

CENTER STREET CENTER



2022 is now behind us. Many of you may have made New Year's Resolutions which nearly 40% of individuals do around this time of year. Yet more than half fall short of their goal before the end of January even arrives! The top three resolutions are most often related to physical health. What about goals related to our emotional wellbeing? This month, Center Street Center discusses reasonable goals to achieve for your emotional and mental wellbeing. Read more below!

SMART GOALS

Many of us have goals for the new year. But how do we accomplish those goals and make them stick? And what about goals for our emotional wellbeing? For decades, research has demonstrated that SMART goals work best. SMART stands for specific, measurable, attainable, realistic and timely. If goals are too broad, cannot be quantified, are unrealistic or too far in the future, the chances of reaching your goals will often fall short. An example of a SMART goal may be to a) start counseling in order to learn skills to improve your communication with your partner, b) as evidenced by a positive change in your relationship with your partner, c) which is attainable and realistic and d) see positive results within 60 days. What's your SMART goal this year?



LETTER FROM THE DIRECTOR

I recently traveled to the Dominican Republic, a third world country located in the Caribbean island of Hispaniola. While there, I talked to locals and government officials about access to mental health in their country. The Dominican Republic has nearly ten million people. Yet less than 1% of the health budget is allocated to mental health issues from the Dominican Public Health and Social Assistance program compared to the \$280 billion dollars the United States spent on mental health services in 2020. As a mental health ambassador from the United States, CSC helped raise awareness meeting with the Ministry of Education and the Ministry of Public Health and Social Assistance. It is important that the world understand the stigma associated with mental health, the value and importance of funding, and education and access to mental health for all. If you or someone you know is suffering from anxiety, stress, or any mental health issues, please help them get the help they need. Help is only a phone call away. If you want to get involved on an international level, click on this link for more information: <https://www.psi.org/partner-with-us/>



En buena salud! In good health. Dr. Tracy E. Hill

Word on the Street

We have heard from so many new clients that the wait list for a first time appointment in the Lehigh Valley is six months or more for an initial appointment. At Tracy E Hill Ph.D. & Associates, LLC the only wait you will have is getting your insurance information verified and your paperwork completed (online). We can book you an appointment immediately and have you seen within five days. How do we do this? By making sure we are adequately staffed with administrative extraordinaires, licensed professionals, and interns to meet the demands of our community residents.

And to better meet the needs of those individuals needing psychiatric care, we are now waiving the requirement for individuals to engage in regular counseling if clients are already being seen by another professional, yet need medication prescriptions and/or management. Ms. Dorcas Boursiquot, LMHNP is accepting clients ages 16 and up.

Center Street Center is open M - F 8am - 8pm by appointment. You can book an appointment online or by calling the office.



SELF CARE

If you made a resolution and are feeling guilty that you haven't stuck with it, no worries. Most people don't! The best laid plans for self care is by making them part of your every day routines. Whether you engage in daily mindfulness, weekly counseling or positive self talk - do it regularly and it will become habit.

BLENDED FAMILIES

Fighting, arguing and causing a ruckus in front of the children only hurts the children, rarely the parent that it's intended for. Fight fair through calm conversations and/or civil electronic communication. Keep the children out of earshot when you are unable to control your own emotions with your ex.

OVERALL WELLNESS

Did you know that stress can play a part in many physical and mental health problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. According to WebMD, nearly 90% of all doctor visits are stress related ailments.