Oregon Behavioral Health Support Program

Member Newsletter

Issue 10: Spring 2023



May is Mental Health Awareness Month!



Starting in 1949, the organization Mental Health America has observed May as Mental Health Month. Since then, other organizations have joined to annually promote awareness of mental health issues.

You Are Not Alone

Mental Health Awareness Month aims to normalize mental health issues and reduce stigma. Did you know that **one in five** adults in the U.S. experience a mental health condition each year? And **one in 20** experience serious mental illness.

The following percentages of U.S. adults experience mental illness in a year:

- **35%** of multiracial adults
- **27%** of American Indian/Alaska Native adults
- **24%** of White adults
- **21%** of Black/African American adults
- **21%** of Hispanic adults
- **18%** of Native Hawaiian/Pacific Islander adults
- **16%** of Asian adults

Continued on the next page

Comagine Health

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

Source: National Alliance for Mental Health (NAMI)-Mental Health By the Numbers: https://nami.org/mhstats

About 38% of the LGBTQ+ population in the U.S. reported having a mental illness in 2019 (Substance Abuse and Mental Health Services Administration [SAMHSA]: https://bit.ly/41015KP).

You Are More than Enough

You are valuable. You are special. You deserve caring and healing. You deserve acceptance and love. You are more than enough.

This year, the National Alliance for Mental Health (NAMI) is focused on you – **you are more than enough**. The organization says, "We want every person out there to know that if all you did was wake up today, that's *more than enough*. No matter what, you are inherently worthy of *more than enough* life, love and healing."



Nature is Good for You

From walking outside to admiring flowers in a park, being outside is good for us. Studies have shown that walking outside elevates our mood, and not just because of the exercise.[1,2] Activities like gardening, walking in a park or just relaxing outside are all good for our health.

Health Topics

Spring time means allergy time for many. You may be having a runny nose, itchy eyes and sneezing. Ask your doctor about managing symptoms.

It's also a good time for regular health screenings. It's important for doctors to periodically check your blood pressure, heart rate and other things. They may do a blood test to screen you for diabetes or other conditions. If you are middle aged or older, it might be time for a cancer screening like a mammography or colorectal screening. Ask your provider what you may need.

If you have a chronic condition, like diabetes, remember to take your medication and follow your care plan.

And don't forget about your teeth! Oral hygiene is important to your overall health (Mayo Clinic). Experts say we should brush and floss twice daily (American Dental Association – see how-to video here). And see a dentist at least once a year (ideally twice a year) for annual exams and cleanings.

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[1] Kristin Weir, American Psychological Association. *Nurtured by Nature*. April 2020.

[2] Capaldi CA, et al. Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*. Vol. 5, No. 4. 2015. Bratman GN, et al. Nature experience reduces rumination and subgenual prefrontal cortex activation. *PNAS*. Vol. 112 (28). 2015.



We Want to Hear from You

If you would like to be featured in the newsletter, please talk to your Comagine Health care manager or care coordinator. We welcome your suggestions for this newsletter.

Send your ideas to ORBHSupport@comagine.org.

We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184
- Send an email to: ORBHSupport@comagine.org
- Send us a message by using our contact form: https://bit.ly/3BgqXbx

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