



Hello!

As **Mental Health Awareness Month** draws to a close, there are many ways you can equip yourself as a mental health advocate.

First and foremost, take good care of your own mental health! In this issue you'll find mindfulness apps and other ideas to help with that.

Second, if you belong to a faith community, consider registering for the **Faith Leader Mental Health Integration Project** with your pastor, rabbi, imam or youth leader. Its six months' worth of programming kick off on Sept. 6.

Third, spread the word about **Centro Esperanza**. This mental health center for Spanish speakers makes mental health care accessible to more of our friends and neighbors.

Lastly, consider getting involved as a donor. If you believe that healthy minds and healthy spirits are inextricably intertwined, you'll find kindred souls here!

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## Learn how to meet mental health needs

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Life a little hectic?

Equip yourself to  
minister to mental  
health



Have you ever sought counseling? Can you imagine working with your therapist through an interpreter, and how that would change your care?



Do you need help:

- staying focused?
- boosting compassion?
- relaxing?
- sleeping?
- minimizing stress?

These four **mindfulness and stress reduction resources** can help.

[Mindfulness Exercises.com](http://Mindfulness Exercises.com)

[Headspace.com](http://Headspace.com)

[Omvana.com](http://Omvana.com)

[Five Minute Journal](http://Five Minute Journal)

[Learn More](#)

Resources courtesy of Samaritan therapists **Dee Savides, Megan Burdick-Grade and Courtney Pohlman.**

**Samaritan therapists** do mindfulness and stress reduction **workshops and lunch and learns.** Contact [Jill Harp](#) to schedule.

Some 80 professional and volunteer faith leaders from nine faith traditions gathered on May 3 for **Creating Hope: Equipping Faith Communities for Suicide Prevention and Recovery.** Participants heard from peers who've walked through the valley of suicide in their context. Teams also developed plans to prevent, intervene in, and support recovery after a suicide.

Sorry you missed it? Enroll now in the **Faith Leader Mental Health Integration Project.** This six-month series of 2-hr. workshops begins **Sept. 6, 2018.** The series illumines mental health topics relevant in ministry -- addiction, effective referrals, and living in recovery, to name a few.

**Cost for a team of two from each participating faith community is only \$150,** thanks to the generosity of the International Association for Clear Thinking.

[Register Now](#)



We collaborate with NAMI Fox Valley in the Mental Health Ministry Initiative and Centro Esperanza.

That's a real concern for our region's growing Latino community. Samaritan and NAMI Fox Valley are addressing that concern through **Centro Esperanza.**

**Centro Esperanza** provides culturally competent mental health services in Spanish:

- Counseling
- 1-on-1 Peer Support
- Support Groups
- Education

These services break down stigma and end isolation for our Latino neighbors. As one counseling client wrote:

**"I could not imagine having to talk through an interpreter about these things that touch my heart so deeply."**

[Learn More](#)

*This collaboration is made possible through a grant from the Basic Needs Giving Partnership Fund within the Community Foundation for the Fox Valley Region supported by the U.S. Venture Fund for Basic Needs, the J. J. Keller Foundation, Inc., and other community partners.*



**A Sip of Success**



You make a difference for counseling clients like "Bill," who was eager to get right to work on his goals. He wrote this to his Samaritan therapist:

***"You were absolutely fantastic -- professional, knowledgeable and, most importantly, focused. You didn't waste any time. You got right to the heart of the issues and started working on how to resolve them."***

## Celebrate Samaritan's Exciting News!



### THANK YOU!

**You've given more than 85 women (and counting) access to care through the 2018 Silent Samaritan Campaign!**

Your **\$31,000** 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 is overwhelming!**

*Gifts continue to be accepted. [Learn more.](#)*



### Shopko Foundation Supports Wellness Screen Technology Needs

When your mental health screening team travels between 36 schools caring for 12,000 kids, it's vital that they're equipped with top-notch computers that can access cloud-based records from anywhere.

A recent grant from the [Shopko Foundation](#) is helping to make that happen!

Development director Lisa Strandberg and Wellness Screen case manager Pachee Stern strolled over to our neighborhood Shopko on a sunny spring day to receive Shopko's gift from store manager Katy.

Together, we're making a difference that makes us all proud to call the Fox Valley home.

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**CONGRATULATIONS**  
**SARA COMPANIK,**  
**2018 Connie Steele**  
**Woman of Strength**  
**Award Recipient**



and ***Woman of Strength nominees***

Jackie Weber  
Beth Schnorr  
Lauri Lumby  
Dr. Sandhya Sridhar

All women were honored at the Thank You Luncheon. **See more of their story.**

To fully fund its tech overhaul, Wellness Screen needs \$25,000+ by August 2018. Interested in investing in this need, and Wellness Screen's life-saving service? **Let Lisa Strandberg know.**



Thanks for your interest and investment in Samaritan. You are a hero to the clients and students who seek our care.

Sincerely,

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