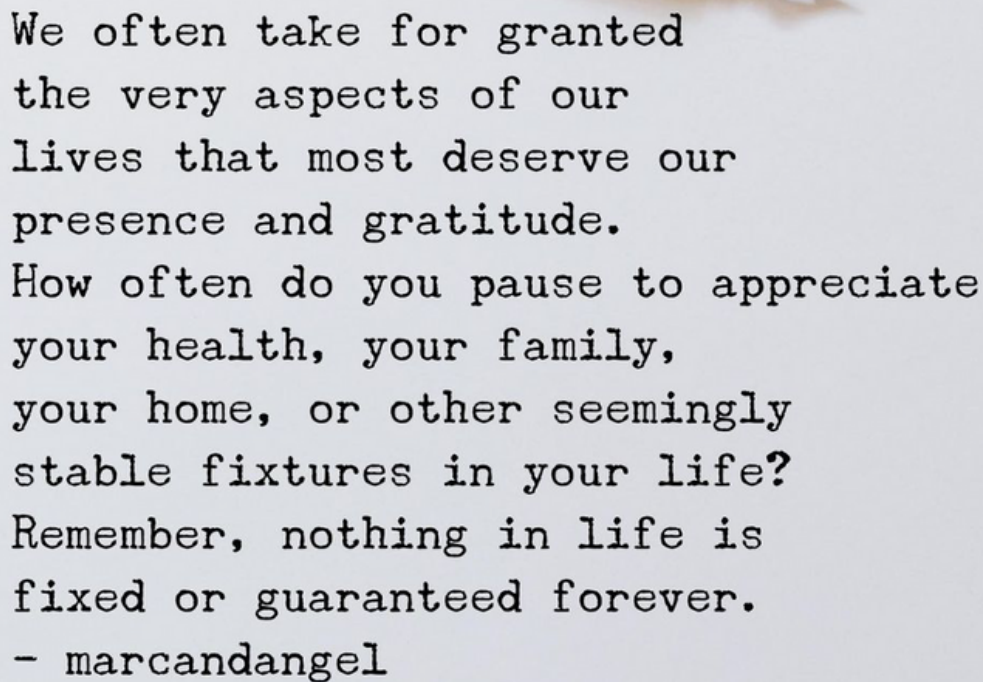


# Mental Health Matters

EVERYONE HAS A STORY



We often take for granted  
the very aspects of our  
lives that most deserve our  
presence and gratitude.  
How often do you pause to appreciate  
your health, your family,  
your home, or other seemingly  
stable fixtures in your life?  
Remember, nothing in life is  
fixed or guaranteed forever.  
- marcandangel

## IN THIS EDITION

- National Adoption Month
- Anxiety Disorders
- Prevention & Support Staff Spotlight
- Native American Heritage Month



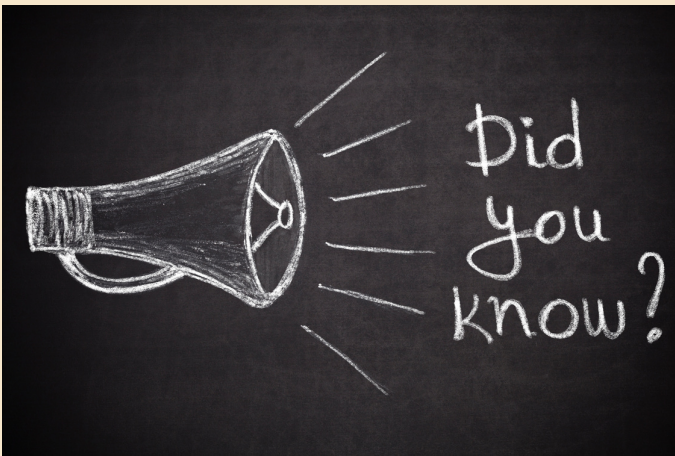
• • • November • • •  
2022

# November is Adoption Month

National Adoption Month is an initiative of the Children's Bureau, that began as National Adoption Week in 1984, which was proclaimed by President Reagan. In 1995, President Clinton proclaimed the first National Adoption Month.

According to [www.childwelfare.gov](http://www.childwelfare.gov), in 2021, there were over 114,000 children and youth waiting to be adopted who were at risk of aging out of foster care without permanent family connections. To learn ways you can help, visit

<https://www.adoptuskids.org/adoption-and-foster-care/overview/ways-to-help>



According to the Anxiety & Depression Association of America, Anxiety Disorders develop from a complex set of risk factors which include genetics, brain chemistry, personality, and life events. Anxiety Disorders are highly treatable, yet only 36.9% of people who suffer from them receive treatment. People who suffer from an anxiety disorder are 3-5x more likely to seek medical treatment and 6x more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults (19.1% of the population). They include Generalized Anxiety Disorder (GAD), Panic Disorder, Social Anxiety Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder (PTSD), and Specific Phobias.

**For more information,  
visit [www.nami.org](http://www.nami.org)  
and  
[www.nimh.nih.gov](http://www.nimh.nih.gov)**

# Prevention & Support Staff



## Spotlight



### Pine Grove Elementary

#### *Mrs. Anna Guillory, Counselor*

**MRS. ANNA GUILLORY IS THE SCHOOL COUNSELOR AT PINE GROVE ELEMENTARY SCHOOL AND THIS IS HER 3RD YEAR WITH PINE GROVE. SHE GREW UP IN BIRMINGHAM, AL. SHE ATTENDED THE UNIVERSITY OF MOBILE AND DOUBLE MAJORED IN PSYCHOLOGY AND HISTORY. SHE EARNED HER MASTERS IN SCHOOL COUNSELING FROM THE UNIVERSITY OF SOUTH ALABAMA. MRS. GUILLORY LIVES IN LOXLEY, AL WITH HER HUSBAND AND THEIR DOG, LIBERTY. SHE ENJOYS SPENDING TIME WITH HER FAMILY. WHEN ASKED WHAT MRS. GUILLORY LOVES MOST ABOUT WORKING AT PINE GROVE ELEMENTARY, SHE STATES BEING WITH THE STUDENTS AND SERVING AS THEIR ADVOCATE.**

#### *Ms. Mackenzie Lee, Social Worker*

Left to Right, Mrs. Anna Guillory and Ms. Mackenzie Lee



**MS. MACKENZIE LEE IS THE SOCIAL WORKER FOR PINE GROVE ELEMENTARY SCHOOL AND THIS IS HER FIRST YEAR WITH THE BALDWIN COUNTY SCHOOL SYSTEM. SHE IS FROM ST LOUIS, MISSOURI AND SHE ATTENDED UNDERGRAD AND GRADUATE SCHOOL AT ARKANSAS STATE UNIVERSITY. SHE MOVED TO BALDWIN COUNTY TO BE CLOSE TO THE BEACH AND SHE ENJOYS BOATING, GOING TO THE BEACH AND SPENDING TIME WITH HER DOG. WHEN ASKED WHAT SHE LOVES MOST ABOUT BEING A SOCIAL WORKER AT PINE GROVE, SHE STATES HELPING THE STUDENTS AND BEING A LISTENING EAR.**

*Growing with a purpose from  
the inside out!*

# Native American Heritage Month

According to the National Congress of American Indians, November is Native American Heritage Month, or as it is commonly referred to, American Indian and Alaska Native Heritage Month.

The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

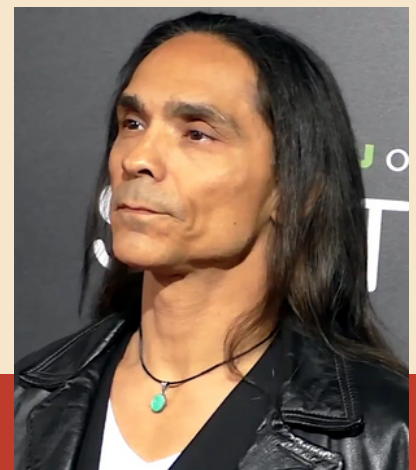


“I do not think the measure of a civilization is how tall its buildings of concrete are, but rather how well its people have learned to relate to their environment and fellow man.” – Sun Bear, Chippewa

## #NATIVEAMERICANHERITAGEMONTH



N a t i v e   A m e r i c a n   A c t o r  
Z h a n   M c c l a r o n ,   f a m o u s  
f o r   h i s   p e r f o r m a n c e s   a s  
P o l i c e   C h i e f   M a t h i a s   i n  
L o n g m i r e



N o v e m b e r  
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