

CMMHC WELLNESS BULLETIN

July 2019



NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

July is National Minority Mental Health Awareness Month

During National Minority Mental Health Awareness Month in July, the HHS Office of Minority Health (OMH) will launch a free and accredited e-learning program: Improving Cultural Competency for Behavioral Health Professionals. This new program is part of OMH's Think Cultural Health E-learning Curricula, which are developed to help build knowledge and skills related to the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (National CLAS Standards).

In addition to the launch of the behavioral health e-learning program, OMH will join partners at the federal, state, local, tribal, and territorial levels to help raise awareness about mental illness and its effects on racial and ethnic minority populations.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA):

- In 2017, 41.5% of youth ages 12-17 received care for a major depressive episode, but only 35.1% of black youth and 32.7% of Hispanic youth received treatment for their condition.
- Asian American adults were less likely to use mental health services than any other racial/ethnic group.
- In 2017, 13.3% of youth ages 12-17 had at least one depressive episode, but that number was higher among American Indian and Alaska Native youth at 16.3% and among Hispanic youth at 13.8%.
- In 2017, 18.9% of adults (46.6 million people) had a mental illness. That rate was higher among people of two or more races at 28.6%, non-Hispanic whites at 20.4% and Native Hawaiian and Pacific Islanders at 19.4%.

Despite advances in health equity, disparities in mental health care persist. The Agency for Healthcare Research and Quality (AHRQ) reports that racial and ethnic minority groups in the U.S. are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. Poor mental health care access and quality contribute to poor mental health outcomes, including suicide, among racial and ethnic minority populations.

The HHS Office of Minority Health encourages all our partners to educate their community about the importance of improving access to mental health care and treatment and to help break down other barriers such as negative perceptions about mental illness.

UV Safety Awareness Month

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. **Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Pineapple Salsa Grilled Chicken



YIELDS:4 SERVINGS

PREP TIME:0 HOURS 10 MINS

TOTAL TIME:2 HOURS 25 MINS

INGREDIENTS

- Juice of 4 limes, divided
- 1/4 c. plus 1 tbsp. freshly chopped cilantro
- 1/4 c. extra-virgin olive oil, plus more for grill
- 2 tsp. honey
- Kosher salt
- 1 lb. boneless skinless chicken breasts
- 2 c. chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced
- Freshly ground black pepper

DIRECTIONS

1. Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil, and honey and season with salt.
2. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator at least 2 hours, or up to overnight.
3. When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.

UPCOMING EVENTS★

- 8/17/2019 8a - 12p Expo for Seniors
- 8/17/2019 9a - 12p Save 5k
- 8/26/2019 6a - 6p Mental Health Awareness at the State Fair
- 8/28/2019 5p - 9p Summertime by George
- 9/14/2019 9a - 2p Thumbs Up 5k
- 9/21/2019 11a - 4p Pride in the Park
- 9/25/2019 4:30p - 6:30p Celebration of 60 Years

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

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