



## Resources

**EVENT** | LaGrange Partners

**DATE** | August 8, 2023

**FIND ONLINE** | [LaGrange Partners](#)

Organization	Where to find it	Mission
Northeastern Center	<a href="https://www.nec.org/">https://www.nec.org/</a>	NEC helps individuals achieve emotional and mental wholeness through accessible, affordable and quality behavioral health services.
Bowen Center	<a href="https://www.bowencenter.org/">https://www.bowencenter.org/</a>	We treat the whole person by delivering primary health care that addresses emotional and physical health, addiction recovery, life skills coaching, and more.
Wana Talk?	<a href="https://www.wanatalk.org/">https://www.wanatalk.org/</a>	Your partner on your journey to improve the overall quality of your life by providing a safe space to explore thoughts and feelings, gain self-awareness and insight, and develop skills, tools, and strategies for coping, acceptance, and communication.



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## Presenter Resources

# LAGRANGE COMMUNITY PARTNERS AND MENTAL HEALTH

BRANDIE FITCH, M.ED., LMHC, NCC

WANA TALK?





27 years in the  
field

Substance Use,  
School,  
Community,  
Private  
Practice

Serving Third  
Term as  
Newbury  
Township  
Trustee

Associate  
Faculty at IUSB  
in Counseling  
and Human  
Services  
Program

# ABOUT BRANDIE



A black background with several realistic water droplets of various sizes. Some are large and prominent, while others are small and scattered. The droplets have highlights and shadows, giving them a three-dimensional appearance.

HOW CAN WE  
BEST SERVE THE  
CLIENTS WHO  
UTILIZE OUR  
SERVICES?

A grey gradient background, lighter at the top and darker at the bottom. It features several realistic water droplets of various sizes, similar to the ones on the left side, with highlights and shadows.

STAY WELL INFORMED!

## Mental Health in Indiana



**1 in 5 U.S. adults** experience mental illness each year.



**1,129,000 adults** in **Indiana** have a mental health condition.

That's more than **4X** the population of Fort Wayne.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than **half** of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **38.5% of adults in Indiana** reported symptoms of **anxiety or depression**. **19.2%** were **unable** to get needed counseling or therapy.



**1 in 20 U.S. adults** experience serious mental illness each year.

In Indiana, **264,000 adults** have a **serious mental illness**.



**1 in 6 U.S. youth** aged 6–17 experience a **mental health disorder** each year.

**90,000 Hoosiers** age 12–17 have depression.



More than **half** of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **345,000 adults in Indiana** who **did not receive needed mental health care**, **37.4%** did not because of cost.

**8.8%** of people in the state are uninsured.



**Hoosiers** are over **2x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and **less affordable** due to higher out-of-pocket costs.

**4,426,818 people** in Indiana live in a community that **does not have enough mental health professionals**.

# Mental Health in Indiana

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely** to drop out than their peers.

**54% of Hoosiers** age 12–17 who have depression **did not receive any care** in the last year.



5,625 people in Indiana are homeless and **1 in 4 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Indiana, **1,079 lives were lost to suicide** and 262,000 adults had thoughts of suicide in the last year.

**1 in 4 people with a serious mental illness has been arrested** by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.




**7 in 10 youth** in the juvenile justice system have a mental health condition.



NAMI Indiana is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit [nami.org/nimipolicystats](https://nami.org/nimipolicystats).



The background of the slide is a deep blue gradient with numerous translucent, 3D-rendered bubbles of various sizes floating throughout. In the center, a white rectangular box with rounded corners and a thin white border contains an image of an iceberg. The iceberg is white and jagged, with its sharp peaks visible above a dark blue horizontal line representing the water's surface. The sky above the water is a lighter blue with soft, wispy white clouds. The text is overlaid on the left and right sides of the iceberg image.

Presenting Need of Client (resources,  
financial assistance, information,  
etc.)

Our Perceptions (resistant,  
defensive, unmotivated, lazy,  
manipulative, etc.)



Presenting Need of Client (resources, financial assistance, information, etc.)

Our Perceptions (resistant, defensive, unmotivated, lazy, manipulative, etc.)



The diagram features a large iceberg floating in a blue ocean. The tip of the iceberg is above the water line, while the vast majority of the iceberg is submerged below the surface. Various text labels are placed on the submerged portion of the iceberg, representing hidden client needs. The labels are color-coded: pink for 'Depression', 'Divorce', 'Legal Issues', 'Disabilities', 'Serious Mental Illness', and 'Parental/Caregiver Stress'; teal for 'Loss/Grief', 'Anxiety', 'Addiction', 'Housing Issues', and 'Trauma'; and black for 'Unemployment', 'Food Insecurity', 'Pregnancy', 'Transportation Issues', 'Lack of Insurance', 'Illness/Injury', 'Discrimination', 'Under Educated', and 'Food Insecurity'.

Depression

Loss/Grief

Unemployment

Anxiety

Divorce

Food Insecurity

Pregnancy

Transportation Issues

Lack of Insurance

Trauma

Legal Issues

Illness/Injury

Addiction

Discrimination

Disabilities

Food Insecurity

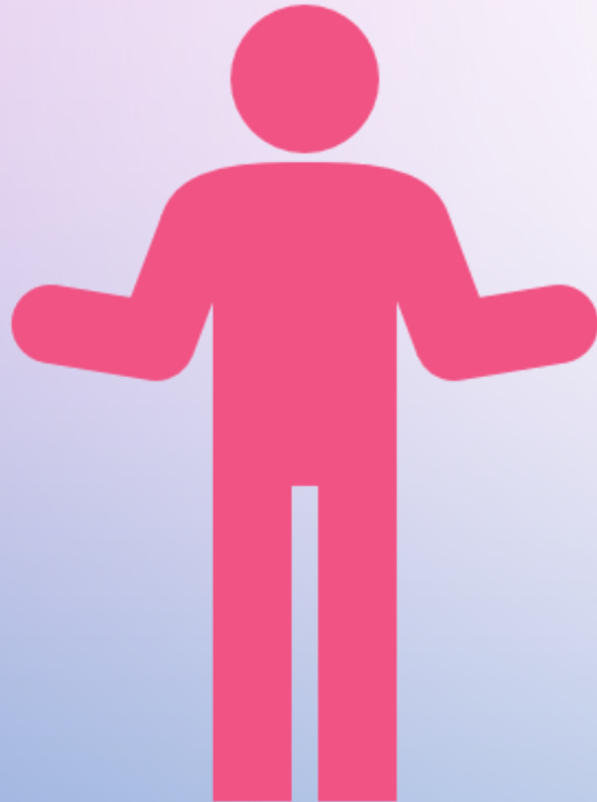
Housing Issues

Under Educated

Serious Mental Illness

Parental/Caregiver Stress

# ANXIETY/DEPRESSION



Most clients seeking to utilize the services we represent are experiencing a crisis of some kind



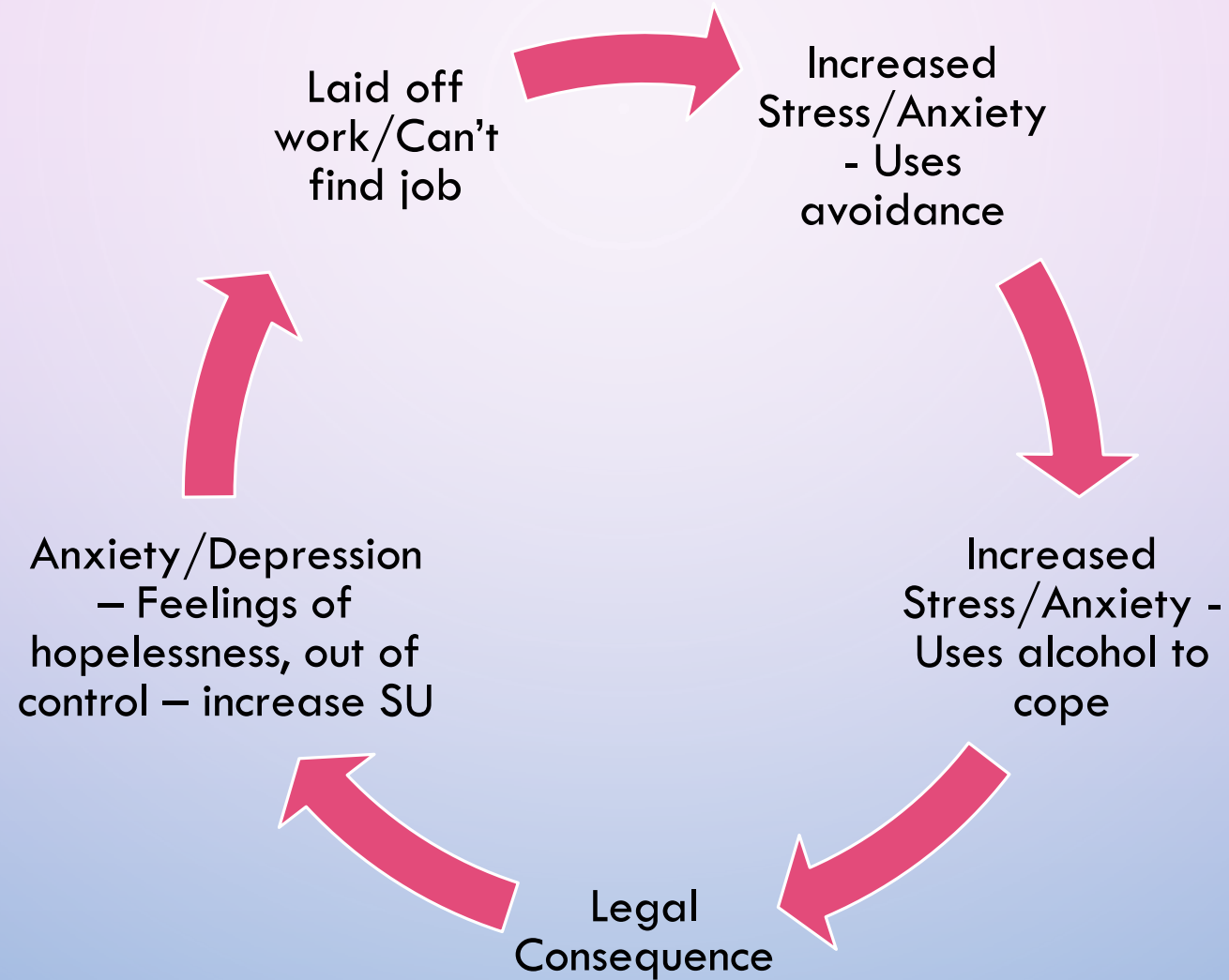
Experiencing a crisis will cause feelings of being out of control



When clients are in distress, symptoms of anxiety and depression are increased, and coping strategies and defense mechanisms are employed

Many are unhealthy and ill-suited for the situation

Often feel as if life is happening to them



# COPING STRATEGIES

- CLIENTS WILL HOLD ONTO INEFFECTIVE COPING STRATEGIES FOR A VARIETY OF REASONS
  - WORKED PREVIOUSLY
  - COMFORT
  - SAFETY
  - ATTACHMENT







# “STUCKNESS”

What is “stuckness”?

Psychological flexibility

- Falling in the hole

# HOW CAN WE BEST SERVE OUR CLIENTS?

Patience

Look for  
what's  
beneath

Empathy and  
validation

Self-care to  
avoid burnout





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## Roundtable Resources



# ORGANIZATIONAL SESSIONS

**HELP REDUCE THE STIGMA AROUND MENTAL HEALTH,  
ONE COMMUNITY AT A TIME.**



Healthy Minds, Healthy Lives is offering an opportunity for organizations to host a two-hour session for your local community.

We are looking to your organization to provide a venue and bring 10–20 of your neighbors, farmers, farm families, agribusiness, and community members to the event.

**Session content includes:**

- QPR training
- wellness activities
- telehealth resources
- mental health data
- signs and symptoms of stress
- Purdue Farm Stress program



**INDIANA**  
STATE DEPARTMENT OF  
AGRICULTURE

**INDIANA  
RURAL  
HEALTH**  
ASSOCIATION

**Interested in hosting?**

Contact Kathy Walker at  
[kwalker@indianarha.org](mailto:kwalker@indianarha.org).



# It's Okay to Talk About **SUICIDE**

Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

## Suicide is a leading cause of death in the U.S.:

**2<sup>nd</sup>**

Among people  
aged 10-14

**3<sup>rd</sup>**

Among people  
aged 15-24

**12<sup>th</sup>**

Overall

Suicide is  
**NOT**  
the  
answer.

## Among those who die by suicide:

**46%**

Have a diagnosed  
mental health condition

**90%**

Have experienced symptoms  
of a mental health condition

If you start  
thinking about  
suicide, seek  
help. Call or text  
a crisis line or a  
trusted friend.



## HIGH RISK POPULATIONS — Serious Thoughts of Suicide

### U.S. Adults – annual average 4.8%

Native Hawaiian/  
Other Pacific Islander

**7.4%**

Mixed/Multiracial

**8.2%**

American Indian/Alaska Native

**8.5%**

### Youth Populations

Young Adults aged 18-25

**13%**

High School Students

**22%**

LGBTQ Youth

**45%**

Make an  
appointment with a  
health care  
professional to talk  
about what you're  
thinking or how  
you're feeling.



Suicidal thoughts  
are a symptom, just  
like any other —  
they can be treated,  
and they can  
improve over time.



If you or someone you know is struggling or in crisis,  
help is available. Call or text 988 or chat 988lifeline.org  
to reach the 988 Suicide & Crisis Lifeline.

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](https://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



NAMI



NAMICommunicate



NAMICommunicate



[www.nami.org](https://www.nami.org)

 **nami**  
National Alliance on Mental Illness



# IMPACT INSTITUTE

LAGRANGE COUNTY



COMPLETE YOUR  
INDIANA HIGH  
SCHOOL  
EQUIVALENT  
TODAY!

## **Lagrange Library**

203 W Spring Street,  
LaGrange

Mon & Wed 9am to 2pm

Mon & Thurs 3:45pm to 7:45  
pm

## **Wolfe Community Building**

345 Morton Street,  
Shipshewana

Mon & Wed 3pm to 7pm

Classes &  
Testing is FREE!

WALK IN'S  
ARE  
WELCOME!

**888-349-0250 ext 1**



**Support Elijah Haven's**

# **Car, Truck & Bike Show**

**AUGUST 20TH 2 PM-5 PM**



**DJTK**



**Food Trucks**



**Giveaways**

**ACCEPTING DONATIONS FOR CAR & BIKE REGISTRATION**

Location: Around the Lagrange County Courthouse-

105 N Detroit St., LaGrange, IN

For More Information Call: 260-463-8700





# Helping Kids Cope with Crisis



When scary things happen, children look to the grown-ups in their lives to keep them safe and reassure them that the world is still full of possibilities. These resources can help guide parents, teachers and caregivers in talking with, listening to and engaging kids in times of crisis.

## For Parents

### When Something Scary Happens

[to.pbs.org/2ZvISes](https://to.pbs.org/2ZvISes)

### Sesame Street in Communities: Difficult Times & Tough Talks

[bit.ly/3qQ4vjK](https://bit.ly/3qQ4vjK)

### Sesame Street in Communities: Helping Kids Grieve

[bit.ly/2of0Rj3](https://bit.ly/2of0Rj3)

### Sesame Street in Communities: Community Violence

[bit.ly/3QZ67IA](https://bit.ly/3QZ67IA)

### Sesame Street in Communities: H is for Helping Hands

[bit.ly/3QPewrO](https://bit.ly/3QPewrO)

### Sesame Street in Communities: Handling Emergencies

[bit.ly/3BsYnTp](https://bit.ly/3BsYnTp)

### Helping Kids Navigate Scary News Stories

[to.pbs.org/3RXruoD](https://to.pbs.org/3RXruoD)

### Helping Children with Tragic Events in the News

[to.pbs.org/2ZtrvFG](https://to.pbs.org/2ZtrvFG)

## For Teachers and Caregivers

### WUCF's Meet the Helpers Pre-K through Grade 2

[bit.ly/3UI52Yg](https://bit.ly/3UI52Yg)

### Start With Hello: Educator Guides Grades 2-5

[bit.ly/3LuqKoD](https://bit.ly/3LuqKoD)

### Students Confront Trauma of Gun Violence through Theater Grades 6-12

[bit.ly/3DFN7ph](https://bit.ly/3DFN7ph)

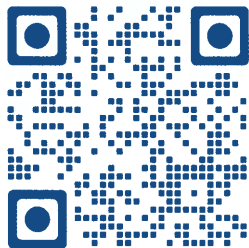
### How Media Literacy Helps Teachers & Students Talk about Gun Violence Grades 6-12

[bit.ly/3LoljHY](https://bit.ly/3LoljHY)

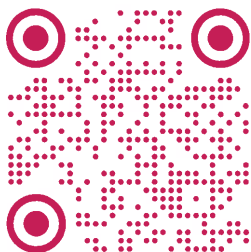


For more resources visit [pbskidsforparents.org](https://pbskidsforparents.org) and [pbslearningmedia.org](https://pbslearningmedia.org)

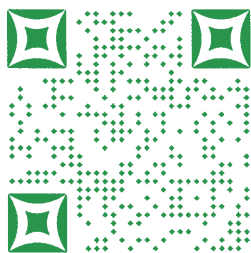




**PBS LEARNINGMEDIA:**  
**Personal, Mental, and Emotional Health**  
*Resources for grades PK-12*



**SESAME STREET WORKSHOP:**  
**Emotional Well-Being**  
*Resources for ages 3-5*



**MICHIGAN LEARNING CHANNEL:**  
**Mental Health Resource Center**  
*Resources for grades K-12*



By JGI/Tom Grill



**National  
Maternal  
Mental Health  
Hotline**



**HRSA**  
Health Resources & Services Administration

**For Support, Understanding, and Resources,  
CALL OR TEXT 1-833-9-HELP4MOMS**

**1-833-943-5746**

**Free - Confidential - Available 24/7**



HRSA recently celebrated the first anniversary of the [National Maternal Mental Health Hotline](#). Since its launch on Mother's Day 2022, the Hotline's professional counselors have provided emotional support, resources, and referrals to almost 12,000 pregnant and postpartum individuals who struggled with mental health concerns, and their loved ones.

HRSA is also introducing an updated toll-free number for the Hotline: **1-833-TLC-MAMA (1-833-852-6262)**.

The National Maternal Mental Health Hotline provides 24/7, free, confidential emotional support, resources, and referrals before, during, and after pregnancy. The Hotline is accessible by phone or text in English and Spanish and offers interpreter services in more than 60 languages. Pregnant and postpartum individuals and their loved ones can get the help and resources they need when they need it.

Read the [full press release](#).

## About the National Maternal Mental Health Hotline

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

Remind new parents to add the National Maternal Mental Health Hotline (1-833-TLC-MAMA | 1-833-852-6262) to their contacts list. The Hotline is free, confidential, and available 24/7 to help new parents and loved ones. You can text or call the number. Remind parents that, "You'll never know when you might need to call."

If you provide information packets for expecting and new parents, be sure to include magnets and wallet cards in them.

## Crossroads United Way

Serving Elkhart, LaGrange & Noble Counties

### Mailing Address

P.O. Box 3048 | Elkhart, IN 46515

### Street Address

601 CR 17 | Elkhart, IN 46516

574.295.1650 | 574.295.0033 (fax)

[www.crossroadsuw.org](http://www.crossroadsuw.org)



### To: **Our Community Supporters**

Crossroads United Way, serving Elkhart, LaGrange and Noble counties wants to help kids succeed in LaGrange County by sponsoring the KIDS UNITED parade at Corn School. The parade will start with costume judging at 6 pm on Wednesday October 4th during the Corn School Festival in downtown LaGrange.

Sponsorships will provide materials to support the READ UNITED program in every LaGrange County school district. READ UNITED has been growing every year and more volunteers are getting involved. It's an excellent way to volunteer and share your love of reading with our kids! Crossroads United Way purchases the books that will be used, provides training for the volunteer readers, and connects the readers with the teachers for kids in kindergarten through 2nd grade at different times throughout the school year. For more information about our READ UNITED program, or to sign up to volunteer, please visit [Crossroadsuw.org/readunited](http://Crossroadsuw.org/readunited), or contact Jill Yoder, Director of Volunteer & Community Involvement at [YoderJ@crossroadsuw.org](mailto:YoderJ@crossroadsuw.org) or call 574-295-1650.

All sponsors will have their logo displayed on the T-shirts the kids will receive, and on the books the school will receive after the volunteer reads it to the class. Gold Sponsors will be invited to join us at the parade and carry a banner representing their business. Sponsorships range from \$500 - \$2500. Visit [www.crossroadsuw.org/events](http://www.crossroadsuw.org/events) to learn more about the event, or email me directly at [landersd@crossroadsuw.org](mailto:landersd@crossroadsuw.org).

Thank you for your time and consideration,

**Denise Landers**

**Area Director for LaGrange & Noble counties**

**[landersd@crossroadsuw.org](mailto:landersd@crossroadsuw.org)**

**260-993-2179**

**LIVE UNITED®**



# CORN SCHOOL 2023 KIDS UNITED PARADE

## SPONSORSHIP OPPORTUNITIES

**SPONSORSHIP DEADLINE: August 16, 2023**

Help kids succeed in LaGrange County by sponsoring the kids UNITED Parade at Corn School. Sponsorships will provide materials to support the Real Mentors Read literacy program in LaGrange County Schools.

The parade will take place at 6 PM on Wednesday, October 4 during the Corn School Festival in downtown LaGrange.

Scan this QR code to  
access the online  
sponsorship form!



### GOLD SPONSOR

**\$2,500**

- Support an entire school with literacy materials for Real Mentors Read
- Company Logo on the books donated to the school
- Company banner carried in the Kids United Parade
- Company logo prominently included on all advertising
- Company logo prominently displayed on t-shirts



### SILVER SPONSOR

**\$1,000**

- Support one grade level with literacy materials for Real Mentors Read
- Company logo on the books donated to the school
- Company logo prominently included on all advertising
- Company logo prominently displayed on t-shirts



### BRONZE SPONSOR

**\$500**

- Support two classrooms with literacy materials for Real Mentors Read
- Company logo on the books donated to the school
- Company logo included in advertising and t-shirts



**REAL MENTORS READ**



**Crossroads United Way**  
Serving Elkhart, LaGrange  
& Noble Counties

**kids UNITED**

## **Community Resource Page**

**Please visit us on the County Website:**

**[www.lagrangecounty.org](http://www.lagrangecounty.org) > Government tab > Probation > Community Resources under Topics of Interest**

**<https://www.lagrangecounty.org/topic/index.php?topicid=115&structureid=68>**





Or follow us on Facebook:

<https://www.facebook.com/groups/lagrangerecources>



Please Email [lagrageresources@gamil.com](mailto:lagrageresources@gamil.com) with any questions or concerns.