

TOGETHER JUST, INC



In this month's special issue:

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Mental health tips

Each person expresses love in their own way—if you can learn how to speak someone's love language, you can develop deeper relationships!

Here are the five love languages:

- Words of affirmation
- Receiving gifts
- Physical touch
- Acts of service
- Quality time

Make learning about your love language a fun family activity to better understand your love language. After each person in your family has taken [the quiz](#), have a conversation about your results and how you show each person in your family love.

National Recreational Therapy Month: Highlighting the value of recreational therapy

Recreational therapy, or as Together Just like to think of it, “play with purpose,” uses a collaborative person-centered technique to improve the health and well-being of individuals with mental health issues and other disabling conditions.

As our main service, it is important we raise awareness of the positive impact recreational therapy can have on individuals living with emotional, behavioral, and cognitive differences. CTRS/Ls (recreational therapists) plan, direct, deliver and evaluate recreation- and leisure-based interventions to make the therapy process more meaningful.

“As a recreational therapist, I look at the holistic person, what are this person's passions, hobbies, and interests? I use these to develop their treatment plan and keep them more engaged during sessions.”

– Lilli Higgins, CTRS/L

Words from our founder, Lilli Higgins

Happy February, everyone! For Black History Month, I will be going live on Facebook and Instagram with a role-model of mine, Darian Dozier. Darian will talk about the African-American experience in healthcare, her journey through medical school, and the purpose behind starting her platform, Melanated and Meducated! Meagan Young, CTRS and creator of [@grow.through.flow](#), will be joining me to discuss the benefits of recreational therapy and how you can help others access this service, in honor of Recreational Therapy Month. More information to follow on our instagram: [@togetherjust](#).

Our mission is to end the stigma attached to mental illness by providing treatment, education, and advocacy for all members of our community. We've been given the opportunity to expand our practice through renovations of our current building. We have 3,000 sq. ft. of unused office space! Making this usable would allow us to continue to grow and serve more families in our community with more therapists' offices and two large rooms dedicated to treatment. Our vision is designate one room for active/physical play and the other for creative play. I cannot express the change this project would bring to Together Just and the ability we have to serve our clients and their families. As a non-profit, we cannot make this change happen on our own, we need help from the community! We are looking to raise \$15,000 to make this renovation happen. Donations are welcomed, both monetary and in-kind!



As we spend this month honoring the people that dedicated their lives to the fight for civil rights, justice, and equity; it is important we not forget the emotional and mental toll this level of adversity can take on Black and African-American people. According to data from the Substance Abuse and Mental Health Administration, nearly 7 million Black and African-American people reported mental illness within the last 12 months. Furthermore, 1 in 5 Black and African-American people live below the poverty line, doubling their chances of suffering from mental illness. These statistics reiterate how important it is for all of us to do our part to #EndTheStigma around mental health. We must keep the conversations going; whether it is openly discussing mental health or addressing systemic and institutional racism, it is our duty as a progressing society to not allow any of our citizens to fall by the wayside. #BlackLivesMatter

For a comprehensive list of black-owned businesses across many fields in our great city, check out this list by [Mary Noble of Tulsa People](#). Shop local—support black businesses!



Welcome, Stephanie Lee



We are excited to announce our newest member of the Together Just team, Stephanie.

Stephanie did part of her clinical internship at Together Just. She is a recent graduate from Oklahoma State University with a bachelor's degree in therapeutic recreation. She has experience working with children and young adults with behavioral issues and mental illness diagnoses in inpatient behavioral health facilities, outpatient treatment, and school-based settings. Stephanie has a passion to help those with a mental or physical health diagnosis to improve their quality of life.