

Mental Health Matters

Everyone Has A Story



In This Issue

- March Awareness
- Social Work Month & Dr.Brene' Brown
- Prevention & Support Spotlight
- Eating Disorders Week
- Developmental Disabilities Month
- Self Injury Awareness
- National Nutrition Month
- Stepping Up our steps each day



March is Social Work Month



March is Social Work Month. The theme for 2024 is "Empowering Social Worker" Every school in Baldwin County is served by one of our twenty-one social workers, more than any other school system in the state of Alabama. We are fortunate to have each of them along with their incredible leader, Ms. Sherry Rainbolt

Dr. Brene' Brown

“Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome.”



Dr. Brene' Brown is a pioneer in the field of social work. She is a social worker, researcher, author, and podcast host. She earned her Bachelor of Social Work degree and her Master of Social Work degree at the University of Texas at Austin and her Doctor of Philosophy degree in social work at the University of Houston Graduate School of Social Work. She rose to fame in 2010 after her widely viewed Tedx Talk in which she shared her years of research on shame, vulnerability, courage, empathy, and leadership. It was one of the five most viewed Tedx Talks of all time. She has written six number-one New York Times bestselling books. Netflix produced a documentary in 2019, *The Call to Courage* and HBO Max released a documentary series in 2022 on her latest book, *The Atlas of the Heart*. Dr. Brene' Brown has been interviewed multiple times by Oprah Winfrey and was on Oprah's *Super Soul Sunday*. She's often referenced her life long idol, Maya Angelou, whom she had the opportunity to meet in Winfrey's home after an interview for Super Soul. Dr. Brene' Brown and her husband, Dr. Steve Alley, have two children, Ellen and Charlie. They live in Houston, Texas. The Brene' Brown empire is well captured at www.brenebrown.com

“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are.”



Brene' Brown with Oprah Winfrey in 2019



Prevention & Support Staff Spotlight

#GoPirates

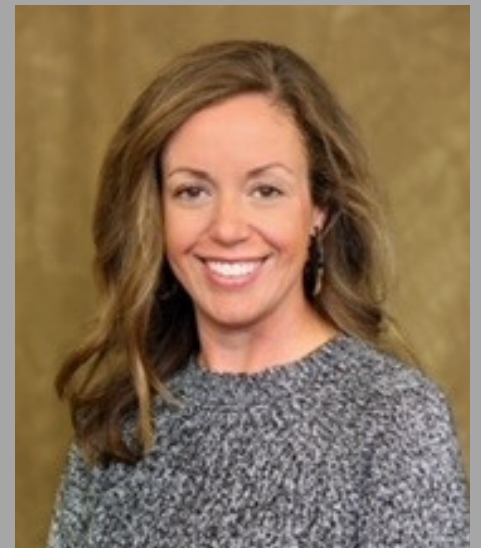
Mrs. Anna Barrett, LICSW



Mrs. Anna Barrett is the school social worker at Fairhope High School. She has been with Fairhope High for seven years and in social work for twelve years. Prior to joining the #Baldwinproud team, she worked at the Baldwin County Department of Human Resources in child welfare. Mrs. Barrett earned her bachelor's in social work from the University of South Alabama and her master's in social work from the University of Alabama. Mrs. Barrett and her husband, Ben, live in Fairhope with their three children; Web, age 4; Greer, age 2; and Reid, age 10 months. They have a dog, Piper and a cat, James. Mrs. Barrett loves spending time with her family, and they enjoy being on the water. She also enjoys taking walks with her family and she loves coffee. Mrs. Barrett loves being able to work with both the students and staff at Fairhope High School. She states that it is most rewarding to have the opportunity to meet people where they are and to help link them to resources and services to make their lives better.

Mrs. Mary Parker, LICSW-PIP

Mrs. Mary Parker is the 9th grade Academy Social Worker at Fairhope High School, and this is her first year with Baldwin County Schools. She has worked in the field of social work for 14 years. She previously worked for Mobile County Public Schools, The Baldwin County Health Department, and the Baldwin County Department of Human Resources in child welfare. Mrs. Parker earned her bachelor's degree in theology from Springhill and her master's in social work from The University of Alabama. Mrs. Parker lives with her three sons; Tommy, age 9; James, age 8; and Oliver, age 4. Mrs. Parker loves to travel, and she enjoys live music. She loves to read and watch movies. When asked what she loves most about being the 9th grade social worker at Fairhope High School, she gave a shoutout to her vice principal, Mr. Mike Wilson, who she believes is the greatest administrator of all time. She values the great team at the 9th grade academy and she loves having one on one interactions with the 9th grade students at Fairhope High School.



Eating Disorders

Eating Disorders Awareness Week is celebrated annually in the first week of March. According to the National Institute of Mental Health, Eating Disorders include Binge Eating, Bulimia Nervosa, and Anorexia. Eating disorders are very serious and often fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Eating disorders affect individuals of every race, gender identity, size, sexual orientation, and background.

Approximately 9% of the population is affected by eating disorders. About 26% of people with eating disorders attempt suicide. Each year, there is an average of 10,200 deaths worldwide directly related to eating disorders, which is one death every 52 minutes.

If you or someone you know is in a crisis and needs help immediately, text "NEDA" to 741741 to be connected with a trained volunteer at Crisis Text Line. Crisis Text Line provides free, 24/7 support via text message to individuals who are struggling with mental health, including eating disorders, and are experiencing crisis situations. Visit www.nationaleatingdisorders.org for more information.



DEVELOPMENTAL DISABILITIES MONTH

March is Disabilities Awareness Month. It was first declared in 1987 by President Ronald Reagan. The month is a time to raise awareness about the supports and rights of individuals with disabilities and to celebrate their contributions to their communities and society. According to the Centers for Disease Control and Prevention (CDC), developmental disabilities are defined as impairments in physical, learning, language or behavior areas, and include: Autism spectrum disorder, Cerebral Palsy, Attention Deficit/Hyperactivity Disorder, Learning or Intellectual disabilities, hearing loss, visual impairment, and other developmental delays.



www.specialolympics.org

Eunice Kennedy Shriver founded Special Olympics in 1946 as a memorial to her older brother who was killed in World War II. The foundation has two objectives: to seek the prevention of intellectual disability by identifying its causes and to improve the means by which society deals with citizens who have intellectual disabilities. Eunice Kennedy Shriver had a sister, Rosemary, who suffered from an intellectual disability, which inspired her vision that if persons with disabilities were given the same opportunities and experiences as everyone else, they could accomplish far more than anyone ever thought possible. The Baldwin County Special Olympics will take place on March 15.



March is Self-Harm Awareness Month. Non suicidal self-injury is any deliberate act of harm to one's body without the intention of suicide. It is often falsely stigmatized as an attempt to seek attention or manipulate. It is often a precursor to suicide, but indicative of someone being suicidal. According to www.healthyplace.com, each year, 1 in 5 females and 1 in 7 males engage in self-injury and 90 percent of people who engage in self-harm begin during their teen or pre-adolescent years. Nearly 50 percent of those who engage in self-injury activities have been sexually abused. About 50 percent of those who engage in self-mutilation begin around age 14 and carry on into their 20s. Approximately two million cases are reported annually in the U.S.

National Nutrition Month

The Academy of Nutrition and Dietetics sponsors National Nutrition Month annually during March to focus attention on the importance of making informed food choices and developing healthy eating habits. We should eat at least 5 portions of a variety of fruits and vegetables each day. An adult portion is 80g. Children ages 1-3 should consume 1 cup of fruit or vegetables each day while older children should consume up to 3 cups per day.



Are you getting enough steps in your day?

Are you getting enough steps in your day? According to the Centers for Disease and Control Prevention (CDC), for good overall general fitness, adults should aim for 10,000 steps per day, which is equivalent to 5 miles. Less than 5,000 steps per day is a sign of a sedentary lifestyle. According to the Arthritis Foundation, walking can improve muscle strength, range of motion, blood flow, flexibility, balance, joint stiffness, breathing as well as mood and sleep. Walking also reduces the risk for obesity, osteoporosis, and age-related memory loss. A study in 2020 found that participants who took 8,000 steps per day had a 51% lower risk of dying by any cause compared with those who took 4,000 steps per day. According to the CDC, children ages 3-5 years of age should engage in physical activity throughout the day while children ages 6-17 should get at least 60 minutes of aerobic and strengthening exercise per day.

There are a number of ways we can increase our steps each day including; taking the stairs rather than the elevator, going for walks during lunch breaks, parking further away than usual from stores and other destinations, and taking breaks from sedentary activities to take a 10-minute walk or engage in a physical activity. Research indicates that those who monitor their steps per day by smart watches, have higher daily average steps per day.