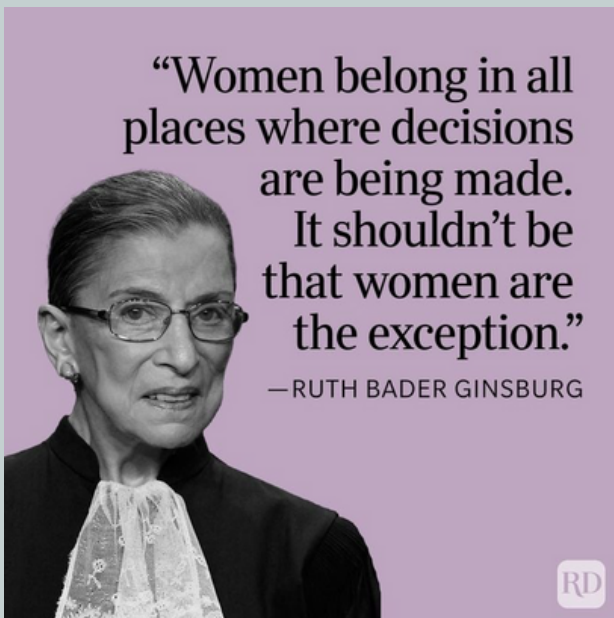


Mental Health Matters

Everyone Has A Story

SOCIAL WORK BREAKS BARRIERS

March is Social Work Month. The theme for 2023 is "Social Work Breaks Barriers." Every school in Baldwin County is served by one of our eighteen 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 champion, Ms. Patrice Davis.



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Eating Disorders Week February 27-March 5

Eating Disorders Awareness Week will be celebrated Monday February 27-Sunday March 5. 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.



Hear Our Voice

"Celebrating Women Who Tell Our Stories"

March 3, 1913: Women's Suffrage Movement

November 7, 1916: Jeanette Rankin was the first women elected to congress

August 18, 1920: the 19th Amendment, which grants women's rights to vote, was adopted when Tennessee was the last state to ratify it.

Emmeline Pankhurst was a founding member of Women's Social & Political Union (WSPU) in 1903 and led it until it disbanded in 1918. She was imprisoned and went on hunger strike protests.



DISABILITIES AWARENESS 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 disorders
- Cerebral palsy
- Attention-deficit/hyperactivity disorder
- Learning or intellectual disabilities
- Hearing loss
- Vision impairment
- Other developmental delays



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 Exceptional Foundation Gulf Coast provides social and recreational opportunities for the special needs community of Baldwin and Mobile Counties. For more information, visit <https://www.exceptionalfoundationgc.org>



You are the stars and the world is watching you. By your presence, you send a message to every village, every city, every nation. A message of hope. A message of victory.

— Eunice Kennedy Shriver —

Prevention & Support Staff Spotlight

Mrs. Lynn Mitchum



Mrs. Lynn Mitchum is the school counselor at Bay Minette Middle School. She has been at Bay Minette Middle School for 23 years. The first 10 years, she taught Math, and she has been the school counselor for the past 13 years. Mrs. Mitchum earned her Bachelor of Science degree in secondary education from Auburn University in Montgomery, AL. She earned her master's in school counseling from The University of South Alabama. Mrs. Mitchum and her husband live in Bay Minette and they have 4 adult daughters and two dogs. They enjoy camping and Alabama football. When asked what she loves most about being the school counselor at Bay Minette Middle School, Mrs. Mitchum emphatically says, "the kids" and witnessing their growth during the middle school years.

Ms. Mary Kathryn Dean

Ms. Mary Kathryn Dean is the school Social Worker at Bay Minette Middle School. This is her first year with the Baldwin County School system. She is the itinerant social worker for the Bay Minette feeder pattern, and she serves Perdido Elementary School, Delta Elementary School, and Bay Minette Middle School. She earned her Bachelor of Science degree in Social Work from Auburn University and her master's in social work from Troy University. Prior to joining the BaldwinProud Team, she worked in skilled nursing and hospice. Ms. Dean lives in Little River and she loves gardening, spending time on the water, and time with her chickens and dogs. When asked what she loves most about being the school social worker for Bay Minette Middle School, Ms. Dean is compassionate about helping her students overcome obstacles with school, family, and peers.





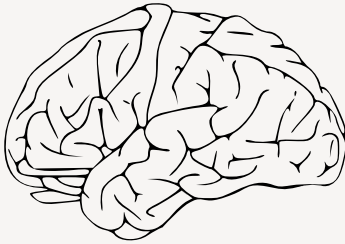
Self Injury Awareness Month



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. 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.



Brain Injury Awareness Month



For more information, visit
www.ahif.org
www.rehab.alabama.gov

March is Brain Injury Awareness Month. According to the CDC, there were approximately 223,135 TBI-related hospitalizations in 2019 and 64,362 TBI-related deaths in 2020. This represents more than 611 TBI-related hospitalizations and 176 TBI-related deaths per day. These estimates do not include the many TBIs that are only treated in the emergency department, primary care, urgent care, or those that go untreated. People age 75 years and older had the highest numbers and rates of TBI-related hospitalizations and deaths. This age group accounts for about 32% of TBI-related hospitalizations and 28% of TBI-related deaths. Males were nearly two times more likely to be hospitalized (79.9 age-adjusted rate versus 43.7) and three times more likely to die from a TBI than females (28.3 versus 8.4). Children (birth to 17 years old) had 16,070 TBI-related hospitalizations in 2019 and 2,774 TBI-related deaths in 2020. Alabama is fortunate to have the tremendous resources of the Alabama Head Injury Foundation and The Alabama Department of Rehabilitation Services, which serves any residents of Alabama who have suffered from a head injury.