



CHAT

Vol 3, Issue 3
March, 2023

*Flowers and Colors
Everywhere, I am So
Glad that March is Here!*

Anamika Mishra

HAPPY ST. PATRICK'S DAY

It may not be the luck of the Irish, but I am feeling lucky with Spring so close—we will be greeting Spring on March 20th....and I'm looking forward to sunshine and pretty flowers!

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.

The Chosen Discussion Group started back on February 21st with Season 2. A big thanks to Pastor Carol Johnson for leading this group.

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.

FMHS

Susan Elke, President
Bev Drake, V.P.

M
S

INSIDE THIS ISSUE

- Happy St. Patrick's Day!
- **Veteran's Group 3/9 and 3/23**
- Chosen Discussion Group 3/21 and 3/28
- Cheese Soup by: Sue Yarnell
- Heartfelt Thanks
- In-Kind Contributions
- FMHS....2023 Membership Drive
- Memorials
- Ask Janet—
- February Support Group Review
- Resource Carnival

DRAWN TOGETHER

"A Class Act"

By: **Mary Ellen Eversman**

"Drawn Together—A Class Act" was written for elementary age students, It also has questions at the back that can be used by teachers or counselors to stimulate conversation regarding accepting differences. Thanks to Mary Ellen, all of the cost of the book, \$8.50, at this time, goes as a donation/fundraiser for 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.

CHEESY SOUP

THANKS TO – Sue Yarnell

Directions:

1. Heat crockpot to low. Cook (1) cup diced celery for 20 minutes on the stovetop. Heat (4) C of water to boiling for (4) chicken bouillon cubes. (I do this in the microwave.)
2. Mix bouillon and hot water. Add celery when cooked. Drain water from 3 small cans of Veg All (Be careful if you purchase a large can some of those have larger pieces of vegetables and potatoes) add (1) can sliced green beans in crockpot. You may prefer frozen mixed vegetables or to chop your own potatoes.
3. Add (2) cans of cream of chicken soup. Cut (1) pound of Velveeta cheese and drop the pieces into the mixture as you cut them. (Optional—(1) chopped onion)
4. Heat on low.

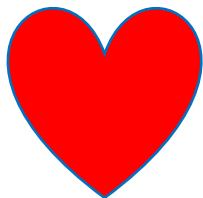
**Q: WHAT MARCH FLOWERS
GROW ON FACES?**

A: TULIPS

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**

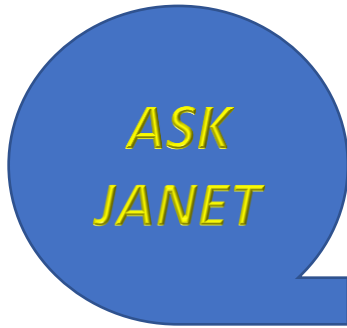
MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"

Kathy Burrell

Amy Goodwin

Kenneth Strange



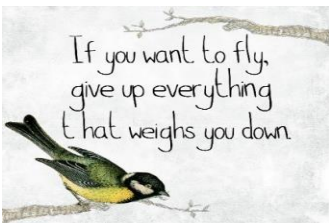
If you have questions for Ask Janet, forward them to:
info@familymentalhealthsupport.com

“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 March meeting will be Mar. 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: March 21, 28, April 18, 25, May 23, 30. To sign up, please leave a message for Carol Johnson at 270-217-1422.

MARCH SUPPORT GROUP

The FMHS next support group will meet on March 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



February Support Group Review
By: Sue Yarnell

Community and Residential Services Authority (CRSA)

At our March meeting, we had Kristin Gharst speak with us about the work by the Community and Residential Services Authority. This program has been funded by the state of Illinois since 1985. “Our CRSA Mission is to promote a network of resources for Illinois youth with social and emotional health conditions to receive timely and appropriate access to the services they deserve.” Kristin is a Regional Coordinator. The CRSA Board is made up of 16 or more members from 8 different groups in charge of the care of youth 22 and younger in the state. Basically, Kristin and 3 others work to help families coordinate the various resources in the state to allow their children to “achieve their fullest potential and participate in developing their identity and role in society.” Kristin has actually accompanied parents to a child’s school conferences. She sometimes needs to find placement for a child that can no longer live at home.

More information on CRSA can be found at crsa.illinois.gov. The headquarters is at 100 North First St., W-101, Springfield, 62777. You can call 877-541-2772. To contact Kristin, her cell is 217-871-7836. Her email is kristin.gharst@illinois.gov.



THE office is a nice space to relax, enjoy the company of others, work a puzzle, play a game, check out our library, and review resources. We look forward to seeing you soon.

Effingham County Connection
Annual
RESOURCE CARNIVAL

March 16th, 2023
3-6pm

Cornerstone Church Gym
3600 S Banker St.



All Veterans are invited to attend the Veteran Support Group on the second and fourth Thursdays of each month. Donnie Dorn, Vietnam Vet, is leading the group. Although this is not a counseling group, much healing comes through the sharing of memories and concerns.

“The willingness of America’s veterans to sacrifice for our country has earned them our lasting gratitude.” Jeff Miller