TACKLE life’s challenges

When sleep is hard to come by, a work or home transition gets you down, or grief grabs hold of you, talk it out. Find a buddy at the gym, another parent in your kid’s play group, your bridge partner, a family member, a professional, whomever you want. Just talk, and you’ll find many people who care and can relate to what you’re going through. Life throws us many curveballs, and sometimes we are unprepared to respond. That’s ok. You don’t always have the answers, but honest talk about these issues is how you start to solve them.

There’s strength in taking care of yourself, as we’ll hear from Seattle Seahawks Legends Jordan Babineaux and Sean Locklear, who both played for the Seahawks from 2004-10. Their NFL careers showed they are strong, both mentally and physically. But it doesn’t matter how strong you are when life goes in an unexpected direction and you find yourself in a tough position. Learn how they went from tackling players on the field to tackling life’s challenges.

Hear their stories:

- Saturday, Nov. 9, 2019
- 10-11 a.m.
- Edmonds Center for the Arts, 410 Fourth Avenue N in Edmonds.
- All are welcome at this free event. No pre-registration required. Learn more by visiting verdanthealth.org or call (425) 582-8600.
Our Thanks!

Verdant’s inaugural Latina Health Conference called “Corazón y Conexión” took place in October 2019. Watch for details on our next Spanish-language community event in 2020! Thank you to our event sponsors:

Premera Blue Cross
Kaiser Permanente
Coordinated Care
Edmonds Community College
Amerigroup
Community Health Plan of Washington
Community Transit
Molina Healthcare
Puget Sound Kidney Centers
Sea Mar Community Health Centers
Swedish Edmonds
La Raza del Noroeste

Verdant’s 2018 Annual Impact Report

If you are interested in learning more about the local programs Verdant supported in 2018, the effect of our work in the community, and our organization’s financials, please browse the 2018 Annual Impact Report at verdanthealth.org/annualreport2018. Print copies are available at the Verdant Community Wellness Center.

1 in 5 adults in the U.S. lives with a mental illness.1

On average, there are 123 suicides a day in the U.S.2

22% of the 10th graders in the Edmonds School District considered attempting suicide in the past year.3

37% of the 10th graders in the Edmonds School District felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.4

11% of Snohomish County adults reported at least 14 days in the past month that their mental health was not good.5

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SWEDISH EDMONDS UPDATE

Join us for Mental Health First Aid in October or November 2019

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone with a mental health or substance use problem and help connect them to appropriate care. This free training is for community members and professionals who want to improve their knowledge and gain skills about the signs and symptoms of mental illness or substance abuse. It will also cover how to interact with a person in crisis and connect them to resources. Mental Health First Aid is offered on Oct. 30 and Nov. 15 at 8 a.m. at Swedish Edmonds, 21601 76th Avenue W, Edmonds. Learn more for either date by visiting verdanthealth.org/events.

Take time for the hard conversations

Message from the Superintendent

“What mental health needs is more sunlight, more candor, more unashamed conversation about illnesses that affect not only individuals but their families as well.” – Glenn Close

I have noticed that in general, we are kind and compassionate people. When a friend or colleague has a mother with cancer, a child with a broken limb, we rally the troops, making meals, covering work shifts. Why, then, when someone is struggling with addiction or mental illness—their own or that of a loved one—do we shy away?

One possible answer: stigma. Stigma is defined as a mark of disgrace associated with a circumstance, shame or blame. Stigma often comes from a lack of understanding or fear. Sometimes, it comes from feeling helpless, not knowing how to help a loved one with a mental health concern. Sometimes, too, it comes from not wanting to draw attention to the issue out of concern of being harshly judged or treated differently. This type of stigma is a dangerous thing. It can lead to isolation or prevent people from seeking help. It can take away opportunities, good jobs, safe housing, and quality health care.

So, what do we do about this? First, have the hard conversations. Talk openly about mental health issues. Ask questions. Find reputable information and educate yourself about what mental illness is... and what it isn’t. Most importantly, be compassionate.

We at Verdant know that mental health and well-being play a critical role in our overall health. On Saturday, Nov. 9, 2019, we will host a conversation with two former Seattle Seahawks to hear their stories about mental health with the hope that this will help break down stereotypes and stigma associated with these issues.

We hope that you are able to have these important conversations with people you know who may be struggling or feeling unsupported. Please join us in November to continue the talk, and don’t hesitate to let us know if we can help.

Sincerely,

Robin Fenn, Ph.D., LICSW
Superintendent

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1. Source: National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration
2. Source: American Foundation for Suicide Prevention
3. Source: 2018 Healthy Youth Survey
4. Source: 2018 Healthy Youth Survey
Diabetes is on the rise: Know your risk and connect to services

In 3 African American adults have prejudices; according to the Centers for Disease Control and Prevention, the disease is diagnosed early and finding resources to help can lower your risk of getting type 2 diabetes.

Who is at risk of developing prediabetes or type 2 diabetes?

There often aren't any visible symptoms, but your risk for prediabetes or type 2 diabetes can be assessed with a test. The test is called the HbA1c. A value of 6.5% or higher indicates prediabetes.

Type 2 Diabetes

- Prediabetes is a condition that increases your risk of developing type 2 diabetes. It is also called being pre-diabetic.
- Type 2 diabetes is a long-term condition where the body becomes resistant to insulin, or the pancreas is unable to produce enough insulin. Over time, the body’s glucose level (sugar level) becomes too high.
- Overweight, obesity, and being active in your daily life.
- Having a parent or sibling with type 2 diabetes.
- Having diabetes during pregnancy.
- Black, Hispanic/Latino, American Indian, and Asian Pacific Islander adults.
- Having high blood pressure.
- Being physically inactive.

What can you do?

- • Are Black, Hispanic/Latino, American Indian, and Asian Pacific Islander adults.
- • Have high blood pressure.
- • Are physically inactive

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Diabetes-Friendly Living is a free 4-week program for people who have already received formal diabetes education. The next session begins Wednesday, Nov. 6, 2019 5:30-7:30 p.m. at Verdant. Learn more or register online at verdanthealth.org/events or call (425) 582-8600.

A free, monthly diabetes-friendly health and wellness class. The class takes place on Wednesdays at 5:30 p.m. This class is for people with diabetes. The class takes place on Wednesdays at 5:30 p.m. This class is for people with diabetes. Individual class series will be held on first Wednesday of each month. There is no cost to attend the class. There is no cost to attend the class. There is no cost to attend the class. There is no cost to attend the class.

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Get Involved: Community Health & Wellness Events

Learn about these events and others by visiting verdanthealth.org/events. Classes are free unless listed and take place at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600.

Diabetes-Friendly Living:
A 4-Week Series for Adults*
Wednesdays, Nov. 6, 13, 20, & 27, 1:30-3 p.m.
*Adults diagnosed with diabetes who have already had formal diabetes education

Teens in the Kitchen: Baking Nutritious and Delicious Cookies & Cupcakes
Saturday, Nov. 9, 1-3 p.m.

Building Appropriate Self Esteem in Your Child
Thursday, Nov. 14, 6:30-8:30 p.m.

Learn & Taste: Managing Stress with Breathing, Gentle Yoga & Healing Nutrition
Thursday, Dec. 5, 1:30-3:30 p.m.

Mediterranean for Life 6-week Program
Thursdays, Jan. 9-Feb. 13, 2020, 6-7:30 p.m.
$35 fee to participate; scholarships available

Pre-registration is required.