

North Homes Monthly Newsletter

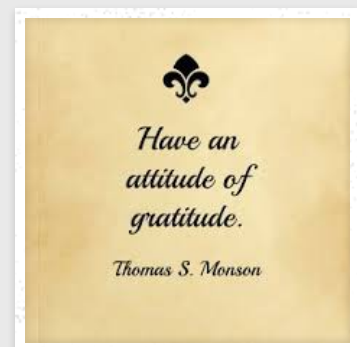
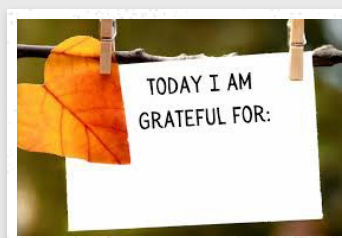
NOVEMBER 2021

NORTH HOMES UPDATE

Time is flying by this school year! We hope each of you and your families enjoyed MEA break whether that was spent on vacation or at home with family & friends.

For those of you who do not know, North Homes is a non-profit organization that provides mental health services within the schools as part of our continuum. If you feel your child or family could benefit from individual, group or family mental health services please reach out to your school's principal, child's teacher or other school support staff for additional information regarding a referral or see information at the bottom of the newsletter for direct contact to a North Homes provider.

In Health,
North Homes Staff



NOVEMBER IS NATIONAL GRATITUDE MONTH

"[Robert Emmons](#), one of the world's leading scientific experts on gratitude has been studying the effects of gratitude on physical health, psychological well-being, and our relationships with others for over two decades.

Professor Emmons has studied many individuals of all ages and found that people who practice gratitude consistently report a host of benefits:

Physical:

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of their health
- Sleep longer and feel more refreshed upon waking

Psychological:

- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness

Social:

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated

The current [COVID-19 pandemic](#) has led to increased isolation, economic uncertainty, and increased levels of anxiety about the future often making people forget the things they can be grateful for—especially in difficult times. The month of November and Thanksgiving Day provide great opportunities for reflection and gratitude."

<https://farleycenter.com/November-is-National-Gratitude-Month>

October was Mental Health Awareness Month

We want to take a moment to encourage you to open up a discussion with your friends and family surrounding mental health. Mental Health Statistics are alarming and speak so much to the struggle we all are experiencing on a daily basis.

Following Statistics come from (<https://www.nami.org/mhstats>)

- *1 in 5 U.S. adults experience mental illness each year
- *1 in 20 U.S. adults experience serious mental illness each year
- * 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- * 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- * Suicide is the 2nd leading cause of death among people aged 10-34

Take the time to check in on your family, friends and most importantly yourself. What can you do today to prioritize your own mental health?

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

"For months, my thoughts plagued me as if they were the worst things in the world. Now, I was saying them out loud, and no one was scared."



Personal Stories

www.nami.org

LINKS USED IN THIS NEWSLETTER

<https://psychology.ucdavis.edu/people/raemmons>

<https://farleycenter.com/Significant-Increase-in-Drug-Use-Amid-COVID-19-Pandemic>

<https://www.nami.org/Personal-Stories>



NORTH HOMES CHILDREN & FAMILY SERVICES

✉ ariel.dowling@northhomes.org

☎ 1-844-466-3720

🌐 northhomes.org