

CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 11



CCCC would like to keep you informed about our organization as well as community resources & events!

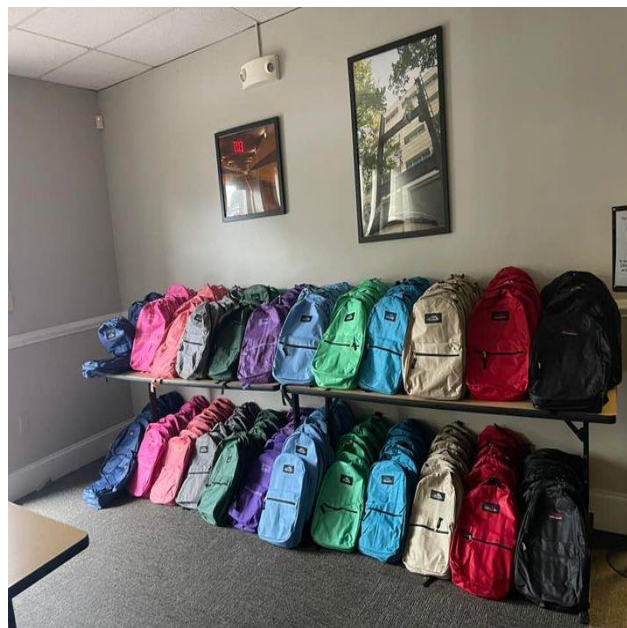
What's Happening at CCCC?

Annual Fill A Backpack Drive

Our Annual Fill a Backpack Drive was once again a success!

Studies show that children having school supplies of their own can improve grade, attendance, creativity, attitudes towards learning, behaviors, peer relationships and self-image. Our goal is to ensure our youth can start off the new school year on the right foot.

CCCC would like to send a big thank you to our donators at Church and Dwight, Capacity Benefits, Mutual of America and CGI! Due to the generosity of these great community partners, we were able to give out 257 backpacks filled with school supplies! Thank you!



In Your Community

Empowering CIACC Youth & Family Changemakers


The Mercer County Children's Interagency Coordinating Council (CIACC) is dedicated to addressing the emotional wellness and developmental needs of children who require specialized support and treatment. If you have concerns regarding children's emotional well-being, the CIACC invites parents/guardians to attend any of three upcoming programs that empower families to be changemakers for their families and communities. Parents/guardians are uniquely positioned to be changemakers because of their ability to provide feedback to their communities.

By addressing your concerns about children's mental health, you can help change the way the system responds to your concerns to improve the lives of your children and family and the lives of those in your community.

There are three opportunities for you to join this conversation:

- October 13 from 6 p.m. to 8 p.m.
- October 20 from 1 p.m. to 3 p.m.
- October 27 from 6 p.m. to 8 p.m.

To join any of these virtual conversations, join this link: <https://us06web.zoom.us/j/9128856938?pwd=bHpST0lUcmE5MHU3REZ0ZHFmTTROQT09>. For more information, contact Janka Maya at jmaya@mercercounty.org or 609-278-7924.



**Led by Community
Mental Health
Advocate
and Facilitator
Kimme Carlos**

CALLING ALL PARENTS AND YOUTH LEADERS


EMPOWERING CIACC YOUTH AND FAMILY CHANGEMAKERS

**A FREE, ONLINE WORKSHOP ADDRESSING BEHAVIORAL
HEALTH SERVICES FOR MERCER COUNTY YOUTH**

Supported by the Mercer County Children's Interagency Coordinating
Council and the NJ Department of Children and Families

AVAILABLE DATES:

- 10/13/22 from 6-8 p.m.
- 10/20/22 from 1-3 p.m.
- 10/27/22 from 6-8 p.m.



To join any of these workshops, go to:
<https://us06web.zoom.us/j/9128856938?pwd=bHpST0lUcmE5MHU3REZ0ZHFmTTROQT09>.

For more information, contact Janka Maya at jmaya@mercercounty.org or 609-278-7924.

Health, Wellness & Safety

September is Suicide Prevention Awareness Month

National Suicide Prevention Awareness Month is observed annually in September. The month is dedicated to raising awareness for suicide prevention.

Eighty percent of teens who die by suicide show warning signs. Ninety percent of teens who die by suicide have a mental health condition. Suicide is the second leading cause of death in people ages 10-34. Suicide can be prevented. Learn the warning signs and reach out to help those with suicidal thoughts and feelings.

The prevalence of suicide deaths in the U.S. is alarming, but together we can create positive change. Help us spread the facts about suicide and educate others on how we can help those who may be struggling. During September and all year long you can spread suicide prevention information through social media. You just might save a life.

You can find out more information [here](#) or at the [NAMI](#) website.



Facts about **Suicide** Youth

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National Suicide Prevention Lifeline
800-273-8255 or dial 988

NEW DIRECTIONS® | TRIDIUM™

Learn more at ndbh.com/suicide.
Sources: NAMI, Lifespan, CDC
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October is National Depression Education & Awareness Month

According to the Depression and Bipolar Support Alliance, about 14.8 million adults in the U.S. are affected by Major Depressive Disorder. Because of this, suicide is the third leading cause of death for people ages 15-24, and those numbers are currently on the rise. Depression is very difficult for the individual suffering with it, as well as for their friends and family. Depression makes its victims feel hopeless, distressed, worthless, and anxious, to name a few. Perhaps the most difficult part is that those who suffer from depression rarely see a light at the end of the tunnel, even if everything in their life is seemingly “going well.” It’s hard for others to grasp because many times, there’s not an obvious

problem in that person's life that would make them feel depressed. This is why it's important to get the conversation going, even if it's uncomfortable at first. It will save lives.

Spread the word about the negative effects of depression by using #DepressionAwareness to post on social media. Too often, depression is misunderstood as simply "feeling sad." The fact of the matter is, depression is the opposite of simple; it's a complex condition that can affect people no matter the age, gender, race, or life situation. It's more than sadness. *It's a chemical imbalance in the human brain that needs immediate medical attention.* Here are a few other facts you may not fully understand about Major Depressive Disorder.

1. Depression has different triggers. It can stem from a major life event, or can come without any recognizable "cause" at all.
2. Some depression is genetic, but not all. The genetic predisposition to depression is becoming better and better understood every day.
3. It affects your physical body. Frequent headaches, stomach issues, or any other physical symptoms along with mental symptoms are common for those with depression.
4. Depressed people may not look depressed. It's called the hidden illness for a reason. Some people are good at masking their depression with upbeat and cheerful attitudes.
5. Exercise can help manage depression, because it releases endorphins and improves your mood.

Teen Depression: More than just moodiness

Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?

- Do you often feel sad, anxious, worthless, or even "empty"?
- Have you lost interest in activities you used to enjoy?
- Do you get easily frustrated, irritable, or angry?
- Do you find yourself withdrawing from friends and family?
- Are your grades dropping?
- Have your eating or sleeping habits changed?
- Have you experienced any fatigue or memory loss?
- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?

You're not alone, and help is available. You can feel better. To get help:

- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.
- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.
- **Try to spend time with friends or family**, even if you don't feel like you want to.
- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.
- **Try to keep a regular sleep schedule.**
- **Eat healthy foods.**

For immediate help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.

National Institute of Mental Health nimh.nih.gov/depression



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For Referrals to:
-Local Mental Health Providers
-Care Management Services

Call 1-877-652-7624
PerformCARE®