

Mental Health Matters

May 2020



May Is Mental Health Month 2020: Tools 2 Thrive

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The good news is there are practical tools that everyone can use to improve their mental health and increase resiliency - and there are ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.

This May is Mental Health Month. This month's newsletter is highlighting #Tools2Thrive - what individuals can do daily to prioritize their mental health, build resiliency in the face of trauma and obstacles, support those who are struggling, and work towards a path of recovery. One of the easiest tools anyone can use is taking a mental health screen at mhascreening.org when they need answers. It's a quick, free, and private way for people to assess their mental health and recognize signs of mental health problems. This May, we are also exploring topics that can help you build your own set of #Tools2Thrive - recognizing and owning your feelings; finding the positive after loss; connecting with others; eliminating toxic influences; creating healthy routines; and supporting others - all as ways to boost the mental health and general wellness of you and your loved ones. (www.mhanational.org)

Click Below for Useful Handouts to Build Your Own Set of #Tools2Thrive!

[Tools2Thrive: Owning Your Feelings \(PDF\)](#)

[Tools2Thrive: Finding the Positive After Loss \(PDF\)](#)

[Tools2Thrive: Connecting with Others \(PDF\)](#)

[Tools2Thrive: Eliminating Toxic Influences \(PDF\)](#)

[Tools2Thrive: Creating Healthy Routines \(PDF\)](#)

[Tools2Thrive: Supporting Others \(PDF\)](#)

[Tools2Thrive: COVID19 and Your Mental Health \(Infograph\)](#)

Additional Resources Provided by Mental Health America:

[ColorTherapy.app](#) - promotes relaxation and mindfulness through social coloring and painting.

[IChooseBeauty.org](#) - A website on a mission to lift your spirits - giving you strength, comfort, and light when you need it most.

[HappyTheMovement.com](#) - allows you to receive support and encouragement from compassionate people

[YMHProject.org](#) - The Youth Mental Health Project offers a parent-driven, family-focused program that provides parents a dependable and caring network, valuable peer support, and access to peer-recommended resources in their local communities.

A vertical poster with an orange background. At the top, it says 'MAY IS MENTAL HEALTH MONTH 2020' in large, bold, black and white letters. Below that, it reads 'TAKING A SCREEN IS AN EASY WAY TO CHECK IN ON YOUR MENTAL HEALTH.' in black. In the center is a graphic of a human head profile with a brain, gears, a heart, and a plus sign. At the bottom, it says 'HELP US REACH OUR GOAL OF A #MILLIONINMAY.' and 'VISIT MHASCREENING.ORG' in white text. There is also an image of a laptop displaying the mhascreening.org website.



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In case of an
Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 – (24 hours)



Teacher Appreciation Week: May 4-8

Special thank you to all of our teachers! We appreciate all of the hard work and dedication given to our students on a daily basis!



Cultural Influences on Mental Health

People often think of mental health as a very personal matter that has to do only with the individual. However, mental illnesses and mental health in general are affected by the combination of biological and genetic factors, psychology, and society. This intersectionality is important, but the heavy influence of societal factors often goes ignored. An interesting aspect of society is its diversity in cultures and backgrounds that affect an individual’s mental health related experiences.

According to the report “Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General,” there are many ways in which culture showed its influence on a diversity of experiences. For instance, culture affects the way in which people describe their symptoms, such as whether they choose to describe emotional or physical symptoms. Essentially, it dictates whether people selectively present symptoms in a “culturally appropriate” way that won’t reflect badly on them. Furthermore, cultures differ in the meaning and level of significance and concern they give to mental illness. Every culture has its own way of making sense of the highly subjective experience that is an understanding of one’s mental health. Each has its opinion on whether mental illness is real or imagined, an illness of the mind or the body or both, who is at risk for it, what might cause it, and perhaps most importantly, the level of stigma surrounding it. Mental illness can be more prevalent in certain cultures and communities, but this is also largely determined by whether that particular disorder is rooted more in genetic or social factors.

Full article can be found at <https://pha.berkeley.edu/2017/04/16/cultural-influences-on-mental-health/>

