

Carey

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lows:
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John Jones – Vice-Chairperson
Doug Bryant – Treasurer
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Steve Smithley – Immediate Past Chairperson
Jim Wallace
Rodney Faulk
Rich Orrell
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Eric Reaves
Phil Bowers
Dana Gault
Sarah Summerset
Josh Schenck

In addition to the agency's governing board of directors, Carey Services seeks community involvement through other agency committees.

The agency's Early Head Start program seeks community input through its policy council that guides program activities; the council includes program staff, community representatives and early childhood education professionals. The chairperson this program year is Amanda Willis; vice chairperson is Kendra Kreischer, and secretary is Breonna Speidel.

Carey Services is an internationally accredited premier local provider of home and community-based services for individuals with intellectual and developmental disabilities and children and families in early childhood education services. Carey Services is a community based, positive-difference-making agency providing an array of services to people with disabilities and other low-income individuals and families.

Carey Services is the Arc Chapter for Grant and Blackford counties and a United Way partner organization in Grant County. Supports and services are determined through person-centered planning, where individuals and their families direct the planning and allocation of resources to meet their individual life goals. Call 765-668-8961 or visit www.careyservices.com for more information to seek services or employment opportunities, or to donate. Individuals can also visit the Carey Services Facebook page <https://www.facebook.com/Careyservices>.

Carey Services also has created a virtual tour that allows people to visit the Marion campus and learn about the many programs offered. You can take the tour at: www.careyservices.com/virtualtour.

KICKING THE STIGMA

It's time to 'Kick the Stigma'

I cannot say I am an Indianapolis Colts football fan. However, I am a fan of the new campaign the owner Jim Irsay is funding.

I saw a commercial displaying the shoes Kicking The Stigma | #MyCauseMyCleats and was intrigued.

I then watched the promotional video where Irsay and Kalen Jackson, Vice Chair and Owner of the Indianapolis Colts had to say about: It's time to kick the stigma....

Sprinkled in the three-minute video were statistics specific to Indiana and mental health.

There was the one that stated: One in four Indiana people suffer from some form of mental health challenge; one in five United States adults experience mental illness.

Or the stat indicating that Indiana loses one person by suicide every eight hours.

I liked the look of the cleats and shoes that the Colts have created, incorporating the blue and white Colts colors with green for mental health.

The shoes include some of the more prominent mental health issues – depression, anxiety, and post partem depression.

The video went on to say that 50 percent of individuals

suffering from mental health illnesses go untreated due to the stigma surrounding the disease or lack of access to treatment.

To kick off the initiative, the Irsay family has donated one million dollars to both Indiana University Health and Ascension St. Vincent to increase access to mental health services across Indiana.

I applaud the Irsay family for creating this initiative. It seems only appropriate that a football team that has the attention of many Hoosiers should take advantage of their ability to take a stand on issues such as the stigma surrounding mental health.

For me, the mental health crisis the Colts are trying to address has hit home.

Recently, my sister called crying about her husband who had gotten lost on his way to his VA appointment in a neighboring city. When he did make it to the VA, doctors were concerned and sent him by ambulance to another hospital where several tests were run, and it was determined he had an inoperable brain condition. This past Friday, my sister and her husband went back to the VA to see his doctor and did some additional cognition testing.

The doctor started asking

the two of them about Mel's mental health. My sister had suspected for some time that Mel was depressed. What she did not realize was the depth of the depression or how it was affecting his physical health and cognition.

After discussing how Mel, who is retired, has isolated himself from the world due in large part to covid19 and the political unrest that is consuming so many these days, the doctor prescribed an anti-depressant. There was also a stern talking about cutting out smoking and the importance of an exercise routine.

While growing up mental health was not something discussed in my family, my years at Family Service Society, Inc. has certainly given me the opportunity to realize just how important someone's mental health is.

I would say this past year enduring covid19 which forced isolation and social distancing, has certainly brought mental health to the forefront for so many.

It has also I hope helped us realize how critically important it is to check in with others, not just about physical ailments, but emotionally how each other are doing. And after hearing the depth of impact my brother

in law's mental health caused for his physical health, realizing how closely intertwined the two can be.

It can be difficult to talk about how someone is doing emotionally because it is easier to hide our feelings than our physical ailments.

You can see someone cringe as they walk across the room or climb stairs if their knees are hurting or their legs are bothering them.

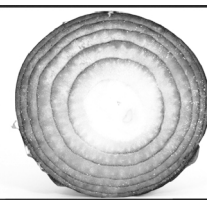
It can be much less obvious to tell if someone is depressed or anxious or stressed. There is also the stigma too many times attached to mental health. I think many times it is an ignorance of what mental health means.

For too long we have spent too much attention on physical health and well-being and not enough on mental health.

We do not always know what to say when someone does open up.

As an advocate to break the cycle of domestic violence, I have seen first-hand how beneficial counseling can be for someone who has had their self-esteem and self-worth trampled.

I also know the many physical side effects domes-



A SLICE OF LIFE

Linda Wilk



tic violence can cause that are entangled with mental health.

For anyone who might be suffering in any way from a mental health ailment, no matter if it is caused by domestic violence, anxiety, stress, heredity or a multitude of other reasons, I would encourage you to reach out for help.

And for each of us who may be the one person who someone struggling might reach out to, I encourage you to know where to refer someone, just like you would refer someone for a physical ailment, because as has been the mantra for 2020 and continues in to 2021, we are all in this together and so together we can eliminate the stigma of mental health for all.



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