



CHAT

Vol 3, Issue 1
January, 2023

TRUST THE MAGIC OF NEW BEGINNINGS

FMHS

Susan Elke, President
Bev Drake, V.P.
Maria Soutar, Secretary
Sue Heth, Treasurer

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I'll take a moment to wish you all a Happy New Year with all good things—letting go of any thoughts, behaviors, actions that are not for your ultimate good, and holding on to what will bring you joy.

2022 has been a year of growth for FMHS, and everyone that has been supportive and helpful is to be commended! **Thanks to the volunteers** that have made valuable contributions of their time, ideas, and donations. We have been able to "man the office" on Tuesdays, and look forward to offering a couple more days a week, also. The website designed by **Imagine This** has provided a way to offer resource and educational information as well as a way to share the monthly FMHS CHAT. We have offered three groups—our monthly support group, an Inspirational Group, and a Discussion Group. Our brochures, letterhead, and Booklet for Ministers have been completed.

2023 will be offering a Veteran's Support Group starting Jan. 12th at the office with Donnie Dorn leading. A book signing will be at the Effingham Library on January 27th, 11am for *Drawn Together—A Class Act* written by Mary Ellen Eversman in support of FMHS. Please join us!

DRAWN TOGETHER

“A Class Act”

By: Mary Ellen Eversman

I thought you might like an update re. *Drawn Together “A Class Act*. *First of all, be sure to mark your calendars to attend the book signing/meet the author event on January 27th, 11am at the Effingham Memorial Library.*

While in Abbeville, SC, the Press and Banner interviewed my granddaughter, Avery Greider re. illustrating this book. The Effingham & Teutopolis News Report has interviewed Ms. Eversman, so watch for that article.

With children’s mental health being highlighted after the Co-vid pandemic, it is an important time for the book to be released. It is written for elementary age students, and has questions at the back that can be used by teachers or counselors. All of the \$8.50, at this time, goes to help support FMHS. It is available at the FMHS office located at 202 N Banker, Effingham, IL or for \$10, the book can be mailed by calling Sue Heth at 217-821-7737.




THANKS TO – “All Recipes”

Serves: 2

Ingredients:

- 2 (14.5 ounce) cans chicken broth
 - 2 cups baby carrots
 - 1 onion, chopped
 - 1 clove garlic, minced
 - 1 teaspoon celery salt
 - 2 skinless, boneless chicken breast halves (or left overs)
- (can add ramen noodles, celery, other spices as desired.)**

Directions: **Bring the chicken broth to a boil** in a medium saucepan over medium high heat. Add the carrots, onion, garlic and celery salt. **Reduce heat to low** and add the chicken breast. Cover and simmer for 20 minutes. Carefully remove the chicken breast, cut it into chunks and return it to the pot.

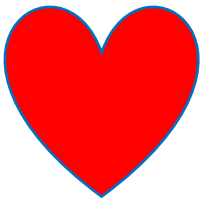


Kindness is contagious,
but the spark has to start
somewhere!

A HEARTFELT THANKS

To FMHS Volunteers, who have been helping man
the office, bringing treats to share, watering plants,
dusting, mail pick up, and repairs, too!

Janice Garry, Sue Yarnell, Maria Soutar
Susan Elke, Amy & Brad Hibdon, Carol Johnson &
Chuck Suttle, Patty Winn,



In Kind Contribution: Phone Service/S. Heth
Donations:

Long Term Supporters:

Paul & Virginia Koboldt Trust,

100 + Women Who Care

United Way of Effingham County

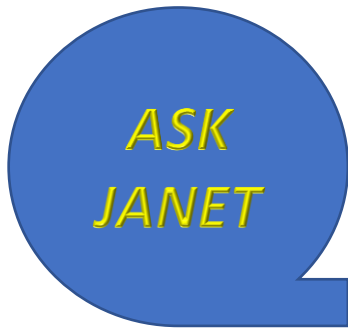
Items needed for the office:

File folders, inspirational books, games



MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"



If you have questions for Ask Janet, forward them to:
info@familymentalhealthsupport.com

“The Write Way”
Rachel Hatcher

Journaling is an age-old pastime, and research continues to showcase the long-term emotional and mental benefits. A 2018 Penn State College of Medicine study states that expressive writing clinically benefits patients with autoimmune disorders, asthma, and arthritis. Other positive effects include reduced depression symptoms, sharpened memory, fewer medical appointments, and decreased stress.

Although you can set your own time limit, it is recommended to write at least 15 minutes three times a week. Find a quiet place without distractions.

Types of Journaling include:

STREAM OF CONSCIOUSNESS: Write whatever comes to mind.

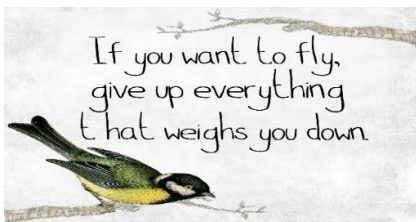
BULLET JOURNAL: A bullet journal offers both an organizational and creative outlet. You can customize a blank journal to include calendars, musings, lists, whatever you want.

HOBBY JOURNAL: Hobbies and interests outside of our daily routines help keep us curious, making them great topics for journals.

HEALTH JOURNAL: Writing down the details of your health journey, such as daily exercise and diet, can help keep you accountable.

SEASON-OF-LIFE: If you’re in a new life stage, like retirement or recovery, a season-of life journal can help you cope during a transitional period.

Try journaling for a few days and see how you feel.



INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The January meeting will be Jan. 24th. Discussion will be regarding “what motivates you—and how to find your get up and go!”. Hope to see you there!

**“THE CHOSEN”
Season 2
Discussion Group**

The FMHS Office is hosting a bi-monthly discussion group on the series, “The Chosen”, led by Rev. Carol Johnson. Each session uses a segment of the DVD series for Season 2, followed by a guided set of reflection questions. Sessions will be 4 to 5:30pm at the FMHS office located at 202 N. Banker St., Effingham, IL. There is no cost, and study guides will be provided. This is not a Bible Study, but participants may bring Bibles to assist in the biblical narrative on the life of Jesus. UPCOMING DATES are: February 21, 28, March 21, 28, April 18, 25, May 23, 30. To sign up, please leave a message for Carol Johnson at 270-217-1422.

JANUARY SUPPORT GROUP

The FMHS next support group will meet on January 12th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL.

2023 Membership Drive

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. A \$10 membership is a way individuals can provide support toward our efforts to help families struggling with mental health issues. (All services are free, there is no paid staff. FMHS is an all-volunteer program.)

2023 Members-To-Date

Maria Soutar, Carol Johnson, Chuck Suttle, Katie Wernsing, Kiley Heth, Joey Heth, Jon Greider, Sue Heth

988 CRISIS NUMBER

BY: Sue Yarnell

Reminder!! **The new 988 number** has replaced the old 1-800-273-8255 since July of 2022. However, the old number will still get you to the same help! You can also text TALK or HELP to 741741.

988 is connected to a crisis-response system of professionals and volunteers who are trained to help with a mental health struggle or crisis. It is available 24 hours a day 7 days a week. You can call if you are the person in crisis or if you are concerned about someone else. You will hear an automated message asking if you need a Spanish speaking person and/or if you are a veteran! You will be talking to someone who will do their best to connect you to a crisis response team in your area. Someone on that team will speak with you to keep you calm and reassured. They will have knowledge about a variety of resources if needed. Sometimes a person just needs a person to talk with about their mental health struggle at the time. But if the situation seems to be in need of a person-to-person visit, that can be arranged. The professionals and volunteers are trained to work with you to agree on the next step!

NAMI's CEO, Daniel H. Gillison, Jr. recommends that we urge our policymakers to continue to invest in expanding the lifeline capacity, make mobile crisis response teams available in all communities, establish crisis-stabilization options such as mental health "living rooms", and increase the workforce for mental health!

Mr. Gillison started hosting a podcast called "Hope Starts with Us" every other Wednesday. It's available on most major directories and apps. See nami.org/podcast.



FMHS December Christmas Party

By: Sue Yarnell

FMHS hosted 16 members and 3 staff from Heartland Behavioral Health's residential program on December 8 at Effingham First Baptist Church. There was food and presents! Carol Johnson brought in her speaker system and music for Christmas songs to be heard and sung! She and Sue Heth sang for us! One of the residents provided a solo! And all of us sang together! Thank you to Sue Heth, Carol Johnson, and Sue Yarnell for organizing the party! Thank you to Amy Hibdon and Patti Winn for preparing the church. Thank you to all for bringing food and/or presents and for attending the party!