

MHA NEWSLETTER

EATING DISORDERS

Eating disorders and body image issues impact a great deal of people in our community and around the world. The Think Again Group (TAG) is an anti-stigma group that works on promoting recovery and spreading positive messages about mental health. In this work-group we have individuals with lived experience, profession peers, family members of those who struggle, professionals in health, aging, education, youth, LGBTQ and elder abuse. TAG is partnering with local groups to recognize National Eating Disorders Awareness Week, February 26th–March 4th, 2017. TAG is excited to bring in a documentary and speakers during NEDA week. We want YOU to join us #Ihaveembraced.

The goal of National Eating Disorders Awareness Week (#NEDAwareness) is to shine the spotlight on eating disorders by educating the public, spreading a message of hope, and putting life-saving resources into the hands of those in need. Eating disorders have the highest mortality rate of any mental illness and will affect 30 million Americans at some point in their lives, but myths and misinformation still keep people from getting the help they need. It only takes three minutes to take the anonymous eating disorder screening at: <http://screening.mentalhealthscreening.org/NEDA>

Embrace

When Body Image Activist Taryn Brumfitt posted an unconventional before and after photo in 2013 it was seen by more than 100 million people world-wide and sparked an international media frenzy. EMBRACE follows Taryn's crusade as she explores the global issue of body loathing, inspiring us to change the way we feel about ourselves and think about our bodies. This is a provocative movie and may not be suitable for all ages. There are tips for families regarding bring children to this movie can be found here. <https://bodyimagemovement.com/parents-guide-to-embrace/>

With the support of partners like you, we can make sure that help is available and recovery is possible for everyone. More information on Eating Disorders can be found at <http://nedawareness.org/>

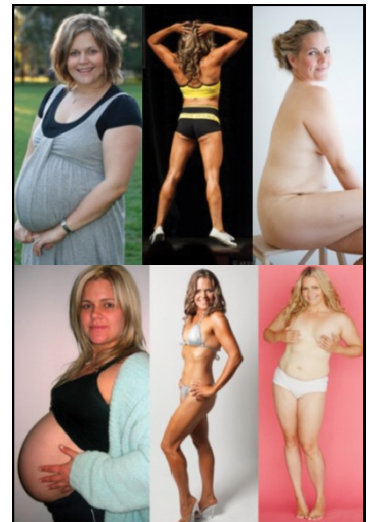
More details on events for NEDA week will be coming soon. For any questions about the events or the information in this article, contact:

ahuntingtonofner@cortland-co.org or by phone (607) 428-5473.

Article submitted by: Alexandra E. Huntington-Ofner, MSW
Youth Services Development Director and SPOA Coordinator
Cortland County Mental Health



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TEEN DATING VIOLENCE AWARENESS MONTH

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. Teen Dating Violence Awareness Month is a national effort to raise awareness and protect teens from violence.

You can make a difference: Encourage schools, community-based organizations, parents, and teens to come together to prevent teen dating violence.

How can Teen Dating Violence Awareness Month make a difference?

We can use this month to raise awareness about teen dating violence and take action toward a solution – both at home and in our communities. Here are just a few ideas:

- Encourage parents to talk with their teens about healthy relationships.
- Ask teachers to hold classroom discussions (invite speakers in) to talk about dating violence and prevention.
- Help schools create policies that support healthy relationships and involve student voices.
- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.
- Join the conversation about Teen Dating Violence Awareness Month: www.loveisrespect.org/resources/teendvmonth
- If you are worried about your teen, call the **National Dating Abuse Helpline** at 1-866-331-9474 or text "loveis" to 22522.

Sources: www.breakthecycle.org and www.health.gov



App(s) of the Month: Circle of 6

Circle of 6 lets you choose up to 6 trusted friends to add to your circle. If you get into an uncomfortable or risky situation, use Circle of 6 to automatically send your circle a pre-programmed SMS alert message, with your exact location. It's quick. It's discreet. Two taps is all it takes. Circle of 6 also connects you to 24h hotlines for safety and information, as well as Scarleteen.com, a comprehensive online sexual health resource.

iPhone: <http://apple.co/2jIV5Ws>

Android: <http://bit.ly/2iM4EQg>



DENTAL AND MENTAL HEALTH CONNECTION: ALL YOU NEED TO KNOW

This may come as a shock to you but it has now been proved that dental and mental health have a connection. Research has found that periodontal disease may have a bad effect on brain health. In a study published in the Journal of Neurology, Neurosurgery, and Psychiatry, it has been revealed that poor dental health has a strong association with poor mental health. The study further goes on to suggest that you need to be extra careful with dental health if you want to avoid the mental health issues as you age.

Research conducted by the American Dental Association has asserted that good oral health not only has a role to play in good nutrition but it also affects your self-esteem and confidence. Bad oral health can lead to loss of confidence as you may avoid social interaction or laughing in public. This can even make you feel isolated and depressed. Another study by Swedish researchers has found that people over the age of 77 with good oral health and minimal [gum disease](#) had fewer chances of loss of mental health while those with some kind of oral health issues were at higher risk of suffering from brain health problems.

Since there is enough evidence that proves there is a link between oral and mental health, you might want to start taking care of your dental health in a better way. Little efforts towards protecting your oral health can save you a lot of trouble and also protect your mental health. Here's how you can do it:

- **Brushing and flossing are vital**
This is something you might have been hearing since your childhood. Brushing twice a day and flossing once a day is critical in maintaining oral health. You must take care that the brush you use is soft and may not damage your gums.
Regular brushing and flossing cleans your teeth and removes the bacteria that may lead to periodontal disease. This can further lead to more complications like bad breath and receding gums. The best way to take care of these issues is by regular cleaning. Good dental health will not only give you your best smile but will protect your mental health as well.
- **Don't forget to replace your toothbrush every 3 to 4 months**
A worn-out toothbrush will not be able to clean your teeth properly due to frayed bristles. Therefore, it is very important that you switch to a new toothbrush after every 3 or 4 months.
- **Routine check-up with your dentist**
You may not have any dental issues at present but it is still advisable to visit your dentist every six months. People with oral health issues may need to visit the dentist more often in order to avoid any further complication. Remember, prevention is the best cure.
- **Don't ignore any warning signs**
Gum diseases show the symptoms like bleeding, swollen gums, loose teeth, bad breath, etc. Though these issues can be a result of some other problem it is always wise to not to ignore these. Visit your dentist as soon as you get any warning signs. This will reduce your cost of treatment and will protect your brain too.

This [link between oral and mental health](#)¹ is not very obvious so a lot of us tend to deny it. However, research has proved time and again that ignoring your oral health can make you vulnerable to gum diseases, bad breath, plaque and consequently, mental health issues. So, watch out for any actions or habits that can put your dental health at risk. At the same time, adopt the measures that will give you brilliant smile, high self-esteem and protect your brain health.

Author: Shen Chao, <http://www.joshuahongdds.com/>

¹<http://mental-health-matters.com/oral-health-and-mental-illness-yes-they-are-related/>



GOODBYE ED, HELLO ME

February 22 at 7:00 PM

Corey Union Function Room

Jenni Schaefer,

Author, Speaker, Singer, Eating Disorder Survivor

Redefining recovery, Jenni Schaefer believes that freedom does not just mean saying goodbye to Ed (a.k.a. "eating disorder"), but, more importantly, it means saying a big hello to life. And that includes connecting with people, passions, and inner peace as well. Discussing her personal journey and the steps that she took to fully recover, Goodbye Ed, Hello Me provides a firsthand account of getting your life back after an eating disorder. We recover from our eating disorders in order to recover our lives.



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

President:

Patricia Schaap

Vice President:

Becky Tripp

Treasurer:

Dick Bush

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Audrey Jones

Board Members:

Michael Pisa

Kurt Warner

Sue Marks

Kathy Taylor

To learn more about the Cortland MHA visit:

<http://www.mhacortland.com>
or contact:
mhacortlandny@gmail.com

DATING ABUSE

Dating abuse is controlling behavior a partner uses to gain power over the other partner.

3 main types



FEBRUARY
is national
TEEN
DATING
ABUSE
awareness
month.

ONLY

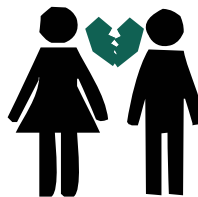
67%

of adolescents who were abused in a relationship tell someone



80%

of girls who have been abused keep dating their abuser.



1 in 4

teens who have been in a serious relationship say that they have been pressured to only spend time with their partner.



81%
of parents DO NOT believe teen dating abuse is an issue



80%
of teens believe teen dating abuse is a serious issue

SEEKING HELP FOR TEEN DATING VIOLENCE

Aid to Victims of Violence

AVV provides comprehensive services to victims of domestic violence, sexual assault, child abuse and other crimes.

AVV Services:

- Accompaniment
- Legal Referrals
- Support Groups
- Advocacy
- 24/hr Phone Counseling
- Crime Victims Compensation Assistance
- Crisis Intervention
- Support Counseling
- Prevention Education

CRISIS HOTLINE:

24 Hrs. A Day

7 Days A Week

Call toll free:

For more information:

Office: 607-753-3639

Hours: Monday - Friday 8am - 5pm, Saturday (by appointment only)

avvprogramdirector@yahoo.com

MAY IS MENTAL HEALTH MONTH

Join us in taking away the stigma from mental illness by submitting a design for the annual t-shirt and poster design competition.

Posters will be viewed by hundreds and T-Shirts will be worn by all during the walk!

DESIGN GUIDELINES:

- Stay positive, be strength based and express inclusivity & community
- Suggested Themes
- "Recovery is possible"
- "You are allowed to think about recovery"
- "1 in 4 people have a mental illness"
- Previous winner:
- "Just ask me"

Please submit no later than February 15th

Email submissions to:

Ahuntingtonofner@cortland-co.org or mail to 7 Clayton Ave Cortland NY 13045

Sponsored by Cortland County Department of Mental Health





P.O. Box 282, Cortland,
NY 13045

RETURN SERVICE REQUESTED



Addressee

Questions, comments, or feed-back on the MHA Newsletter?
We appreciate your thoughts!

EMAIL OPTION:

If you'd like to receive the MHA Newsletter electronically in
color as a PDF, please send your full name and email to:
erin@sevenvalleyshealth.org

Community Events & Support

The Trevor Project Training: Preventing LGBTQ Youth Suicide

Wednesday February 22, 12-3PM
Career Works, 99 Main Street, Cortland

Light refreshments will be provided
Open to community members and professionals
OASAS credits available –email for more information.

Sponsored by:
The Cortland LGBTQ Center
& Cortland County Mental Health

Please **RSVP** to Ethan Lewis,
Program Assistant at The Cortland LGBTQ Center
elewis@fcscortland.org or (607) 756-8970 ext 252

Cortland LGBT Men's Group (Monthly)

- Where: Cortland LGBT Resource Center, 73 Main St.
- Contact: (607) 756-8970

Parents & Change Support Group (Monthly/2nd Monday)

- When: 6:00 to 7:00 PM
- Feb 13 Mar 13 Apr 10 May 8 Jun 12
- Sep 11 Oct 9 Nov 13 Dec 11
- Where: 90 Central Avenue
- Contact: Beckey Trippp (parentsandchange@yahoo.com)

Caregivers Support Group (Monthly)

- When: 4th Thursday at 12:30 PM
- Where: County Office Bldg (Dining Rm.)
- Contact: The Area Agency on Aging @ (607) 753-5060



If you have an upcoming community event or article you would like considered for admission to the
MHA Newsletter, send your submission to **ben@sevenvalleyshealth.org** by the 7th of the month prior.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.