

Journeys: Virtual Edition

We connect mind and spirit so individuals, families, organizations and communities thrive. YOU make it possible.

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Insight Magazine Recognizes Wellness Screen with Innovation Award

Samaritan's youth mental health screening program recently received a **THINC! Innovation Award for Excellence in Community Response**. The award was presented at Insight Magazine's THINC! Technology and Human Innovation Conference on May 11.

Watch [this 2-min. video](#) on Wellness Screen, which Insight Magazine produced and shared with conference attendees.

Read [this article on the award](#), written for The Loop, the Community Foundation for the Fox Valley Region's (CFFVR) blog. Significant funding for Wellness Screen came from the Basic Needs



THE Silent Samaritan CAMPAIGN

Women of strength helping women in need

THANK YOU!

**You've given 91 women & counting
access to care through the
2017 Silent Samaritan Campaign!**

Your \$35,000 in gifts support our Samaritan Fund, which lets low-income women access life-changing counseling at Samaritan Counseling Center.

We are so grateful for those of you who gave to the campaign, and delighted for those who attended the Silent Samaritan Thank You Lunch.

**Your friendship and warmth was
overwhelming!**

Giving Partnership Funds within the CFFVR and the Oshkosh Area Community Foundation, supported by the J. J. Keller Foundation, the U.S. Venture Fund for Basic Needs and other community partners.

Additional thanks go to the 10 school systems Wellness Screen serves, as well as other partners in the program:

- Mielke Family Foundation
- United Way Fox Cities
- ThedaCare's CHAT
- Bemis Company Foundation
- Oshkosh Corp. Foundation
- Women's Fund for the Fox Valley Region's Girls' Grantmaking Project
- Kimberly-Clark Cares
- Plexus Corp. Charitable Foundation
- Menasha Corp. Foundation
- Galloway Company



Expert Presenters Shed Light on Mental Health in Older Adults



Art Walaszek,
M.D.



Susan McFadden,
Ph.D.

An enthusiastic group of 55 faith leaders, housing professionals and elder care providers gathered on May 18 at the Grand Meridian for **Creating Hope: Mental Health in Older Adults**.

Creating Hope is co-hosted by Samaritan and NAMI Fox Valley every May to mark Mental Health Awareness Month. Its mental health focus is aimed



May 4, 2017 Thank You Luncheon

Friends who attended and friends who could not, **we are happy to share Sandra Began's keynote presentation** about the help, hope and healing she received at Samaritan Counseling.

[View now.](#)



Thank you for impacting Samaritan and sharing Samaritan's impact with others.

Meet Therapist Kara Palasz

at faith leaders and changes annually.

This year **Art Walaszek, MD**, geriatric psychiatrist at the University of Wisconsin School of Medicine and Public Health, and **Susan McFadden, Ph.D.**, professor emerita of psychology at the University of Wisconsin Oshkosh and research consultant for the Fox Valley Memory Project, shared their expertise.

Did you know? Some points from their talks were surprising:

Adult males age 80 and older -- especially white males -- have the highest suicide risk of any age group. **We need to take their statements about suicide seriously.**

The onset of depression in late adulthood can be an early warning sign of dementia.

Individuals with Parkinson's disease, and their caregivers, both have a 50% rate of depression.

Spiritual pain and spiritual struggles are very real mental health issues in older adults -- but they're not traditionally diagnosable.

Society's prevalent ageism can lead to older adults' mental and spiritual struggles going unnoticed -- even in our faith communities.



Kara Palasz, MA, LPC IT, CSAC, recently joined the Samaritan counseling team.

She sees clients of all ages in our Menasha and Oshkosh offices. Specialties include: substance abuse/AODA, trauma, mood disorders, anxiety, depression, behavioral problems, ADHD, anger management, self-harm and borderline personality disorder.

Here's how Kara describes her approach:

"Life can be difficult, but you do not have to walk through it alone. I am here to listen without judgement, seek to understand, and support you on your journey."

I believe healing and positive change come from releasing shame and connecting the mind/body/spirit. I welcome the opportunity to get to know you and your goals."



Mental Health Awareness Month Sees Launch of Regional Resource



Mental health and substance abuse service navigation



Tips for Self Care in High Stress Times

1. **Value yourself.** Treat yourself with kindness and make time for your hobbies.
2. **Take care of your body.** Eat nutritious meals, drink plenty of water, exercise, and get enough sleep.
3. **Surround yourself with good people.** Spend time with supportive family and friends, clubs, classes or

website:

- Offers links to mental health providers, services & support
- Provides searchable library of mental health topics, web links & resources
- Allows access to anonymous mental health screening tools

Click, link and get help at this one-stop shop.

www.MyConnectionNEW.org

Created in partnership with



Samaritan Counseling Center

Contact:

[Lisa Strandberg](#)

Director of Development and Communications

(920) 886-9319 ext. 116

support groups.

4. **Give of yourself.** Volunteer your time, and you'll feel good about helping others.
5. **Learn how to deal with stress.** Breathe deeply for one minute, exercise, take a walk, write in a journal, smile and see the humor in life.
6. **Quiet your mind.** Try meditation or mindfulness techniques, both of which can improve your state of mind and outlook on life.
7. **Set realistic goals.** Decide what you want to achieve personally, academically and professionally to realize your goals, but be realistic and don't over-schedule.
8. **Break up the monotony.** Change your routine by allowing playfulness and spontaneity to perk up a rigid schedule.
9. **Avoid alcohol and other drugs.** Keep alcohol use to a minimum and avoid other drugs, as they aggravate problems.
10. **Get help.** Seek professional help and treatment from a professional counselor or health care provider when needed.

Source: **Samaritan's UW-Fox Valley team of therapists Hannah Keesler, Kayci Lorenz and [University of Michigan Health Services](#).**



A Campus of the University of Wisconsin Colleges



Hannah Keesler



Kayci Lorenz

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