

News Letter



2024



●●● November

Community Awareness

The SOC team distributed mini footballs featuring National and Local Crisis Hotlines to educate the community. Thanks to the partnering SOC school districts for throwing these out to students & families at football games this season!



System of Care Site Visit



The System of Care grant is a federal initiative provided by SAMHSA, with state oversight from TIEMH and HHSC. Earlier this month, the state oversight teams visited Weatherford, offering a fantastic opportunity to showcase the dedication of Parker County in developing a robust local System of Care. A big thank you to the Parker County Hospital District for hosting the visit and supplying lunch. Visit their website to learn more about their awesome programs:

<https://www.pchdtx.gov/p/departments>



We truly appreciate our community partners!



YOUTH PEER SUPPORT GROUP

Biweekly during campus lunch



Peer Group: What is it?

We are continuing to look for campuses to include in our Youth Peer Group schedule. If you're unsure about what peer groups entail or their benefits, please refer to the flyer on the right to help inform yourself, school administrators, parents, and students!

Benefits

- ✓ Improved mental health: Peer support can help young people develop skills to support their own well-being and the well-being of others.
- ✓ Sense of belonging: Peer support can help young people feel like they are part of a community and that they are not alone.
- ✓ Improved coping skills: Peer support can help young people learn how to manage their emotions and overall well-being

Who should attend?

- ✓ Youth who want to talk to other youth about their mental health
- ✓ Youth who may be dealing with depression and anxiety
- ✓ Youth who may benefit from learning positive social skills and coping skills



More Information:



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Guiding Principles Spotlight!

Systems of Care incorporate or link with mental health promotion, prevention, and early identification and intervention in order to improve long-term outcomes, including mechanisms to identify problems at an earlier stage and mental health promotion and prevention activities directed at all children and adolescents.

[Learn more here!](#)



Warmest wishes for a Happy Thanksgiving from the System of Care team. We are truly appreciative of each one of you! We encourage you to embrace and cultivate a spirit of gratitude this holiday season. See resource below





RESEARCH SHOWS CULTIVATING GRATITUDE CAN HELP YOU AND OTHERS:





BE HAPPIER

-  Experience greater life satisfaction
-  Have less symptoms of depression & anxiety



HAVE MORE ENERGY

-  Engage in healthier activities
-  Sleep longer & wake up refreshed



BE MORE RESILIENT

-  Grow from trauma
-  Protect against burnout



HAVE STRONGER RELATIONSHIPS

-  Feel more loved, supported, committed & satisfied
-  Feel more valued

BOOST MOTIVATION AND PERFORMANCE

-  Work harder & feel more fulfilled
-  Identify & solve problems

BUILD CHARACTER

-  Be more likely to offer help
-  Be more trusting & trustworthy

Gratitude

THE SCIENTIFIC BENEFITS OF CULTIVATING AND EXPRESSING