

THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME NOVEMBER

The month of November is here and so is the time where we are reminded to be thankful. We hope that recovery is something to be grateful for and this month we will celebrate with a Harvest Celebration, Talent Show, Outings and The Pride Parade. Camp Friendly Pines is back and so are the opportunities to serve our community volunteering! What ever you choose to be a part of, REN is thankful for all of you and the the joy you bring.

The REN review is an opportunity for members to submit articles about all things happening at REN! Please see Jen AH, visit the Computer Lab every Tuesday morning or email stories, pictures and ideas to renaznews@gmail.com. We want to hear from you, this is paper by the peers for the peers and all are welcomed. If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!

IN THIS ISSUE

REN Outings and Camp Shadow Pines

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Fun Pages: Mental Health Puzzle, Trish Talks and new RENOLOGY

Updates, NEWS and more!

REN REVIEW EXTRA !

Camp Shadow Pines





The Trip of The Year

By Trisha

Camp sign up coming soon!! When I heard the announcement I was thrilled!! The last time we had gone to Camp Shadow Pines was in 2017. The event was always the highlight of REN'S activities. However, due to Covid, we could not go until now!!! For some who had attended in prior years, we knew about the fun and positive effects the trip brings. I'm here to say REN and the Staff of Shadow Pines did not disappoint.

We left REN on time for a beautiful bus ride to Payson, everyone so excited to be getting out of the city and enjoy cooler temps. We stopped to stretch our legs and to have lunch. Everyone getting along and making plans to play sports, hike and do crafts. Arriving at Camp Shadow Pines we were greeted by rain, and had to save our first camp fire for the following day. At dinner we met the hilarious MR. V. who was in charge of the camp. He explained the rules of the cafeteria, braking a tray over his head and throwing himself into the trash can. It was a great way to start camp. After dinner we got to pick between games or participate in a lip sync battle; everyone dancing and singing and joining in togetherness. The next day, Gayle led us on a beautiful nature hike, exploring the campgrounds and the surrounding area. After breakfast, we did outdoor sports like volleyball and kickball and got our hearts pumping; it was a great time! Even yours truly got in on the kickball action "thinking about trying out for a Kickball Scholarship. LOL ." Ref. Breakfast club. Google it.

Jimmy did an art group on confronting negativity, having members write down negative comments they have heard about themselves and then wrote positive words over them; not being defined by the negative but the positive. I witnessed the positive effects it had on the participants, they were moved in some way with two very brave members throwing theirs in the fire symbolizing letting them go. Everyone was so touched by how brave these two members were.





Dave Dewey did a great care circle, encouraging us to introduce ourselves and share our stories of love and support. Tie-dye and Bingo were next and the groups *and prizes* were great! That evening we got the opportunity to take a hayride which was so fun. Everyone hooping and hollering, it was so cool. Mr. V managed to hit every tree branch which invoked more laughter. (*no one got hurt*) Chef Jen had a prize ball some say weighed at least 30 pounds while others made sock dolls. Next we enjoyed the campfire, making smores and sharing the great adventures from the day.



The next day Gayle lead us on another hike even those who had mobility concerns pushed themselves and did an amazing job. After breakfast, some of us went on an additional nature hike with Gayle while others made beaded key chains. It was awesome to see all the talented members and their creativity. Greg and Gayle challenged us all to find as many people with the same astrological sign, to get to know more about each other. Although I didn't understand the assignment I enjoyed getting to know other members as we socialized asking question and having fun.



In the afternoon Jimmy, Robert, and Paolo did a group on communication which was outstanding and really informative. Others relaxed and played games anxiously awaiting the big dance. At the Decades Dance everyone let their hair down and danced the night away to favorite songs from the 50s to the present. Jen AH and Kimberley really did a great job DJ's and the lighting and smoke machine made it a blast! Anthony was our music man getting down on his air guitar. The staff at Shadow Pines provided great food every day, where no diet existed. Sunday morning brought the rains back as if to say it was time to go home. As bittersweet as it was we packed and said our goodbyes to Camp Shadow Pines until next year. Anthony, Paolo, Chef Jen, Michael, Erica, Jenn AH, Kimberly, Gayle, Robert, David, Jimmy, Lindsey, Sabre and Greg all did a fantastic job facilitating and supporting us and keeping us all together. Thank you, REN Staff, for a great time





Camp Shadow Pines Bear Sightings

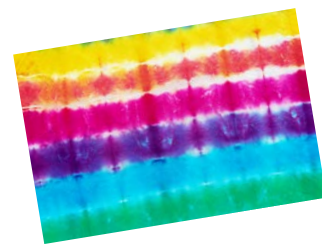




Fit to be tie-died



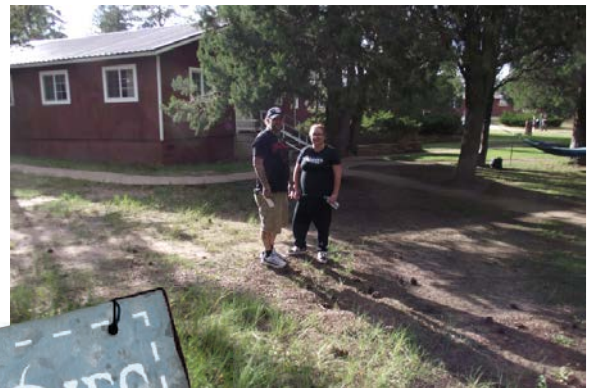
GLOW





Camp Memories



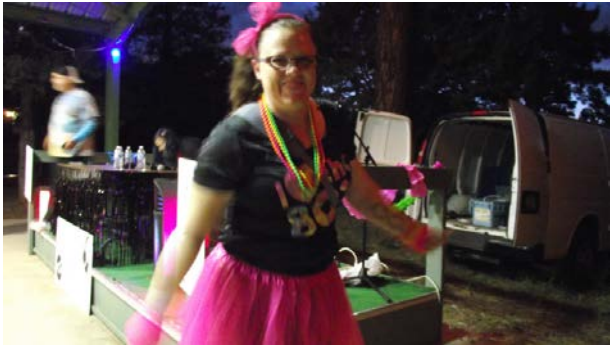




GOOD TIMES

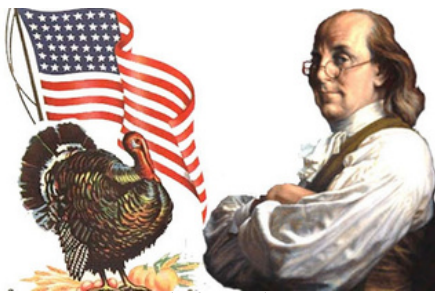


DECADES DANCE



FUN IN RECOVERY

Would you Believe...



- The first person convicted of speeding was going eight mph.
- The day after Thanksgiving is the busiest day of the year for plumbers.
- The Butterball hotline answers 100,000 turkey-related questions every year.
- Benjamin Franklin wanted a turkey as the national bird
- Humans are the only animals that blush.
- Cotton candy was invented by a dentist
- Marie Curie is the only person to earn a Nobel prize in two different sciences.
- The first computer was invented in the 1940s.
- The first substantial computer was the giant ENIAC machine by John W. Mauchly and J. Presper Eckert at the University of Pennsylvania's
- Dogs can learn to recognize a vocabulary of about 165 words.
- Star Trek's Scotty stormed the beach at Normandy in world war II
- Pigs are constitutionally protected in Florida.
- There is a geocache on the International Space Station placed in 2008. It has since been visited 400 times by other astronauts.
- The hand and footprints in front of Los Angeles's Chinese Theater tradition started accidentally when silent film actress, Norma Talmadge stepped on wet cement
- In Utah, birds have the right of way on a highway.
- There are more than 70 species of mushrooms that glow in the dark.
- Neptune was the first planet to be found through mathematical predictions rather than telescopic location.
- "She sells seashells by the seashore" was written about a female paleontologist from the 1800s. She actually sold dinosaur bones and fossilized shells.

WORD SEARCH

Gratitude

Y G Y F E D E S K D L A C X H X Y S E P X Q D I W Q A I S K
 K R O Z R H V H Y I H Y K D M R J W T C P M K S Q R U D S P
 W O T P Q T S T E E F F O C E I P Y C E U Z L K M D B W E O
 D A N N D Q J L R C W D K V R Y S F B T B O L M Y P C T N G
 P O Y V U Z J A S L Y D O F B Q E E K V B M H J J E T Y I X
 X U A H V O K E M F O C K S E R G D Q W L W I Q S B H T P G
 A B P R E S C H Q U E O B S M U S I E Q E H I P R U J U P K
 H Y N D W S T T U R U X P L X D X B M X S L I U Z O Y B A T
 E Z Q X O J B V F C L W Q E N Q I K G L S R I P E T S V M H P
 A N Q R A I C S Y A C I R E T F F A J M I Y L I M A F Y O I
 E I V Z U O J J U U X P I I B O L P N K T N F J K P C C X A H
 I R A I T L U N U F R R T K D Z P H U W G L E T Z J W D B S
 J R Z M R F Y S G G F U N V M N V A R B S J E Z R B Y W A T
 E H Q J I O Q N E L D I D C L K A L S P L C N K A B Q S G Y C
 K A O Q M G I T E A B Y Y Y F X Q L F V D Q C Z L P J P P
 U B I B R J X M W B N Q B X B I M S H U S N G F M G K D S X
 B W G U Q Q Q M E G J R U T B O S A T J R B O U E E I K F K
 H B K K G B O V L N U M U N X E U T E O G T G D N E E V D X
 H R A K Y T H P V X T S M O W M O D E E R F O X S F O G Z Y
 S I L V C O J Z E V U L S H J J S I S G I G I G H J M Y V
 R O J B S J Z M J K Y E A Z Q P P J K V X R F S F T G U N C
 T O Q B O O Y V J G Q H Z T Z B C L T R T V X K V Y V A E Y
 E C Z A F P Q C N R C D H E A W K C E B O Z S G N C X V R Q
 K S S F I J K V H G F C E S U B W J K I R P U S Z F J D V Q
 U O R V G A P V D K M F A M D S K C W E W N F A C I I A J X
 K Z H H M X O P B A A I Z F O D Q I N T S D M H P A C U V H
 H I J C I D M O S A U A M Z G G F H M C G Q L C X P H U O R
 B L D Q C F Y Y D F G Y M J T U Q A I Q I I N F V S R E G V
 H X V S V W O K S P I B Q P S I U K I I I U B P Q K G W R I
 K J S L N K Y T N W X E W M Z P Q M T U Y C Q A J C K R G R

Air
 country
 food
 Happiness
 humor
 pets
 spiritual

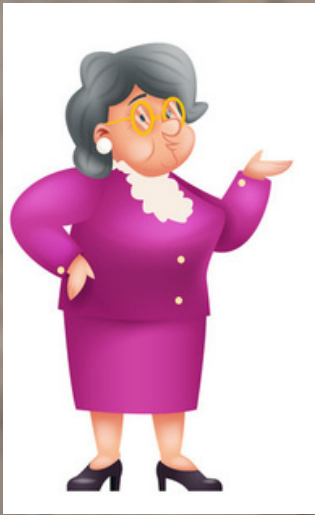
blessings
 Environment
 Freedom
 health
 journal
 recovery
 sunset

coffee
 family
 friends
 home
 life
 REN



Poor Trisha's Almanac

November 2021



November 4, 1842 - Abraham Lincoln married Mary Todd in Springfield, Illinois.

November 1, 1776 - Mission San Juan Capistrano was founded in California.

November 1, 1848 - The first medical school for women opened in Boston. The Boston Female Medical School was founded by Samuel Gregory with just twelve students. In 1874, the school merged with the Boston University School of Medicine, becoming one of the first co-ed medical schools.

November 2, 1947 - The first and only flight of Howard Hughes' "Spruce Goose" flying boat occurred in Long Beach Harbor, California. It flew about a mile at an altitude of 70 feet.

November 3, 1957 - Soviet Russia launched the world's first inhabited space capsule, Sputnik II, which carried a dog named Laika.

November 4, 1922 - King Tut's tomb was discovered at Luxor, Egypt, by British archaeologist Howard Carter after several years of searching.

November 4, 1842 - Abraham Lincoln married Mary Todd in Springfield, Illinois.

November 5, 1911 - Aviator C.P. Snow completed the first transcontinental flight across America, landing at Pasadena, California. He had taken off from Sheepshead Bay, New York, on September 17th and flew a distance of 3,417 miles.

November 8, 1895 - X-rays (electromagnetic rays) were discovered by Wilhelm Roentgen at the University of Wuerzburg in Germany.

November 9, 1989 - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961.

November 10, 1775 - The U.S. Marine Corps was established as part of the U.S. Navy. It became a separate unit on July 11, 1789.

Peer Trisha's Almanac

November 10, 1871 - Explorer Henry M. Stanley found missionary David Livingstone at Ujiji, Africa. Stanley began his search the previous March for Livingstone who had been missing for two years. Upon locating him, he simply asked, "Dr. Livingstone, I presume?"

November 13, 1927 - The Holland Tunnel was opened to traffic. The tunnel runs under the Hudson River between New York City and Jersey City and was the first underwater tunnel built in the U.S. It is comprised of two tubes, each large enough for two lanes of traffic.

November 14, 1889 - Newspaper reporter Nellie Bly set out from New York to beat the record of Jules Verne's imaginary hero Phileas Fogg, who traveled around the world in 80 days. Bly (pen name for Elizabeth Cochrane) returned 72 days later to a tumultuous welcome in New York.

November 17, 1800 - The U.S. Congress met for the first time in the new capital at Washington, D.C. President John Adams then became the first occupant of the Executive Mansion, later renamed the White House.

November 18, 1883 - A Connecticut school teacher, Charles F. Dowd, proposed a uniform time zone plan for the U.S. consisting of four zones.

November 19, 1863 - President Abraham Lincoln delivered the Gettysburg Address

November 22, 1935 - Trans-Pacific airmail service began as the China Clipper, a Pan American flying boat, took off from San Francisco, reaching the Philippines 59 hours later. The following year, commercial passenger service began.

November 26, 1789 - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic..

November 26, 1832 - The first horse-drawn streetcar carried passengers in New York City along Fourth Avenue between Prince Street and 14th Street.

Creative Writing Thank You Letters

What I'm Grateful for...

I'm grateful fore my good health, apartment rental assistance and, especially, my relationship with God and with my Savior Jesus Christ. Amen.

Monte M

I'm am thankful for my friends & family especially for my grand new granddaughter. Granddaughter bring new life - Kim S

Grateful for being alive and going to REN and being Sober and clean for a 2 and a half year - Frank W

I am most grateful for my relationship to God. He is with me all the time and protects me from girls,. I'm am grateful for all my friends ,especially my life long friends. -Kathy

My mother who took on responsibility for her actions and she is a loving, giving, and caring person to involve me in her life. I'm and thankful she makes effort to be with in both mine and my sibling lives. -

Victoria A

I've been sober for two yr and grateful for programs like Ren and RI friends like Trish, Barbara, Dave D all working together at getting are lives together.

Bill D

I'm am thankful for REN. I'm am thankful for my Mom and Dad. I'm thankful for my 7 yrs of sobriety. I'm am thankful for my boyfriend. I'm am thankful for my life.

Shelly M

Creative Writing Thank You

Letters

What I'm Grateful for...

I am grateful for life, joy and peace. I wish the rest of the people in the world can find the same.

Paul H

Shelter, food, husband, dog, family, and honorary family. Recovery principal and RENS services I receive through Mercy Maricopa Medical. The services which provide psychiatric, medication, and counseling and rides to services. Daily things like air, sunshine, rain, and my ability to stand erect and walk. - Shirley L

REN, a job, Taekwondo, and Vaccines. Bless REN - Mearl T.

This is the season for gratitude in November. Personally, I am grateful for my little family, Carissa (daughter), Blake (son-in-law) and Jordyn my grandson. My marvelous clinic on the weekends. Blake and my daughter are wonderful parents to what I believe will be a very tall and handsome grandson. - Barbara P

Dearly grateful to know so many positive experiences through the year. REN has contributed so much to my ability to go out of my own space continuing to go out and have socialization with the community. The ability to enjoy peer support and have people from different life's experience. REN is a great place for outings and getting out of town. I appreciate what we have when we get home. A large family of people who gather to be supportive of one another and awesome facilitators trained in peers support. - Dawn G

Creative Writing Thank You Letters

What I'm Grateful for...

One of my dreams came true, I was independent, without any ties to the mob. No more crazy chores, no more "washing vans, constant housekeeping, running around from town to town." now I'm retired college ball coaching ,mentoring, and working out. I'm independent through the health care system, legally. I'm blessed to be so lucky! I send out all my love to all the animals we care for who are now my family. Thank you to the new home again rescue who is a big part of my new career field working with and taking care of animals by being kind and not causing fear and harm . now they have my blessings as well. please be kind to animals and take care of them when they are your responsibility!!! - Pedro

We all have people and things to be grateful and thankful for in everyday life. We can probably find at least 5 things or 5 people we are grateful for if we think about it. It may take a while, but once we sit down and complete the idea, we can discover the people, places and experiences, we are grateful and thankful for. Think of them and keep a grateful/thankfulness journal. Try to write in your journal each day and and focus on that day. -

Anonymous

Creative Writing Thank You Letters

What I'm Grateful for...

Dear sis, thank you for always being there for me when I was little. Momma was always working so she had to take care of me. Not only did you look after me then but, but you take care of me now. You know me better then anyone else. I love you so much love. -
Micah B

I am grateful for my life that I may live a healthy and prosperous, kind of life that my creator wants me to live. Friends that are honest and loving and the ability to support my friends and family and am grateful for my kids and grandsons. I AM BLESSED!! - Karen C

What I'm most grateful for this year is being a world traveler, I enjoy the diversity and vastness of the Dharma Sura of Buddah. Insight into living and enjoying life in all aspects. - Dennis H

Arch angels have surrounded me for decades I am grateful they have filled a giant hole in my heart, I am truly, most appreciative, grateful.-
AZRAEL

My Mom, Dad, Sister, Brother, Nephews, Uncles, Aunties, Nieces and strength and happiness. -
Charlene M



AT THE BOX OFFICE



- 1971(50yrs)**
The French Connection- Gene Hackman
- 1981(40yrs)**
Time bandits- Sean Connery
- 1991 (30yrs)**
The Addams Family - Anjelica Huston
- 2001(20yrs)**
Harry Potter and the Sorcerer's Stone- Daniel Radcliffe
- 2020 (1yr ago)**
The Croods: A New Age - Nicolas Cage
- October 2021 (1 month)**
Venom: Let There Be Carnage - Tom hardy

NOW PLAYING

IN THEATERS

Venom: Let There Be Carnage

Eddie Brock attempts to reignite his career by interviewing serial killer Cletus Kasady, who becomes the host of the symbiote Carnage and escapes prison after a failed execution

Army of Thieves -Netflix

A prequel, set before the events of Army of the Dead, which focuses on German safecracker Ludwig Dieter leading a group of aspiring thieves on a top secret heist during the early stages of the zombie apocalypse

Edge of The World-Hulu

The adventures of Sir James Brooke, who defied the British Empire to rule a jungle kingdom in 1840s Borneo, embarked on a lifelong crusade to end piracy, slavery and head-hunting, and inspired LORD JIM and THE MAN WHO WOULD BE KING.

Bingo Hell - Amazon Prime

Bingo Hell focuses on a group of elderly friends whose bingo hall is sold to a sinister force.

Black Widow- Disney Plus

Set after the events of Captain America: Civil War, the movie sees Scarlett Johansson take one final turn as Natasha Romanoff (AKA Black Widow)



MUSIC

BillBoard top 100

Albums

- 1971(50yrs) **Theme from Shaft-** Isaac Hayes
- 1981 (40yrs) **Private Eyes** -Daryl Hall and John Oates
- 1991 (30 yrs)"**Can't Stop This Thing We Started-** Bryan Adams
- 2001 (20yrs) "**Family Affair** -Mary J. Blige
- last month: **Industry Baby** - Lil Nas X, Jack Harlow

- 1971(50yrs) **Santana III-** Santana
- 1981 (40yrs) **foreigner 4-** foreigner
- 1991 (30 yrs) **Ropin' the Wind** - Garth Brooks
- 2001 (20yrs) **Britney** – Britney Spears
- Last month :
Certified Lover Boy - Drake



PHILADELPHIA No-Bake Pumpkin Cheesecake

3 Hr(s) 15 Min(s) (incl. refrigerating)

15 Min(s) Prep

3 Hr(s) Cook

Pumpkin, fall's golden child, is blended into a delectable cheesecake, all without turning on the oven. Pumpkin, cheesecake, no-bake. Enough said.



What You Need

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened**
- 1 cup canned pumpkin**
- 1/2 cup sugar**
- 1/2 tsp. pumpkin pie spice**
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided**
- 1 ready-to-use graham cracker crumb crust (6 oz.)**

Let's Make It

Beat cream cheese, pumpkin, sugar and pumpkin pie spice with mixer until blended.

Gently stir in 2-1/2 cups COOL WHIP.

Spoon into crust.

Refrigerate 3 hours or until firm.

Serve topped with remaining COOL WHIP.



How to Soften the Cream Cheese

Place completely unwrapped package of cream cheese in microwavable bowl.

Microwave on HIGH 10 to 15 sec. or just until slightly softened.



Trisha Talks

Dear Trisha,

I know that this is the time of year that we are supposed to be thankful but... I am struggling with that. While I have an apartment and am able to drive everyday to a job; I can't help but feel less than. I see others in nicer cars, dressing nicer, and it seems like everyone else is winning at this race and I am just getting by. I come home to a lonely space, don't have money to go anywhere and barely have anything left over to afford a Hulu subscription or a bite out on occasion! Help me!

Feeling Ungrateful

Dear Feeling Ungrateful

First of all I want to tell you that you are not alone, most people do not feel they are "winning" and struggle to make ends meet. My suggestion to you is not to compare yourself to others. You never know what someone else is going through. Since it is that time of thanksgiving, think of ways you can give; volunteer at a food bank or a homeless shelter. Look for resources on-line to help with bills, learn budgeting or get financial counseling. There are free channels or apps like Roku, TubiTV and antennas to save money and maybe then you can treat yourself to a new outfit, enjoy a meal out or cook something special; practice some self care. You can always reach out to a friend for support to share your feelings or attend a local church; you may walk away feeling like things aren't so bad after all.

If you have something you would like to get off your chest, write to me at Rentrishatalk@gmail.com "Remember not to include names of persons, places or organizations also religion and politics are not permitted". While Trisha is a trained peer support she is not by any means a mental health professional. If you are having a mental health crisis please seek out a trained professional or call the crisis line 602-222-9444

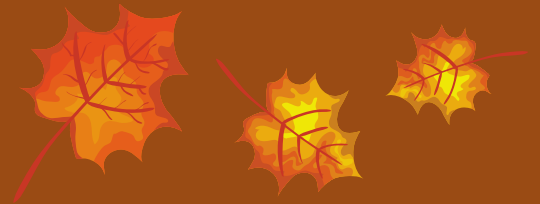


TO ALL THOSE BORN IN NOVEMBER

Happy Birthday



November 23, 1859
William H bonney (billy the Kid)
(1859-1881)



November 2, 1734 - Daniel Boone (1734-1820) American frontiersman

November 2, 1795 - James Polk (1795 - 1849) 11th us president

November 4, 1879 - Will Rogers (1879-1935) American humorist)

November 6, 1854 - John philip sousa (1854-1932) American Conductor marches include The Stars and Stripes Forever, Semper Fidelis, and El Capitan.

November 6, 1861 - James Naismith (1861 - 1939) Invetor of the game of basket ball

November 7, 1867 - Marie curie (1867-1934) Polish Chemist discovered radium

November 7, 1918 - Billy Graham (1918-2018) Christian evangelist

November 8, 1656 - Edmund Halley (1656 -1742) Astronomer and mathematician discovered the comet the bares his name

November 8, 1847 - Bram stroker (1847 - 1912) author Dracula

November 8, 1900 - Margaret Mitchell (1900-1949) Author Gone With the Wind



November 4, 1916 -
Famed TV journalist **Walter**
Cronkite (1916-2009)
was born in St. Joseph, Missouri.



November 8 , 1922 - Christiaan Barnard (1922 - 2001) Heart surgeon performed the first successful heart transplant in 1967

November 10, 1925 - Richard Burton (1925-1984) Actor

November 11, 1885 - GEN. George S Patton (1885- 1945)

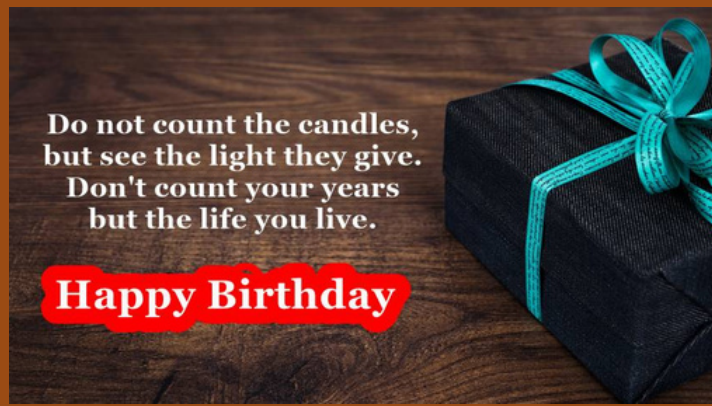
November 13 , 1850 - Robert Louis Stevenson (1850 -1894) Scottish author Treasure Island, Kidnapped and The Strange Case of Dr. Jekyll and Mr. Hyde.

November 14 , 1840 - Claude Monet (1840 -1926) French painter

November 19 ,1600 - Charles I (1600 - 1649) King Scotland and England

November 19, 1831 - James A Garfield (1831-1881) 20th US. president

November 19 , 1921 - Roy Campanella (1921 - 1958) hall of fame Baseball player



November 12 ,1929

Grace Kelly (1929-1982)

was born in Philadelphia, Pennsylvania. She was an award-winning actress who left Hollywood in 1956 to marry Prince Rainier, becoming Princess Grace of Monaco.



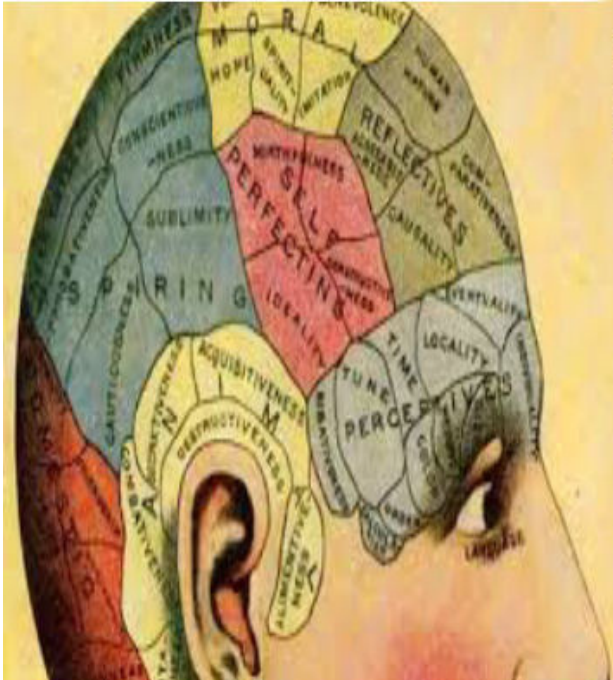
- November 20,1889 - Edwin Hubble** (1889-1953) American astronomer
- November 22 , 1898 - Wiley post** (1898 -1935) co-author around the world in 80 days
- November 23,1804 - Franklin Pierce** (1804 - 1869) 14th US. president
- November 23,1887 - Borris Karloff** (1887-1969) Actor
- November 24 , 1784 - Zachary Taylor** (1784 - 1850) 12th US. president
- November 24 , 1868 - Scott Joplin** (1868 - 1917) American composer The Entertainer
- November 25 , 1835 - Andrew Carnegie** (1835 - 1919) major philanthropist. Among his gifts; over 2,500 libraries, Carnegie Hall, Carnegie Foundation, and the Carnegie Endowment for International Peace. He once wrote, "The man who dies rich dies disgraced."
- November 25 , 1846 - Carry Nation** (1846 - 1911) American temperance leader
- November 26 , 1607 - John Harvard** (1607 - 1638) Founder Harvard
- November 26 , 1832 - Mary E. Walker** (1832 - 1919)She was the first female surgeon in U.S. Army, serving during the Civil War. She was captured and spent four months in a Confederate prison. In 1865, she became the first and only woman ever to receive the Medal of Honor.



**November 20,1925 -
Robert F. Kennedy
(1925-1968)**



- November 27, 1853 - Bat Masterson (1853 - 1921)** Wild west Lawman
- November 29, 1832 - Louisa May Alcott** (1832-1888) Author Little woman
- November 29,1876 - Nellie Tayloe Ross** (1876- 1977) She became America's first female governor, finishing her husband's term as governor of Wyoming after his death. She was elected governor in 1924, but lost the 1927 election. She also served as vice chairman of the Democratic National Committee and was named director of the U.S. Mint by President Franklin D. Roosevelt in 1933.
- November 30 , 1874 - Winston Churchill** (1874-1965) Prime minister England
- November 30 , 1835 - Samuel Clemens "mark Twian"** (1835 -1910) Author
- November 30 ,1936 - Abbie Hoffman** (1936 - 1989) political activist



RENOLGY

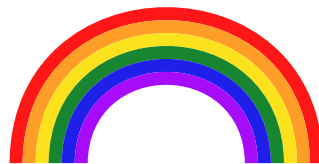
KNOWLEDGE IS POWER

Mental Health in the LGBTQ Community

With the pride happening in November, I thought I would talk about mental health in the LGBTQ community. According to the American Psychiatric Association, LGBTQ individuals are more than twice as likely as heterosexual men and women to have a mental health disorder in their lifetime. People in the LGBTQ community experience mental health issues at higher rates. A recent study found 61% have depression, 45% have PTSD and 36% have an anxiety disorder. Additionally, 40 percent of transgender individuals have attempted suicide in their lifetime.

Like other minority groups, The LGBTQ community is often misunderstood, overlooked, and underrepresented in the health care system and societal institutions. Although it was established that homosexuality was NOT a mental disorder in 1973, enormous stigma continues to surround those who are not heterosexual or cisgender. This can manifest in worsening mental health as a result of prejudice, bias, and discrimination within society:

LGBTQ community represents a diverse range of identities and expressions of gender and sexual orientation. In addition to these identities, members of the community are diverse in terms of race, religion, ethnicity, nationality and socioeconomic class. This complexity is important to understand as a unique and valuable aspect of the LGBTQI community that can result in a strong sense of pride and resiliency. Positive changes in societal acceptance of LGBTQ people act as a protective factor for mental health. However, this shift in acceptance has meant that many LGBTQ persons "come out" or share their sexual orientation or gender identity at younger developmental ages, which can impact their social experiences and relationships. This can have negative mental health impacts, particularly for people who are not in supportive environments. For many in the LGBTQI community, coming out can be a difficult or even traumatic experience. The approach to sexual orientation and gender identity in mental health care often groups together everyone. The Problem Is each sub-community faces unique challenges



There is no single answer for why these disparities exist.

But stigma and trauma certainly contribute. Many LGBTQ individuals face barriers to getting good care for mental health. A Rainbow Health survey found 10% postponed care or didn't get it at all due to disrespect or discrimination from health care providers. And the U.S. Transgender Survey found the rate is even higher among transgender individuals – with 23% not seeing a doctor due to fear of mistreatment.

people need be able to live as they identify and be loved and accepted when allowed to do so they are less stressed and experience higher self esteem thus feeling whole and self confident

How can we be respectful of people who identify as LGBTQ?

You can be genuine and curious about someone's life without being invasive. Ask open-ended questions. Take the person's lead on which language terms to use. If you are unsure, ask directly. Be willing to make mistakes and try again without being defensive. Ask people about their preferred pronouns, and use them. If you make a mistake, apologize and move on. Do not ask trans-identified people about their birth name or the medical steps toward transition.

Do you know someone who is struggling?

Give support in the way you would give it to anyone. Active listening is a good way to start. So is asking how you can help. It is also important that we always show respect and acceptance through words and actions. Reflect the person's language about partners and identity. Ask open-ended questions. And educate yourself on how to be a good ally.

What is pride ?

Pride is a space where people in the LGBTQ community can connect. This reduces isolation. And it increases visibility. It's very powerful to see your identity in the community around you. It validates that we belong and are loved. Because Ren Is a All-inclusive community this year ren staff will be showing support by marching in the phoenix pride on November 6th please join us in show love and support to our peers