



CHAT

Vol 3, Issue 2
February, 2023

*ACT AS IF WHAT
YOU DO MAKES A
DIFFERENCE*

FMHS

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

 **HAPPY VALENTINE'S DAY!**

INSIDE THIS ISSUE

- Happy Valentine's Day!
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FMHS got off to a good start in January. We offered a Dementia Friendly workshop, started a new Veteran's Support Group at the office. I spoke at the Effingham Library re. FMHS and led a mindfulness activity. The Abbeville Press and Banner and the Effingham Teutopolis News Report articles were printed. Lifeline Christian Books & Gifts had a book signing for author, Mary Ellen Eversman, and the Effingham Library also had a nice book signing/reception for her.

The **Veteran's Support Group** led by Vietnam Vet, Donnie Dorn, will be meeting the 2nd and 4th Thursday of each month, 10:00-12pm, at the FMHS office.

Volunteers are still needed to help man the FMHS office. We are hoping to have office hours 10-2 on Thursdays soon. If you have time to volunteer, please contact Sue Heth at 217-821-7737.

DRAWN TOGETHER

“A Class Act”

By: Mary Ellen Eversman

I thought you might like an update re: *Drawn Together “A Class Act...The book signing at Lifeline Christian Books & Gifts was a lot of fun—they did a Facebook interview of Mary Ellen, and we talked to several teachers and friends. The Effingham Library held a book signing, also. It was well attended, and Sue baked a cake to celebrate Mary Ellen’s accomplishment. Thanks to the Effingham-Teutopolis News Report for their nice 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. Thanks to Mary Ellen, 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.

FOOL PROOF FUDGE

THANKS TO – “Made in a Day”

8 x 8 pan

Ingredients:

- 1 16oz milk chocolate frosting (canned)**
- 1 12oz package semi-sweet chocolate chips
(Sprinkles, nuts, etc. as desired to mix in or on top)**

Directions:

1. Line an 8 x 8 pan with parchment paper or cooking spray
2. Place chips in a mixing bowl and melt in the microwave, stirring every 30 seconds until smooth....About 1 ½-2 min.
3. Mix in a whole can of frosting in with the melted chips.
4. Add nuts if desired.
5. Spread mixture into the pan.
6. Add sprinkles or other toppings if desired.
7. Cover and place in refrigerator 30 min to set fudge.

**My Boyfriend is like
February 30th....
HE DOESN'T EXIST!**

A HEARTFELT THANKS

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

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

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

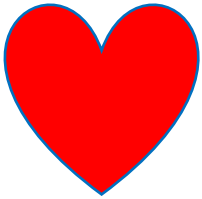
Long Term Supporters:

Paul & Virginia Koboldt Trust,

100 + Women Who Care

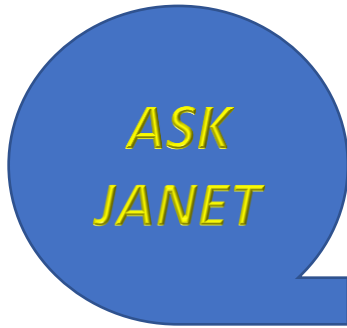
United Way of Effingham County

**Items needed for the office: paper for copier,
file folders, inspirational books, games**



MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"



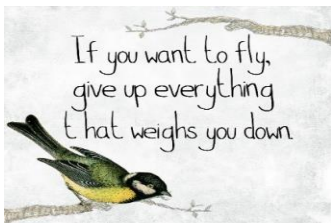
If you have questions for Ask Janet, forward them to:
info@familymentalhealthsupport.com

“Symptoms of PTSD”
(Effingham & Teutopolis News Report)

With the high incidence of PTSD among veterans as well as the general population, it is important that people learn to recognize the symptoms of PTSD. The APA notes that a diagnosis of PTSD requires exposure to an upsetting traumatic event. That exposure, however, can be indirect rather than firsthand. Many people may be suffering from PTSD in silence.

Symptoms of PTSD can vary in severity and falls into different categories.

1. **Intrusive thoughts:** Flashbacks, distressing dreams and repeated, involuntary memories are examples of intrusive thoughts caused by PTSD. Some people with PTSD experience flashbacks so vivid the person feels they are reliving the traumatic experience.
2. **Avoiding reminders:** Some people with PTAS may avoid people, places, activities, objects or situations they feel will trigger distressing memories. Soldiers may avoid discussing traumatic events.
3. **Negative thoughts and feelings:** The APA says that negative thoughts and feelings may include ongoing and distorted beliefs about oneself or others; ongoing fear, horror, anger, guilt, or shame; considerably diminished interest in activities previously enjoyed and a sense of detachment from others.
4. **Arousal and reactive symptoms:** these symptoms may include irritability and angry outbursts; reckless or self-destructive behavior; being easily startled, having difficulty concentrating or sleeping.



INSPIRATIONAL STUDY

An Inspirational Study Group is held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The February meeting will be Feb. 28th. 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.

FEBRUARY SUPPORT GROUP

The FMHS next support group will meet on January 9th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL.

2023 Membership

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. A \$10 membership is a way to 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, Linda Ruholl



Illinois Safe2Help Program

By: Sue Yarnell

Last October was the one-year anniversary of the Illinois Emergency Management Agency's program to support students across the state. Safe2Help is a free information sharing platform that is available 24/7. "In the absence of a trusted adult, students can use a free app, text/phone, or the website (Safe2HelpIL.com) to share school safety issues in a confidential environment." IMEA reported that they **received 873 public interactions across the state**. The Illinois Department of Children and Family Services and the Illinois Department of Human Services Division of Mental Health partner with Safe2Help.

Some of the things that might be reported are bullying, mental health struggles, or concerns about drug use or violence. The students might report those concerns for others, not necessarily for themselves.

As of July, 2022, Public Act 102-0416 requires that the Safe2Help Illinois or a local suicide prevention resource number is to be on any issued identification card, student handbooks, and any student planner custom printed and distributed for students in grades 6-12.

Students can reach out to Safe2Help:

Call 1-844-472-3345 (1-844-4SAFEIL)

Text SAFE2 (72332)

Online – <https://safe2helpil.com>

Download the Safe2HelpIL app

Email – HELP@Safe2HelpIL.com

FYI: Sue Yarnell will be looking into the Effingham School District to see if they are letting students and parents know about this resource. If the answer is yes or no, she will be asking a school counselor or social worker to speak with us soon.

