



Mindful Wellness

www.healthyhaywood.org

Fall 2011 - Issue 5

COMMUNITY RESOURCES

Haywood Community Connections

452-2370
haywoodconnections.org

REACH

456-7898
reachofhaywood.com

Smoky Mountain Center

1.800.849.6127
smokymountaincenter.com

KARE

456.8995
karehouse.org

Haywood Christian Ministries

456.4838

NAMI

National Alliance on Mental Illness
1.800.541.2682
456-6897
naminc.org

A Health & Human Services Directory

211
nc211.org

OCTOBER is DOMESTIC VIOLENCE AWARENESS MONTH

Healthy Haywood’s Mental Health Action Team wants you to be aware that October is Domestic Violence awareness month. According to the CDC (Centers for Disease Control and Prevention), domestic violence is a serious and preventable public health problem affecting more than 32 million Americans. Domestic violence costs Americans more than \$8 billion each year in medical and mental health services and loss of productivity.

Domestic Violence occurs when one person in a relationship uses violent, threatening behaviors and actions to intimidate or control another person. Domestic Violence is a problem that can affect anyone regardless of age, gender, socio-economic status, race or religion. The abuse does not have to be physical; it can also be psychological, verbal and emotional. Victims and survivors of domestic violence report that ongoing verbal abuse, emotional torture and living under terror is often more unbearable than physical brutality. The damage emotional abuse can inflict is often underestimated, but can be every bit as devastating as physical abuse and have long lasting health impacts.

CONTINUED ON PAGE 2.....

How to Access Mental Health Services

- Ask a friend if they can recommend a professional they have heard about.
- Ask a ministerial staff member
- Check with your insurance
- Check the phone book

Key Word Search

Therapist
Mental Health
Counseling

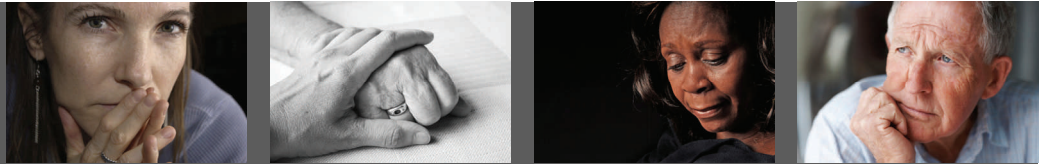
Everyone Has Challenges – You’re Not Alone – Help is Available

Know someone who would like to receive this quarterly e-mail newsletter?
Contact the coordinator today – OR – Forward this e-mail on .

The Mental Health Action Team meets the second Thursday of each month at Whitman’s Bakery at 2:00pm

Coordinator Information: sduginske@haywoodnc.net 828.452.6675 www.healthyhaywood.org

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.....*continued*

Repeated verbal attacks can drastically affect self-esteem, give rise to enormous anxiety and periods of confusion and often lead to depression. The chain reaction that leads from stress to depression starts in the brain. When the brain senses distress, it releases a chemical called CRH (corticotropin-releasing hormone) that sounds the alarm. This alarm tells the body to start producing stress hormones such as cortisol and adrenaline. These hormones affect the entire body- the heart races, muscles tense, sweat glands open up and the brain is impacted. Scientists are just beginning to explore ways that stress and depression set the stage for other illnesses and exacerbate existing ones.

Depression, Post Traumatic Stress Disorder, substance abuse, eating disorders, sexual difficulties, psychotic episodes, and suicidal ideations have all been linked to adult and childhood abuse. At the same time, living with a mental illness may increase a person's vulnerability to abuse. Victims must recognize the toll that abuse takes on their mental and physical health. If you think that you may be a victim of abuse, or may be suffering from depression or anxiety, the most important thing you can do is to get some support and help.

*REACH - 24 Hour Domestic Violence/Sexual Assault Hotline 828-456-7898

*Smoky Mountain Mental Health Emergencies Hotline 1-800-849-6127

Author, Tray Shapiro is a victim advocate at REACH, a private, non-profit organization that provides emergency services to any person who has experienced domestic violence, sexual assault or elder abuse. She is also the chair of Healthy Haywood's Mental Health Action Team and offers FREE YOGA to anyone interested on Thursdays 10:30am - 11:30am. - Contact her for more information/location. To learn more about REACH, you can call the above number or find them online at www.reachofhaywood.com

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HOMELESS SHELTER TO RE-OPEN

Cold, wintry nights will be here soon, and the Haywood Christian Emergency Shelter is preparing to reopen its doors on Nov. 1 to help keep our homeless community safe. **Church groups and other volunteers are needed to sign up to provide transportation and devotionals on a weekly rotation from Nov. 1 until the shelter closes at the end of April.** Churches can sign up online at www.haywoodchristianshelter.org To assist with shelter needs or for more information, contact Russ McLamb at 506-7875.

Haywood Christian Emergency Shelter is a nonprofit, Christian based shelter that started when area churches of all denominations, nonprofits, and charities in Haywood County came together to provide a place where the homeless could not only have a warm place to sleep.

Director Russ McLamb said the shelter is open from 7 p.m. to 7 a.m. daily from November to April. Guests of the shelter are fed at the Open Door in Waynesville and at the Community Kitchen in Canton and then transported by church volunteers to the shelter for the night.

The shelter also provides opportunities for guests to participate in community programs to help them address and overcome their situation. There are new guidelines for shelter residence this year.

In addition to providing transportation and devotions, there are opportunities for community organizations, including counselors or mental health groups to come in make presentations or simply hang out with the residents for a while.

Other needs include:

- Helping prepare the evening meal at the Open Door Monday through Friday. Meals are served about 7 p.m. For more information, call 452-3846.
- Preparing toiletry kits for guests (Toothbrush, toothpaste, soap, hand sanitizer and other similar items). Kits can be dropped off at the Open Door, or contact McLamb to pick them up.
- Provide sheets, blankets and especially pillows.

If you know someone who needs shelter during the winter at night, please have them at the Open Door in Waynesville, NC by 6:30 pm or at the Community Kitchen in Canton at 5 pm for dinner. They'll be given a hot meal and then be transported to the shelter.

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