

WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*



HEY, HOW ARE YOU?

**Embracing Tranquility:**

**Elevating Voices and  
Advocating for Equity:**

July marks National Minority Mental Health Awareness Month, a pivotal time dedicated to addressing mental health challenges within minority communities across the country. This observance serves as a platform to amplify voices, share stories, and advocate for equitable mental health care for all individuals, irrespective of their cultural backgrounds or abilities.

## National Minority Mental Health Awareness Month:

This month serves as a platform to amplify voices, share stories, and advocate for equitable health care for all. By raising awareness and promoting understanding, National Minority Mental Health Awareness Month aims to foster a more inclusive and supportive environment where every individual can seek and receive the mental health care they need.

As our population becomes increasingly diverse, it is crucial to understand and address the unique challenges and barriers that various ethnic, racial, LGBTQ+, and gender groups face in accessing mental health care.





## Yoga Classes:

Our yoga classes offered a chance to reconnect with the body and oneself, providing a space for self-discovery and relaxation.



Classes:



## Breathwork and Stress Reduction Techniques:

Your breath is your anchor. We explored the transformative power of breathwork and stress reduction techniques. Participants learned how to harness the breath to calm the nervous system, reduce anxiety, and cultivate inner peace.

INSTANT DOWNLOAD

[YOUR GUIDELINE FOR BREATHWORK HERE](#)





# Addressing Mental Health Disparities in Diverse Communities:

## **General Population Diversity and Mental Health Care Disparities:**

- **Projected Diversity:** By 2044, more than half of all Americans are projected to belong to an ethnic group other than non-Hispanic White, indicating increasing diversity.
- **Disparities in Mental Health Care:** In 2015, among adults with any mental illness, 48% of whites received mental health services, compared with 31% of blacks and Hispanics, and 22% of Asians, highlighting significant disparities in access to mental health care.

## **Depression Rates Across Ethnic Groups:**

- **Lower Rates, but Persistent Issues:** Blacks have a depression rate of 24.6% and Hispanics 19.6%, lower than whites at 34.7%, but depression in these groups tends to be more persistent, influenced by various factors including socioeconomic status and cultural dynamics.

## **Women:**

- **Prevalence of Depression:** Depression is the most common mental health condition among women, with twice as many women experiencing depression in their lifetime compared to men.
- **High Rates of Mental Health Conditions:** Approximately 1 in 9 adult women in the U.S. has had at least one major depressive episode in the past year. Overall, 1 in 5 women experiences a mental health condition such as depression, PTSD, or an eating disorder each year.

## **African American/Black Community:**

- **Similar Rates of Mental Illness:** Rates of mental illnesses in African Americans are similar to those of the general population.
- **Quality of Mental Health Care:** African Americans often receive poorer quality of mental health care and experience barriers to accessing culturally competent care. They are less likely to receive evidence-based medication therapy or psychotherapy compared to other groups.
- **Incarceration Disparities:** Black individuals with severe mental health conditions like schizophrenia and bipolar disorders are more likely to be incarcerated than those of other racial groups.



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## **Native American/Indigenous Community:**

- Native Americans experience serious psychological distress at a rate 1.5 times higher than the general population. This includes higher prevalence of anxiety disorders, depression, substance abuse, and PTSD.
- Socioeconomic disparities, limited access to healthcare, and cultural disconnection exacerbate these mental health challenges.
- Historical trauma among Native Americans is rooted in experiences such as forced relocation, cultural suppression, and loss of land and sovereignty.
- These traumas have profound and enduring impacts on mental health, contributing to issues like inter-generational trauma, identity crisis, and community fragmentation.

## **LGBTQ+ Community:**

- Mental Health Disorders: LGBTQ+ individuals are twice as likely to have a mental health disorder compared to heterosexual individuals.
- Disparities and Barriers: LGBTQ+ individuals are 2.5 times more likely to experience depression, anxiety, and substance use disorders. Many face stigma and discrimination when seeking health care, which often leads to delayed or avoided care.

These statistics underscores the pressing need for targeted interventions and policy initiatives to address mental health disparities across diverse populations. It is essential to improve access to culturally competent care, dismantle systemic barriers, and promote mental health equity. These steps are crucial for supporting the mental well-being of all individuals, irrespective of race, ethnicity, gender identity, or sexual orientation.

# Total Well-being: Embrace a Healthier You



Wellness matters because everything we do and every emotion we feel relates to our well-being.

- **Mental Wellness**

Mental wellness is crucial because it affects how we think, feel, and act in our daily lives. Here are some key aspects and tips for maintaining mental wellness:

- **Stress Management:**

- Practice Mindfulness: Engage in mindfulness meditation or deep-breathing exercises to reduce stress and increase focus.
- Prioritize Self-Care: Make time for activities you enjoy, whether it's reading, gardening, or taking a relaxing bath.
- Time Management: Use tools like planners or apps to manage your time effectively, helping to reduce feelings of being overwhelmed.

- **Emotional Regulation:**

- Express Yourself: Don't bottle up emotions. Talk to a friend, write in a journal, or engage in creative activities like painting or music.
- Seek Professional Help: If you're struggling with mental health issues, don't hesitate to consult a therapist or counselor.
- Practice Gratitude: Keeping a gratitude journal can help shift your focus from negative to positive aspects of your life.

- **Cognitive Health:**

- Stay Mentally Active: Engage in activities that challenge your brain, such as puzzles, reading, or learning a new skill.
- Maintain Social Connections: Strong social ties can help improve mood and reduce feelings of loneliness.
- Healthy Lifestyle Choices: Regular exercise, a balanced diet, and sufficient sleep also contribute to cognitive health.



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## Physical Wellness:

- **Exercise:** Engaging in regular physical activity boosts your immune system, improves cardiovascular health, and strengthens muscles and bones.
- **Nutrition:** Eating a balanced diet rich in fruits, vegetables, lean proteins, and whole grains fuels your body and promotes overall health.
- **Sleep:** Getting adequate rest each night (7-9 hours) is essential for physical recovery and cognitive function.

## Spiritual Wellness

- **Purpose and Meaning:** Reflect on your values, beliefs, and what gives your life meaning. Engage in activities that align with these aspects.
- **Mindfulness Practices:** Regularly practice mindfulness, meditation, or prayer to cultivate a sense of peace and purpose.
- **Nature Connection:** Spend time in nature to rejuvenate your spirit and foster a sense of connectedness with the world around you.

## Mental Wellness Spotlight: Tips of the Month

- **Mindfulness Meditation:**
  - Start with 5-10 minutes each day, focusing on your breath and letting go of distractions.
  - Use apps like Headspace or Calm to guide your practice.
- **Gratitude Journaling:**
  - Every night, write down three things you are grateful for. This practice can help shift your focus to positive aspects of your life.
- **Digital Detox:**
  - Set aside specific times each day to disconnect from digital devices. Use this time to engage in offline activities like reading, cooking, or spending time outdoors.
- **Sleep Hygiene:**
  - Establish a regular sleep schedule.
  - Create a calming bedtime routine, such as reading a book or taking a warm bath.
  - Avoid screens and caffeine before bedtime.
- **Social Connections:**
  - Schedule regular catch-ups with friends or family, either in person or virtually.
  - Join clubs or groups that align with your interests to meet new people and build connections.





# Embrace Wellness: Local Free Events for July

Welcome to the July edition of our newsletter, highlighting exciting and free events happening in the DMV area this month! As we transition into a new month, we're thrilled to welcome you to a series of local free events aimed at promoting mental health awareness and well-being in our community. From engaging film screenings to supportive peer gatherings and revitalizing nature walks, these events offer invaluable opportunities to prioritize self-care, foster connections, and explore new avenues for personal growth.

## 1. Carnival at Earleigh Heights

- Dates: July 11, 6 pm - July 20, 11 pm
- Location: 161 Ritchie Highway, Severna Park, MD 21146
- Description: Experience a traditional carnival atmosphere with rides, games, food, and entertainment. Free midway admission with paid options for all-you-can-ride wristbands.

## 2. Illuminate Annapolis Mind-Body-Spirit-Arts Festival

- Dates:
  - Saturday, July 13, 10 am - 5 pm
    - Location: Anne Arundel Community College Schwartz Student Union, 101 College Parkway, Arnold, MD 21012
  - Saturday, July 20, 10 am - 4 pm
    - Location: Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville, MD 21029
- Description: Explore a variety of exhibits including aura photography, energy work, crystals, workshops, and more focused on mind-body-spirit wellness. Free admission with under 18 accompanied by adults.

## 3. A Wellness Celebration for All

- Date: Sunday, July 14, 11 am - 3 pm
- Location: Pennsylvania Avenue Seventh-day Adventist Church, 4010 Belt Road, Capitol Heights, MD 20743
- Description: Join in a wellness-focused event featuring health assessments, massage sessions, plant-based cooking demos, workshops on self-care and mental wellness, music, and fellowship.

## 4. GUF Family Festival

- Date: Wednesday, July 17
- Location: City of Praise Family Ministries, 8501 Jericho City Drive, Landover, MD 20785
- Description: Enjoy a day filled with games, food, and family activities. Open to all ages, this event promises fun and lasting memories.

## 5. Free Community Health is Wealth Fair

- Date: Sunday, July 21, 2 pm - 6 pm
- Location: The Hampton Conference Center, 207 West Hampton Place, Capitol Heights, MD 20743
- Description: Receive free healthcare screenings (HIV, Hepatitis, Vision, etc.), educational resources, and enjoy giveaways, refreshments, and entertainment. This event promotes community health and well-being.



## Free Resources:

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### **NAMI Maryland (National Alliance on Mental Illness)(410-884-8691):**

- NAMI Maryland provides free mental health education, support groups, advocacy, and resources for individuals and families affected by mental illness. They offer programs such as NAMI Family Support Groups and NAMI Peer-to-Peer classes.

### **Mental Health Association of Maryland(443-901-1550):**

- The Mental Health Association of Maryland offers free mental health resources, advocacy, and support services to promote mental wellness and recovery. They provide information on mental health topics, support groups, and educational programs.

### **Mosaic Community Services(410-453-9553):**

- Mosaic Community Services is a nonprofit organization that offers free and low-cost mental health and substance use disorder services in Maryland. They provide counseling, therapy, case management, and other support services for individuals of all ages.

### **Maryland Coalition of Families (410-730-8267):**

- The Maryland Coalition of Families is a nonprofit organization that provides free support, education, and advocacy for families of children and youth with mental health, substance use, and other behavioral health challenges. They offer support groups, workshops, and resources for families navigating the mental health system.

### **National Suicide Prevention Lifeline (1-800-273-8255):**

- The National Suicide Prevention Lifeline is a national network of crisis centers that provide free and confidential support to individuals in suicidal crisis or emotional distress. Trained crisis counselors are available 24/7 to offer support, intervention, and resources to those in need.

### **Crisis Response Team (301-429-2185):**

- This team likely consists of mental health professionals who are dispatched to respond to crisis situations, such as mental health emergencies or suicidal threats, in the community. They provide on-the-ground support and intervention to individuals in crisis.

### **Maryland Department of Health and Mental Hygiene (DHMH) Behavioral Health Administration (BHA) (410-402-8300):**

- The DHMH Behavioral Health Administration oversees mental health and substance abuse services and programs at the state level in Maryland. They may provide funding, coordination, and oversight for various mental health initiatives and organizations.



## Director's Corner...

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**Erica Coleman CPRP Founder/ Director**

**"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." –Stephen Covey**