



May, 2021

May is Mental Health Awareness Month What is Trauma?



While traumatic experiences often involve a threat of life or safety, any situation that leaves you feeling overwhelmed and isolated can lead to trauma, even if it does not involve physical harm. It is not the objective circumstances that determine if an event is traumatic, but rather your subjective emotional experience of the event. The more frightened and helpless you feel, the more likely you are to be traumatized.

Emotional and psychological trauma is the result of very stressful events that destroy your sense of security and make you feel defenseless in a dangerous world. This can leave you with upsetting emotions, memories, anxiety that will not go away, leave you feeling numb, disconnected, or unable to trust other people.

While emotional trauma is a normal response to a disturbing event, it becomes Post-Traumatic Stress Disorder (PTSD) when your nervous system gets “stuck” and you remain in that state of psychological shock and are unable to make sense of what happened, process your emotions, or move forward.

Recovering from any trauma takes time and everyone heals at their own pace; but if months have passed and your symptoms are not letting up, you may need to seek professional help. You should seek help if you are:

- ◆ Having trouble functioning at home, school, or work
- ◆ Suffering from severe fear, anxiety, or depression
- ◆ Unable to form close, fulfilling relationships
- ◆ Experiencing disturbing memories, nightmares, or flashbacks
- ◆ More and more avoiding things that remind you of the trauma
- ◆ Feeling emotionally numb or disconnected from others
- ◆ Using substances like alcohol or illegal drugs to self-medicate in an attempt to feel better.

FAST FACT

ADAPTING AFTER TRAUMA AND STRESS

Of people who took a screen at mhascreening.org in 2020 who scored with moderate to severe symptoms of a mental health condition, over half (53%) reported past trauma as one of the three main contributors to their mental health problems.

TOOLS 2 THRIVE

MHA
Mental Health America

LEARN MORE
mhanational.org/may

Additional information can be found at: <https://www.mhanational.org> or <https://www.nami.org>

Call us at 920 887-1766, Option 1



Celebrating our Volunteers!

Thank you for all you do to help us fulfill our mission!



Visitors



We had an opportunity to share the services we provide with Amanda, Chapter Director of Safe Families from Children Dodge & Jefferson Counties.

Dale Schmidt, Dodge County Sheriff and Chad Enright, Operations Captain also came by to tour our facility and talk about possible collaborations.

Our Staff Out and About



Thea gave a presentation to members of the First Reformed Church in Waupun recently. She gave them an update on the Rock River Wellness Center project.

Our staff collected 60 bags of lentils and onions to donate to the Playground Movement Food Basket Project.



Thea and Bob were presenters at the North and South Parish Nurse Spring Convocation on April 13th. Their topic was Church Health: A Model of Healthcare Providers and Parish Serving the Community



Looking for a New Car?

Countryside continues to benefit charities with a portion of their sales every month. We are the beneficiary for the month of May! If you are looking for a used or new vehicle, stop out at Countryside to see what they have. Tell them we sent you!

Knights of Columbus—Waupun Donate to CHS

During Lent, the Knights of Columbus—Waupun hold Friday Night Fish Fry's. Their organization was founded on the principles of charity, unity and fraternity with the intent to bring financial aid and assistance to the sick, disabled and needy members and their families. Thank you for this great donation KC members!



Celebrating Moms!



Thank You to Our Donors!



St. Paul Lutheran Church Annual Grocery Cart Collection

Wal-Mart Distribution Disposable Mask Donation

Kittel Family Tooth Fairy Bag Donation



Calendar of Events

May

4: Positive Parenting Class
6:00—7:30 pm

9: Mother's Day

11: Positive Parenting Class
6:00—7:30 pm

18: Positive Parenting Class
6:00—7:30 pm

31: Memorial Day

mum mama mommy
BEAUTIFUL
unconditional love
creative UNSELFISH
LOVE U LOVE U LOVE U
BELIEVES
life patient GENTLE
compassionate
NURTURING
strength DEVOTED

June

20: Father's Day
Summer Begins

Happy
Father's
Day

Stroke & Mental Health

A number of studies have shown anxiety is more common in people with heart disease, stroke and cancer than in the general population. Heterogeneity of studies makes determination of risk and the direction of causal relationships difficult to determine, but there is consistent evidence that depression is a risk factor for heart disease, stroke and diabetes. Having a stroke increases your risk of anxiety and depression!

Know how to spot a stroke **F.A.S.T.**

Stroke – there's treatment if you act FAST.



Staff Shenanigans!

Thea showed up for work on April 1st to find a staff meeting in progress without her! Some of these characters bore a striking resemblance to our human staff members!



Call a thon Update



Goal for 2021—\$45,000

\$33,000 pledged to date

\$30,000 + collected so far

There is still time to donate to this year's Call a thon event with 100% going directly to patient services!

Call us at 920 887-1766

Donate online - churchclinic.org

Mail a check to: Church Health Services

115 N. Center St.

Beaver Dam, WI 53916



Our Mission: Church Health Services, Inc. is a faith-based healthcare organization that conducts primary, dental, and mental health care clinics for low income children and adults and partners with local congregations to help them become centers for health and healing.