MHA PUTNAM
Mental Health Association in Putnam County

The Mindful Messenger:

October 2021

Mental Illness Awareness Week

Mental Illness Awareness Week was established in 1990 recognition of efforts by the National Alliance on Mental Illness to educate and increase awareness about mental illness. It takes place every year during the first full week of October.

Take this short true/false quiz and have some fun challenging your knowledge about mental health:

1. *Regular Exercise can greatly reduce symptoms of depression and anxiety disorders* ***T/F***
2. *Treatment success rates for disorders such as depression surpass those for other conditions like heart disease* ***T/F***
3. *People who have schizophrenia don't usually recover from the disorder* ***T/F***
4. *Work related stress can double a person's risk of dying from heart disease* ***T/F***
5. *The number of hours a person works causes more stress at work than the office environment* ***T/F***
6. *Workplace stress causes about 1 million US employees to miss work each day* ***T/F***
7. *Depression is a normal part of aging* ***T/F***
8. *People who have mental disorders are more dangerous than people in the general population* ***T/F***
9. *About every two hours, a young person kills himself or herself* ***T/F***
10. *One in five Americans experiences a mental health disorder in any given year, but only one-third seek care due to stigma and misperceptions surrounding mental health disorders and their treatment* ***T/F***

1. True! In fact, a recent study showed that about 60% of people with such disorders significantly reduced their symptoms with regular exercise
2. True! In fact, the treatment success rate for depression is more than 80%, whereas the rate for heart disease in 45-50%
3. This common myth is actually false. Up to two thirds of people who are diagnosed with schizophrenia actually recover significantly-and some completely-from the disorder
4. This sad fact is true. Stress management is important to good mental health
5. This is false. A positive work environment can go a long way to relieve stress and increase productivity
6. True. Again, make self care a part of your daily routine. Mental health matters!
7. False. Depression is not a normal part of the aging process that we need to "grin and bear". Older people who have symptoms of depression should address these with their physician
8. False! This common misperception gets perpetuated by the rare incidents that make the headlines. Statistics show, however, that people who have mental health disorders are no more likely to be dangerous than people without disorders
9. Sadly, this is true. Three million teenagers either consider or attempt suicide each year. Only one-fifth of kids who need mental health services actually receive them
10. This is true. Unfortunately, people often let shame or a belief that they can "handle it on their own" keep him or her from getting care. **The truth is mental illnesses are real, common, and treatable.** No one should let stigma stand in the way of getting care that can lead to a happier, healthier, more productive life.

Remember, mental health matters….now more than ever!

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Welcome Jack Duncan-Interim Program Coordinator for Dwyer Vet2Vet Putnam

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.
1 in 4 men are victims of some form of physical violence by an intimate partner.

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women who were murdered by current or ex-male partners during that same time frame is 11,766, according to the Huffington Post. That's almost double the number of people who were killed fighting in the war. People who are in an abusive relationship will stay with their partner for a number of reasons:

- *Their **self-esteem is totally destroyed**, and they are made to feel they will never be able to find another person to be with.*
- *The **cycle of abuse**, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.*
- *It's dangerous to leave. Women are **70 times more likely to be killed** in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.*
- *Statistics suggest that almost **5 percent of male homicide victims** each year are killed by an intimate partner.*
- *They feel personally responsible for their partner, or their own behavior. They are made to feel like **everything that goes wrong is their fault**.*
- ***They share a life.** Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.*

Use #DomesticViolenceAwareness to post on social media. Sometimes, people don't know if they are really in an abusive relationship because they're used to their partner calling them crazy or making them feel like all the problems are their own fault. Here are a few ways to know if you're in an abusive relationship that you need to get out of.

1. Your partner has **hit you, beat you, or strangled you** in the past.
2. Your partner is **possessive**. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don't do what they say.
3. Your partner is **jealous**. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.
4. Your partner **puts you down**. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
5. Your partner **threatens** you or your family.
6. Your partner **physically and sexually abuses you**. If they EVER push, shove, or hit you, or make you have sex with them when you don't want to, they are abusing you **(even if it doesn't happen all the time.)**

Domestic Violence Awareness Month evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence. The "Day of Unity" soon evolved into a week, and in October of 1987, the first National Domestic Violence Awareness Month was observed. In 1989 Congress passed Public Law 101-112, officially designating October of that year as National Domestic Violence Awareness Month. Such legislation has been passed each year since.

If you are experiencing domestic abuse,
please contact the Women's Resource Center.
24 Hour Crisis Line: 845-628-2166
If you are in danger, call 911

Putnam/Northern Westchester
Women's Resource Center
935 South Lake Blvd. Suite #2
Mahopac, NY 10541
Email: info@pnwwrc.org
Main Office: 845-628-9284
24 Hour Crisis Line: 845-628-2166
Fax: 845-628-9272
Hours: Monday-Thursday 9:30 to 4:30
After Hours by Appointment

National Latino AIDS Awareness Day by Jessica Ryan

October 15th is National Latino AIDS Awareness Day (NLAAD). This day was created by the Latino Commission on AIDS and the Hispanic Federation in 2003. The purpose of the day is to increase awareness of the impact of HIV/AIDS on the Hispanic/Latino population in the United States. A National Planning Committee works with NLAAD to promote HIV testing, prevention activities, and care for Latinos living with HIV/AIDS.

HIV continues to be a severe threat to the health of Hispanic/Latino communities. In 2018, adult and adolescent Hispanics/ Latinos made up 27% of the 37,968 new HIV diagnoses in the United States and dependent areas. Hispanics/Latinos are at risk of having HIV because of many factors. For some Hispanics/Latinos, opportunities and awareness are extremely limited due to poverty, lower educational level, lack of health insurance, and language barriers. Undocumented Hispanics/Latinos may be less likely to use HIV prevention services, get an HIV test or treatment for HIV because of concerns about being arrested and deported.

People living with or at risk of HIV can experience Stigma. HIV stigma can include negative attitudes, behaviors, and judgments towards people at risk and with HIV. Stigma can negatively affect the wellbeing of people living with HIV by discouraging some individuals from learning their status, getting treatment, or staying in care. HIV stigma can also affect those at risk by discouraging them from seeking HIV prevention tools and testing.

Here are some ideas for standing up to stigma:

- **Get the facts.** Read CDC's fact sheet on HIV stigma.
- **Get inspired.** View the personal stories of people who are living healthy with HIV. Visit Positive Spin.
- **Learn more.** Check out CDC's Stop HIV Stigma.
- **Get involved.** Give your time to HIV- related efforts.

Almost 8 in 10 HIV patients in the United States report feeling internalized HIV-related stigma

What is internalized HIV-related stigma? It is when a person living with HIV experiences negative feelings or thoughts about their HIV status. Here, it is defined as someone agreeing with one or more of the following statements: "I am ashamed that I am HIV-positive." "I hide my HIV status from others." " Being HIV-positive makes me feel dirty." "It is difficult to tell people about my HIV infection." "I feel guilty that I am HIV-positive." "I sometimes feel worthless because I am HIV-positive." Nearly 2 out of 3 say that it is difficult to tell others about their HIV infection. Roughly 1 out of 3 report feeling guilty or ashamed of their HIV status. Nearly 1 in 4 say that being HIV-positive makes them feel dirty or worthless

www.cdc.gov/hiv/pdf/statistics/mmp/cdc-hiv-internalized-stigma.pdf

For more information and testing, please call the Putnam County Department of Health at (845) 808-1390

CHOW DOWN

COUNTDOWN

WE NEED YOU!

Please support the PFC Joseph P. Dwyer Vet2Vet Chow Down:

A Salute to Veterans and their families - November 7th, 2021

The Veterans Appreciation Chow Down will be held as a "drive thru" this year for safety. There are several sponsorship opportunities available.

Please support our Veterans

SIGN ALONG THE DRIVE THRU ROUTE WITH YOUR NAME $100

OTHER SPONSORSHIPS AVAILABLE

Call 845-808-1620

PLEASE MAKE CHECKS PAYABLE TO:

PFC Joseph Dwyer Veterans Program/Vet2Vet

2505 Carmel Avenue, Suite 212-Brewster, NY 10509

Please join us in welcoming John (Jack) Duncan as Interim Program Coordinator for Dwyer Vet2Vet Putnam!

Jack is a 3rd generation Veteran, serving in both the United States Marine Corp-US Marine Corp Reserve from 1975-1981 and as a Master Sergeant in the US Army-US Army National Guard from 1990-2017, including a deployment during Operation Desert Shield/Desert Storm.

In addition, Jack is a life member of the Putnam County Marine Corps League, President of the Brewster Lions Club, a member of the Mahopac VFW, the Brewster American Legion, and the Brewster Elks Lodge, among other local and regional affiliations.

Jack's mission is to build a strong team for Vet2Vet Putnam, please join us in welcoming him!