

March Newsletter



It feels like spring is on the way! The sun is shining and the flowers are blooming. Spring is a great time of year for a very good reason. Gone are the cold, long nights and in its place we are starting to see the first signs of summer. If you have been experiencing poor mental health and would like to try a creative approach to help balance your mood (backed by science), then check out these quirky mood busting therapies.

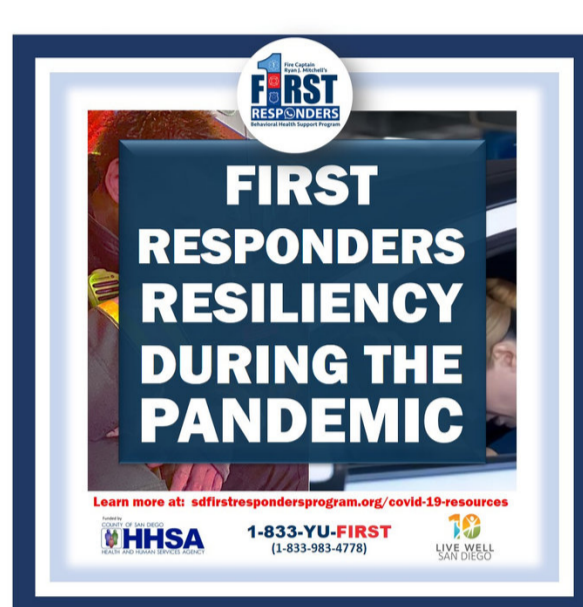
1. Worry less about what anyone thinks.
 2. Find a metaphor that captures what you're going through.
 3. Don't shy away from humor.
 4. Embrace your weirdness.
 5. Strike up a conversation with a total stranger.
 6. Break into childhood songs and sounds
 7. Pull a nice prank.
 8. Create a mock commute.
- Maintaining resiliency during jarring times is no easy feat. Keeping your creative juices flowing can help reinforce your mood. By fostering respect & gratitude in our everyday lives, we can positively contribute to our well-being. Start by picking one "quirky therapy" that seems the most fun and doable, and build your repertoire from there. [To read more about this article click here.](#)

Highlighting A Community Partner



[It's Up to Us](#) is a resource and information website seeking to empower San Diegans to talk openly about mental health. They strive to help community members identify and recognize signs of mental health challenges, locate local resources, and facilitate linkages to help. You can also find helpful resources about suicide prevention, alcohol and substance abuse. "By raising awareness and highlighting local resources, It's Up to Us aims to inspire wellness, reduce stigma, and prevent suicide." [Click here to learn more.](#)

First Responders Video On-Demand



This month features our 6th On-Demand video in the COVID-19 series, **FIRST RESPONDERS RESILIENCY DURING THE PANDEMIC.** This is an active discussion about how the adverse experiences, emotions, & bearing witness to the suffering of others takes a toll on your mental health & well being. Also recognizing that un-attended stressors can lead to unproductive coping mechanisms such as increased alcohol & substance use, anxiety & depression. [Click here for the On-Demand video.](#)

CLINICAL COUCH

with Taylor Valdivia, LMFT
Program Manager



A Clean & Tidy Home to Boost Your Mental Health



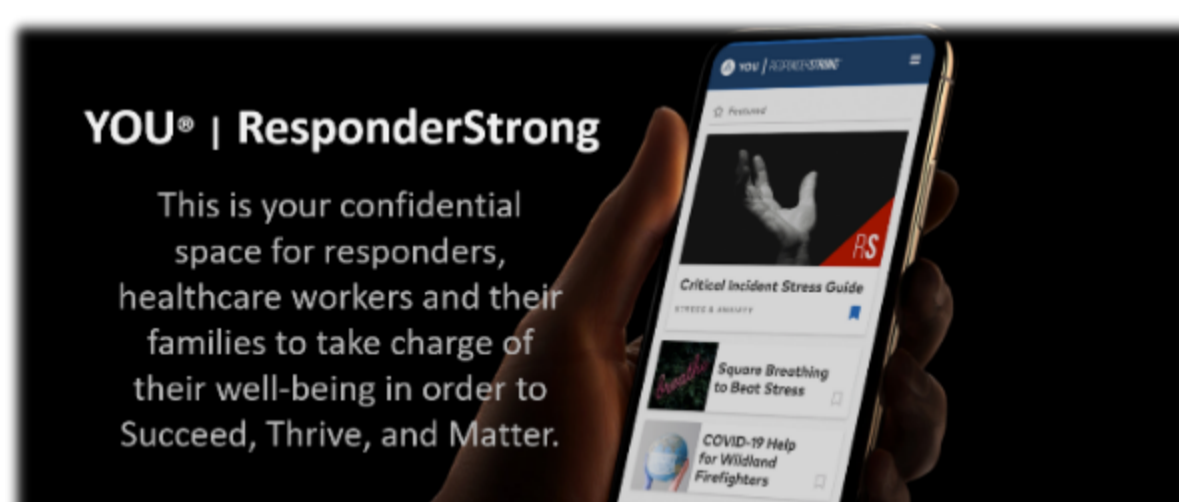
Who would have thought some dirty dishes in the sink, a towering pile of laundry or a disheveled landscape could be affecting your mental well-being causing symptoms of high stress, anxiety, burnout, or depression. [Scientific studies suggests there is a correlation between mental wellness and clutter.](#) Yet if you're grappling with mental health, the desire to clean or organized just doesn't come easy and you may find yourself trapped in a vicious cycle. The clutter goes even further than taking an emotional toll on your mind. It also may lead to relationship strain, financial stressors, and distract you from focusing on your priorities. The trick is to start small with a simple system. For example, take note of the items you frequently misplace and create a clear and designated home for them. Be committed to these simple tasks and make the process meaningful or interesting in some way. Using this approach will even make the most mundane task becomes a little more interesting and anything that increases our enjoyment of a task increases the likelihood that we will do it again. [Click Here to read more about this article.](#)

San Diego to Establish a Mental Health Mobile Crisis Response Team



Research says too often mental health related symptoms go unchecked and too many of these people don't get the care that they need. In the fall of 2021, San Diego launched a new county community resource to help manage the growing issue of Mental Health. A Mobile Crisis Response Team (MCRT) was established, staffed with a licensed clinician, a case manager, and a peer specialist. The Mobile Crisis Response Team is provided as a service across San Diego County. It's their goal to be reached just by dialing 9-1-1 from anywhere in the county. In July of 2022, the plan of 9-8-8 for mental health emergencies will be rolled out. [To read more about the MCRT click here.](#)

An Essential Tool for First Responders



As a First Responder, helping people is what you're trained to do, but that can be overwhelming over time. YOU-ResponderStrong is a free, confidential tool for responders and their families to take charge of their Wellness & Resiliency. It will help you learn from a shared community and stay accountable by personalizing your experience. In collaboration with the All Clear Foundation, GMR, and Anschutz Foundation, this platform was built to support all aspects of a responder's life from finances and relationships, to physical, mental, and emotional well-being. The only goal is to be freely and confidentially connect responders to their own form of effective support. [Read more](#) or [Sign up here to get started.](#)



Air Force General Shares his Mental Health Therapy appointment: 'Warrior Heart. No Stigma'

Four-star Air Force General Mike Minihan, in charge of Air Mobility Command announced that he has an upcoming mental health appointment to let service members know that seeking care is a sign of strength, not weakness. "I'm only holding myself accountable to the same standards I expect from the amazing airmen and families that surround me." "Mental health is simply health. There can be no stigma in my headquarters, command, or family. Warrior Heart is leadership. Warrior Heart is fine tuning mind, body, and craft to ensure individual and team readiness." The stigma surrounding mental health in the military is a longstanding issue and the military continues to grapple with a suicide crisis that has only gotten worse in recent years. A 2021 study found that [30,177 active-duty service members and veterans had died by suicide since Sept. 11, 2001](#) – more than four times the number of troops who have been killed in Iraq and Afghanistan.

Former Army Capt. Meaghan Mobbs applauded Minihan's effort to destigmatize mental health care, but she also said the military needs to do a better job at getting noncommissioned officers and other influencers to encourage junior enlisted service members to get the mental healthcare they need. It certainly helps to have a four-star general encourage troops to get help, should they need it. It may not remove the stigma entirely, but it's a good start. [To read more about this article, click here.](#)

First Responder Community Training



Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides county funded in-person & Zoom presentations to educate First Responders about stigma, resiliency & wellness; recognizing its impact, and providing tools to reduce stigma and promote wellness within the First Responder community.

Our team is working to promote prevention and support First Responders – creating custom presentations to meet department needs. Contact us today to request an in-person or Zoom presentation.

[Request More Information](#)