

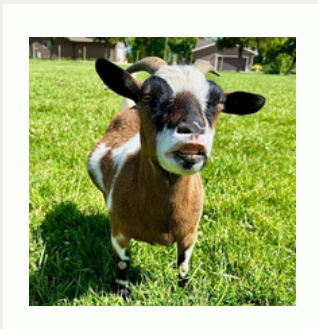
# MENDED HEARTS

Summer 2024



## Summer Safety

While our primary focus is always the safety and wellness of our clients, we also have to take good care of our animal therapy partners. When summer temps are too high, instead of riding the horses, we will bathe them and ensure they're comfortable.



## Meet Michelle Alcorn

Michelle is a Licensed Clinical Professional Counselor (LCPC) who joined the Mended Hearts team June 17. She received her Masters Degree from Lincoln Christian Seminary and has more than 20 years' experience working with children, adolescents, and their families. Michelle worked in both inpatient and outpatient settings at The Children's Home Association of Illinois. She specializes in grief and trauma work. Call 309-383-4323 today to schedule an appointment.



## Mended Hearts by the Numbers



278

*Number of clients served*

117

*Number of clients under age of 18*

56

*Clients receiving financial assistance*





## Healthy Ways of Coping With PTSD

June is Posttraumatic Stress Disorder (PTSD) Awareness Month. People who experience traumatic events may have temporary problems with sleep and emotional distress. If the symptoms get worse, last for months or years, and interfere with your ability to function, you may have PTSD. According to the World Health Organization (WHO), around 3.9% of the global population has experienced PTSD - over 250 million people! If you're struggling with PTSD, check out some healthy ways of coping at the Mended Hearts web site: <https://mended-hearts.org/9-healthy-ways-of-coping-with-ptsd/>



### June

- National PTSD Awareness Month
- Pride Month

### July

- BIPOC Health Month
- National Minority Mental Health Awareness Month

### August

- Children's Eye Health and Safety Month
- National Grief Awareness Day August 30

## MENDED HEARTS

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