be generally physically unhealthy without having a particular illness.

WHO NEEDS TO LOOK AFTER THEIR MENTAL HEALTH?

Everyone! Mental health is important for all of us. Taking care of yourself is critical to prevent your mental health from worsening – factors like nutrition and gut health, stress, sleep, relationships, trauma, and more can contribute to poor mental health. If your mental health is in a good spot, it is a great time to practice coping skills – ways to help you deal with hard feelings – so that you're better able to handle tough times when they happen.



IF YOU'RE CONCERNED ABOUT YOUR MENTAL HEALTH OR JUST WANT TO CHECK IN WITH YOURSELF, TAKE A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org).

FAST FACTS

21% OF ALL U.S. ADULTS LIVE WITH A MENTAL HEALTH CONDITION.¹

↑ THE PREVALENCE OF MENTAL HEALTH CONDITIONS IS HIGHEST AMONG ADULTS REPORTING TWO OR MORE RACES (35.8%).²

46% OF AMERICANS WILL MEET THE CRITERIA FOR A DIAGNOSABLE MENTAL HEALTH CONDITION AT SOMETIME IN THEIR LIFE.³

Contact Us

Would you like to bring suicide prevention, mental health awareness or substance use prevention trainings/conversations to your agency or school, email prevention@centennialmh.org. Prevention Services provided by Centennial are always provided cost covered.

6th Annual MOTIVATE⁴ MENTAL HEALTH

COMMUNITY / ACTIVITY / NUTRITION / AWARENESS

Learn About 4 Ways To Motivate Your Mental Health

Monday, May 2nd, 2022
12:00 pm - 6:00 pm

Sterling Courthouse Square

EVERYONE IS INVITED!!

PERFORMANCES BY:
Sterling High School Jazz Choir
RE-1 Valley Children's Chorale
Caliche High School Music Students

...and possibly some other surprise performances.

SNACKS & FOOD:
Various snacks at booths
Discounts at restaurants in the downtown area

GAMES FOR KIDS & ADULTS:
Sources of Strength Games
Bowling
Giant Jenga
Cornhole
Kan Jam
Ladderball
And Much more!

INFORMATION AND MATERIALS:
Mental Health Prevention
Pregnancy related depression
Housing/Homelessness/Supported Employment
Early Childhood Education
Community Resource Connection
Man Therapy
and much much more...

This event is brought to you by:



Colorado! OUR COLLABORATIVE LOCAL, STATE, & NATIONAL EFFORTS

MAY 12-13, 2022 | DENVER, CO

FEATURED KEYNOTE SPEAKERS AND TOPICS

- **Cal Beyer, CWP, SCTPP** - Shining Light on Construction Industry Mental Health, Substance Misuse & Suicide Prevention
- **Dr. Anna Mueller and Nate Thompson** - Colorado School District Based Suicide Research Project
- **Dr. Silvia Sara Canetto** - Men, masculinities and suicide: A paradigm shift in theory and prevention.
- **Dr. Halim Ali** - The aftermath of crisis, adaptive coping, and how using our resiliency tools can restore the gift of life!

Register by March 21st for early bird pricing.

REGISTRATION OPEN MARCH 10



<https://suicidepreventioncolorado.org> #BTD2022

Because Mental Health Matters