

MENTAL HEALTH MATTERS

EVERYONE HAS A STORY

December 2023



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May your days be Merry & Bright



Christmas Bucket List

- Make a gingerbread house
- Drink hot chocolate by a fire
- Drive around to look at Christmas lights
- Have a Christmas movie night
- Volunteer at a charity/food bank
- Sing Christmas carols
- Bake Christmas cookies
- Donate a toy to a charity
- Make ornaments for the Christmas tree
- Attend a Christmas service
- Do a random act of kindness
- Read a Christmas themed book
- Create a new Christmas tradition





Rosa Parks

On December 1, 1955, Rosa Parks was arrested in Montgomery, AL after refusing to give up her seat on a crowded bus to a white passenger. She served jail time and paid a fine. She was a member of the NAACP and highly respected in her community, so her decision to not give up her seat gave momentum to the efforts to end segregation. She passed away of natural causes on October 24, 2005 at the age of 92, in her apartment on the east side of Detroit, Michigan. A memorial service took place in Montgomery, AL. Dr. Condoleezza Rice, United States Secretary of State, spoke at the service. Dr. Rice stated that were it not for Rosa Parks she would likely have never had the opportunity to serve as Secretary of State.



International Volunteer Day

December 5 is International Volunteer Day. It was established in 1985 by the United Nations to help us focus our energy on concerns in our communities. According to www.nationalday.com "The goal is not just to get others to volunteer for one day but to change people's mindsets, attitudes, and behaviors so they become agents of change and work as partners to build a better world. In this world, sustainable human development and a spirit of equity underpin all interactions between one another."



Some benefits to volunteering include:

1. Volunteering eases stress.
2. Volunteers are happier people.
3. Volunteering reduces mortality rates.
4. Volunteering positively affects general health.
5. Volunteers are more likely to find employment.

World AIDS Day

World AIDS Day is December 1. The global movement to unite people in the fight against HIV and AIDS was established in 1988. According to www.eltonjohnaidsfoundation.org there are 39 million people living with HIV globally and 9.2 million are not accessing HIV treatment. In 2022 630,000 people died from AIDS related illness.

AIDS Alabama South provides essential life-sustaining services, case management, social service support groups, assistance, and free HIV testing.

MORE INFO

4321 Downtowner Loop N
Mobile, AL 36609
Tel: 251-471-5277

www.aidsalabamasouth.org





Local Agency Spotlight

ONE MORE MOMENT

website



Empowering Parents

Our Mission.

When parents are empowered in their role with support, skills, and mental health care, families can thrive.

About Us.

One More Moment is a parent-led organization established by a mother and her son in an effort to support, connect, and empower parents and families. As parents, we have so much in common regardless of the struggles that our teens face.

Our Services.

- Weekly Virtual Support Groups
- One on One Support
- Parent Skills Training
- Mental Health Care for the Parent

Visit Our Facebook:



Universal Human Rights Month



Universal Human Rights Month was established by the United Nations in 1948 right after World War II. The first article states, “All human beings are born free and equal in dignity and rights.” This year marks the 75th anniversary of the groundbreaking global pledge. The 2023 theme is: Dignity, Freedom, and Justice for ALL.

“Human rights are not a privilege conferred by government. They are every human being’s entitlement by virtue of his humanity.”

-Mother Teresa



Join us!

Let's Talk: Supporting Youth Mental Wellness

Tuesday,
January 30, 2024 @
6:00 PM
Pelican Hall
605 US Hwy 98 Daphne



helping parents support their
youth navigating the mental
health crisis we are facing today

let's talk
it out ☆



Featuring expert speaker, David Chavers, PhD,
Licensed Clinical Psychologist with The University
of South Alabama Department of Psychology and
Collins Counseling & Associates as well as practical
tips

from Nicole Persinger, founder of One More Moment,
an agency supporting parents of youth facing mental
health and behavioral challenges

Hosted by the Baldwin County Virtual
School

Prevention & Support Staff Spotlight

Kate Wellborn

Mrs. Kate Wellborn is a school counselor at Fairhope West Elementary School and this is her 12th year with FWES. She earned her Bachelor of Science degree in sociology from the Presbyterian College in Clinton, SC in 1997 and her masters in mental health counseling from the University of South Alabama in 1999. She began her career working in community clinical mental health before becoming a school counselor at Foley Elementary School in 2002. She has served the Baldwin County School system since then. Mrs. Wellborn is married to Wade Wellborn and they have 3 children: Cole, age 21; Watts, age 20; and Lillian, age 18. Her family enjoys attending concerts together and boating. Mrs. Wellborn is the 2023-2024 recipient of the State of Alabama Elementary School Counselor of the year, a remarkable and prestigious honor. Mrs. Wellborn loves that each day is a new and different journey at FWES and that she gets to laugh every day at work.



Fairhope West Elementary

Learning and Leading to Empower Our Genius!

Pictured left to right: Mrs. Christie Faulkner,
Ms. Kendra Johnson, & Mrs. Kate Wellborn



Kendra Johnson

Ms. Kendra Johnson is a school counselor at Fairhope West Elementary School. She has been with FWES for three years and this is her 6th year in school counseling. She previously worked at Hankins Middle School in Mobile, AL. Ms. Johnson received her Bachelor of Science degree in recreational therapy from the University of South Alabama in 2012. She earned her masters in school counseling from the University of South Alabama in 2018. She has worked at both The Brennnity, Residential Center and Altapointe Health System prior to becoming a school counselor. Ms. Johnson has one son, Keondre, age 16. He plays football for Daphne, High School. Her family loves football and cheering f

for the Alabama Crimson Tide and the New Orleans Saints. She enjoys celebrating Mardi Gras, traveling, and going to the beach. When asked what she loves most about being a school counselor at FWES, she described the joy she gets when she sees the faces of her students each morning.

Christie Faulkner

#expectexcellence

Mrs. Christie Faulkner is the school social worker at Fairhope West Elementary School. This is her first year with the Baldwin County School system and she has been practicing social work since 1996. She earned both, her Bachelor of Science and master's in social work from Troy University. She spent the first half of her career in home health and hospice. In 2012, she began working for Enterprise City School where she served as their military liaison with Fort Rucker. Her family moved to West Virginia, and she worked in a school system there for two years before moving to Baldwin County this past summer. Mrs. Faulkner is married to Mr. David Faulkner and they have three children: Garrett, age 24; Grayson, age 22; and Caroline, age 18. Her family enjoys football. Garrett attends Auburn University and Grayson and Caroline both attend the University of Alabama. Mrs. Faulkner loves traveling with her family, snow skiing and visiting the beach. When asked what she loves most about being the school social worker at Fairhope West Elementary, Mrs. Faulkner stated that she loves the children and the sweet culture at FWES.

SEASONAL AFFECTIVE DISORDER & DEPRESSION

According to the National Institute of Mental Health, Seasonal Affective Disorder (SAD) is a type of depression that is characterized by short periods of time when one may feel sad or not like their usual selves, which begin and end when the seasons change. Many people struggle with feeling down when the days get shorter during the fall months, which is often referred to as “winter blues” and then begin to feel better in the springtime when the days are longer. In some cases, these symptoms may be more severe and seriously affect the way a person feels, thinks, and navigates daily activities.

For winter-pattern SAD, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

Specific symptoms for summer-pattern SAD may include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Episodes of violent behavior

Major Depression is more severe than SAD and symptoms may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

For more information, visit the National Institute of Mental Health

“If you’re worried and you can’t sleep, count your blessings instead of sheep. Then you’ll fall asleep counting your blessings.”
– Bob Wallace, “White Christmas”