

NEWSLETTER

BREED OF CHAMPIONS

Mental Health Awareness

THE STORY OF REMCO COOK

The Original Dutch Boy

On June 2, 1977, Remco Cook was born to Magdalena Charlot and Harold Cook during a home delivery in Hilversum, Holland, marking the arrival of a vibrant spirit that brought immense joy to his family. His birth symbolized a love as profound as the purest affection.

His older sister, Magdalena Christian, cherishes memories of her beloved baby brother, recalling his playful sense of humor and teasing nature, all while embodying a heart of unparalleled kindness.

"You'd never have a bad day with him around. It was as if he instinctively knew how to lift anyone's spirits," Magdalena reflects. Remco was a joyful and affectionate individual. He possessed a truly generous spirit, always striving to assist others, even when he had little to offer himself.

From a young age, Remco was actively involved in sports, nurturing a special love for basketball, which he played for most of his life. He graduated from Roosevelt High School in the Class of 1997. His affection for his nieces and nephews was boundless, as was his love for his younger brother Clayton, who would often visit during lunch breaks while at daycare.



Gebroken ogen (Broken Eyes)

THE GUARDIAN ANGEL

On April 1, 2006, Remco Cook's family received the devastating news of his passing at the tender age of 28. His death was linked to a significant decline in mental health. An autopsy indicated that Remco experienced critically elevated levels of hyperglycemia and had three severely clogged arteries. It was noted that his heart exhibited characteristics typically associated with that of a 73-year-old, suffering from acute heart failure and severe depression. Remco's decline in mental health began at a relatively young age. His mother, Magdalena Charlot, observed a series of behavioral changes in him shortly after they relocated to her homeland in The Netherlands, following the finalization of her divorce from his father, the late Harold Cook. Before their transatlantic move, Remco resided with his mother, father, and older sister. As the second youngest of four children born to Harold, Remco was accustomed to a bustling family environment.

Upon relocating, his mother observed the decline in his mental health, which she attributed to the significant reduction in communication with his father, Harold. The weakened relationship between father and son ignited a troubling situation that rapidly escalated. As a result, there was a significant decline in Remco's behavior and physical health. "Remco was never a junk food eater; he disliked chocolate and rarely consumed sweets, but he enjoyed fruits and nuts," Magdalena, his sister, noted.

His enthusiasm for basketball gradually diminished due to this significant absence. In her effort to support him, his mother, Magdalena Charlot, arranged numerous appointments with licensed professionals to help Remco address his psychological distress. Over time, Remco experienced substantial improvements in his health; however, unforeseen circumstances eventually led to a relapse into his depressive state. This relapse presented itself through a range of warning signs, such as significant weight gain, disengagement from physical activities, and hoarding behaviors. While he was under the care of his previous psychiatrist, seeking help for his declining mental stability, she abandoned his scheduled appointments. Telling his mother, "Kick him under his behind to get him in gear. The treatments wouldn't help him anyway because he's a lost cause."

Thus losing his life to this battle.



Warning Signs and Symptoms

BEAT THE STIGMA!

Behavioral health, often referred to as mental health, encompasses the profound influence of an individual's psychological and emotional well-being. Individuals of all ages, sexual orientations, and ethnic backgrounds can experience behavioral health disorders.

Mental health concerns can present themselves in a variety of ways, underscoring the importance of remaining attentive to potential warning signs. Although these indicators may vary depending on the specific issue, we have compiled a list of common signs to monitor if you suspect that a loved one may be experiencing a decline in their psychological well-being.

COMMON INDICATORS:

- Persistent sadness
- Mood swings
- Withdrawal from social activities
- Changes in sleep patterns
- Alterations in physical appearance
- Self-harm behaviors
- Persistent difficulty discarding or parting with possessions

Many individuals experience mental health issues in distinct ways. While some may encounter cognitive changes, others may exhibit behavioral alterations.

Cognitive changes result in difficulty concentrating or making decisions. The signs may present as a person experiencing hallucinations, delusions, changes in memory or disorientation. While behavioral changes are present in areas of neglect such as in a person's physical health. This includes hygiene, significant changes in caloric consumption, sleeping patterns, substance abuse and impulsive behavior resulting in self harm or hurting others.

Recognizing these warning signs can increase awareness of when you or a loved one may need to seek professional assistance. Taking this step is crucial in reducing the stigma surrounding mental health issues. Notably, suicide ranks as the second leading cause of death in the United States. According to the National Alliance on Mental Illness (NAMI), "1 in 20 U.S. adults experience serious mental illness each year."



Resources for Mental Health

LET'S IMPROVE THE CHANCES OF RECOVERY!

Below are several resources available for individuals seeking assistance.

DALLAS, TEXAS:

Amplified Minds

Address: P.O. Box 151532
Dallas, Texas 75315
Email: info@amplifiedminds.org

Dallas Behavioral Healthcare Hospital

Address: 800 Kirnwood Dr
Desoto, TX 75115
Phone: 972-982-0897

Mental Health America of Greater Dallas

Address: 2824 Swiss Avenue, #3
Dallas, TX 75204
Phone: 214-871-2420

Texas Health Behavioral Health Dallas

Address: 800 Walnut Hill Lane
Dallas, TX 75231
Phone: 682-236-6023

LET'S IMPROVE THE CHANCES OF RECOVERY!

SAMHSA

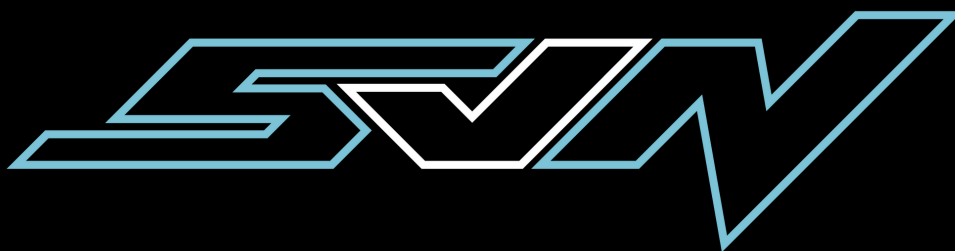
Substance Abuse & Mental Health Services

National Hotline

1-800-662-4357

Suicide & Crisis Hotline

988



THE AMERICAN DUTCH BOY