



PREVENTION NEWS

Mental Health Promotion Awareness Month



Photo Credit to Dr. Denise Barker Richter-
"The San Antonio Tourist"- <https://sanantoniotourist.net>

MENTAL HEALTH AWARENESS MONTH

This month we are promoting mental health and wellness, with an aim to educate and end the stigma on the challenges of mental illness. Mental Health Awareness Month was first recognized as Mental Health Awareness Week and was created by Mental Health America and the United States Junior Chamber (the Jaycees) in 1949. Since then we have made some progress with mental health awareness. Within this newsletter, you will find data on how the climate affects mental health, updates about happenings in the field, information on Mental Health First Aid Training, and events and training within the Prevention Resource Center.

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UPCOMING TRAININGS AND EVENTS:

**5/23/2022- Youth Mental Health
First AID Training 9-4:30pm CST
Contact Jennifer Reyna to
register**



TIPS TO BUILD MENTAL HEALTH RESILIENCE DURING CLIMATE CHANGE

1. STRENGTHEN POSITIVE SOCIAL NETWORKS
2. PRIORITIZE COMMUNITY BUILDING
3. FIND A SOURCE OF PERSONAL MEANING
4. ADDRESS DISPARITIES
5. BUILD BELIEF IN ONE'S OWN RESILIENCE
6. INVOLVE COMMUNITY

For more information on how climate change affects mental health click [here](#)

For data requests go to <https://prcregion8.org/data/data-request/>

DATA CORNER

Danielle Johnson, Data Coordinator

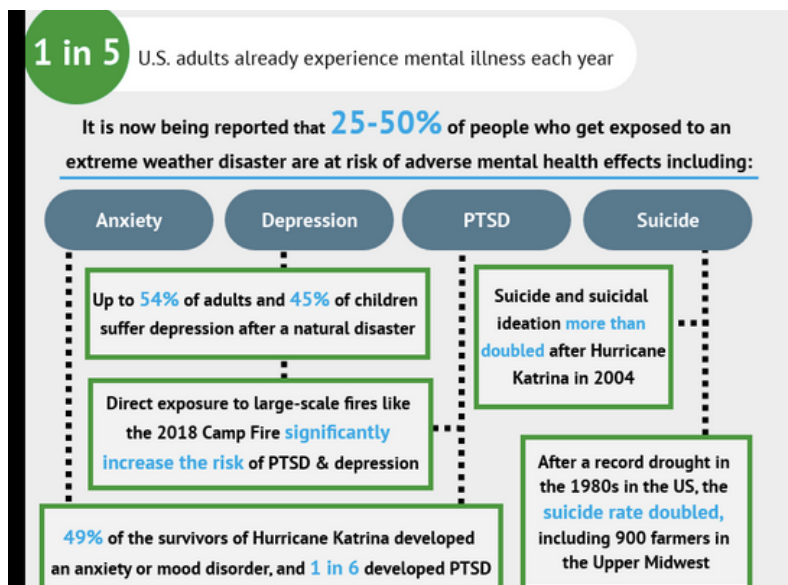
As we honor mental health awareness month and we are opening up "outside", we also have to be aware that the climate also has a great effect on our mental health. About **1 in 5 U.S adults suffer from mental health issues**, whereas **1 in 6 children suffer from mental health issues** (NIHCM 2021, AAFP 2019). With the current heatwave we are experiencing in Texas, about 55% of Americans are experiencing anxiety about the impact of climate change on their mental health. According to the National Institute for Health Care Management, climate anxiety, eco-anxiety, or climate distress is a form of psychological distress related to climate crisis causing an overwhelming sense of fear, sadness, and grief in regard to the issue of the continuously warming planet. **25-50% of individuals impacted by extreme weather disasters are at risk for other adverse mental health effects, such as depression, PTSD, and suicide.**

Climate change also provides more inequities in marginalized populations such as indigenous groups, Black or Latino communities, homeless persons, the elderly, farmers, migrant workers, and children to name a few.

These populations are extremely vulnerable to climate change as it affects their access to food, exacerbates existing mental health issues, and may cause home displacements due to natural disasters, injuries, other medical issues, and an increase in the use of substances.

A study conducted in 2019, showed that a large population of US adults with health insurance had higher rates of mental-health related Emergency Department (ED) visits during days of extreme heat. This study also showed that out of 3 million patients seen in the ED, **1,063 patients were seen for substance use disorders, with the majority being men (576)** (Nori-Sarma A, Sun S, Sun Y, et al, 2022).

For more information or data needs contact Danielle Johnson at djohnson@sacada.org



OUT IN THE FIELD

Julian Villanueva, Tobacco Coordinator

The FDA (Food and Drug Administration) has been discussing a plan to ban all sales of menthol flavored cigarettes, these cigarette companies have been menthol to their arsenal of flavors for years, this tactic reduces the harshness of cigarette smoke and seems to ease the irritation from the nicotine. Almost blinding out the nicotine causing more and more people to continue to smoke. This flavor of cigarettes seems to be targeted towards all the new smokers as menthol gives the users such a cooling and soothing flavor to make it easier on new smokers. Studies have shown that 50% of people that started off smoking cigarettes at such a young age began with menthol flavored cigarettes. This obviously pushes for a a better health and lowers the risk of premature death. Applying a ban on menthol

cigarettes means that over 20 million people, ages 12 or older would have a much better chance of quitting their addiction, yes this would damage many people's addiction, but it is only for the better of one's health.

For questions on Tobacco Checks and its impact contact Julian Villanueva at jvillanueva@sacada.org



MENTAL HEALTH MOMENTS

Jennifer M. Reyna, Mental Health Education Coordinator

SACADA provides Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training to school personnel, emergency first responders, law enforcement, and other community members who can refer to mental health services. Our population of focus for which the training is intended to help is school-age youth, adults with severe mental illness/disturbance.

SACADA serves explicitly the entirety of region 8 of Texas Department of State Health Services, which include the following counties:



A message to our current and future community partners:

Data is required to bridge gaps in mental health awareness and preparedness. We aim to create a thorough resource directory accessible for all of Region 8. If trained, we ask for your collaboration by sharing information on referrals you have made. Simply visit our page at sacada.org to view our resource directory for services in your area!

Contact Jennifer Reyna at jreyna@sacada.org for more information.



Photo Credit to The Greenline SA

REGION 8 TRAINING CORNER

For the latest training opportunities visit- www.prcregion8.org/training.

For additional statewide training visit - [Texas Prevention Training](#).

Follow us on our Social Media!

 [@PRCRegion8](https://twitter.com/PRCRegion8)

 <https://www.facebook.com/prcregion8>

CHECK OUT THE WORK OUR COALITIONS ARE DOING ON FACEBOOK:

[Circles of San Antonio](#)

[Comal County Community Coalition](#)

[Kendall County Community Coalition](#)

[Guadalupe County Community coalition](#)

WHAT'S HAPPENING IN THE PRC?

Marcus Kavanaugh, Public Relations Coordinator

The PRC Region 8 provides service to the 28 counties in South Central Texas. Region 8 counties include Atascosa, Bandera, Bexar, Calhoun, Comal, DeWitt, Dimmit, Edwards, Frio, Gillespie, Goliad, Gonzales, Guadalupe, Jackson, Karnes, Kendall, Kerr, Kinney, La Salle, Lavaca, Maverick, Medina, Real, Uvalde, Val Verde, Victoria, Wilson, Zavala. The Prevention Resource Centers are dedicated to creating healthier communities by increasing the capacity of the statewide substance use and misuse prevention resources. Check out the events and Training that are happening in the PRC:

-Annual Prevention Providers Meeting Updates

- Summer Annual Prevention Providers Meeting - June 21-24, 2022
- Theme: Prevention Redefined
- Venue: 100% Virtual

Call for Presentations- [Click Here](#) (speaker and individual link)
Speaker recommendation form - [Click Here](#)

-Texas Institute will be hosted in early August. Be on the lookout for more information.

-Regional Learning Collaborative

Since we will not be able to come together in person for APPM, TPT and HHSC would like to shift funds from the APPM budget to planning an in-person Regional Learning Collaborative. If you are already planning an event in the region, TPT and HHSC can provide additional support for those events or help plan other events.

The PRC would love your feedback on what might work best for our Region 8 Learning Collaborative. Examples include:

- Data sharing day (PRC)
- Training on the following topics:
 - Cultural diversity and addressing cultural needs
 - Program leadership
 - Social media
 - What does Behavioral Health Promotion mean?

Send your ideas and suggestions to mkavanaugh@sacada.org.