



WATAUGA COMPASIONATE COMMUNITY INITIATIVE

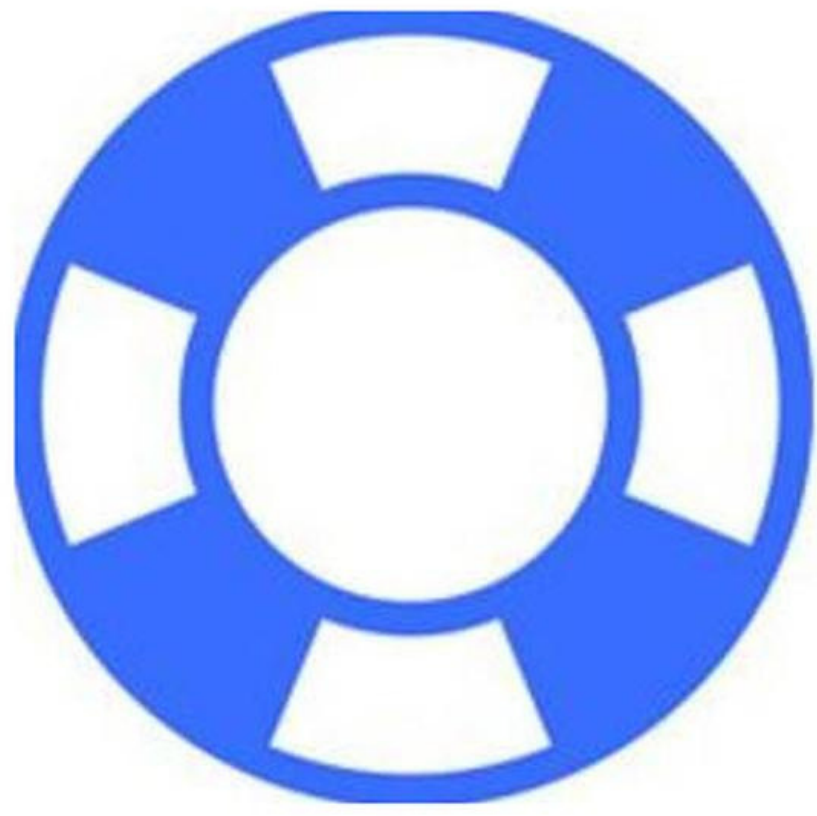
September Newsletter

Preventing trauma.
Building resiliency.

VISIT WWW.WATAUGACCI.ORG
FOR MORE DETAILS.

SEPTEMBER IS

Suicide Prevention Month



**American
Foundation
for Suicide
Prevention**

If you or someone you know is
in crisis, call:

Daymark Recovery Service
24 Mobile Crisis Line at 877-
492-2785

What leads to suicide?

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

The National Suicide
Prevention Lifeline at 800-
273-TALK (8255)
or call 911 immediately.

Or you can text the
Nationwide 24 Crisis Text
Line:
Text HOME to 741741

Possible suicide prevention
resources of interest:
Kevin Hines "Be Here
Tomorrow"
<https://www.kevinhinesstory.com/shop/be-here-tomorrow-red>
To Write Love on Her Arms
<https://twloha.com/>

Warning signs

Behavior:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Talk:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

<https://afsp.org/risk-factors-protective-factors-and-warning-signs#what-leads-to-suicide->

WCCI 2021-2022

Upcoming Meetings

Meeting Dates for 2021-2022 year:

Until further notice, WCCI meetings are by Zoom beginning at 8:30 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZOMmdmNjIFUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meetings will be held from 8:30-10:30 am.

Sept. 9, 2021
Oct. 14, 2021
Nov. 11, 2021
Dec. 9, 2021
Jan. 13, 2022
Feb. 10, 2022
March 10, 2022
April 14, 2022
May 12, 2022



SOCIAL MEDIA! FOLLOW US!

WCCI - Watauga
Compassionate
Community
Initiative

Watauga County
North Carolina
Paces Connection

@wcci_2020



WCCI 2021-2022

Current Community Needs

Foster Parents

Our community is always in dire need of foster care parents and mentors. To be a foster parent or to learn more, contact Jessica Winebarger at the Department of Social Services (265-8100).

WYN Mentors

To be a mentor or to learn more, contact Angela McMann or Charlene Grasinger at Western Youth Network (264-5174)

NAMI Community Meetings

NAMI High Country is looking for leaders of its support groups and other programs. If you think you may be interested, contact Mike Tanner, pres@namihighcountry.org.

- *Public Information Meetings,*
 - *1st Monday (most months), 6:30 PM,*
<https://us02web.zoom.us/j/89693958646>.
 - *Nov. 1: ASU Mental Health Ambassadors, "Depression & Suicide"*
 - *Dec. 6, Geri Miller, "Crisis Intervention"*
 - *1st Thursday, 4 PM*
<https://us02web.zoom.us/meeting/register/tZ0kdOqrrz0tEtLSeWjOcA0RJ8qaPcO5YnLn>
 - *2nd Monday, 7 PM contact pres@namihighcountry.org for zoom link*
- *NAMI Education Programs Coming Soon:*
 - *NAMI Basics for parents and caregivers of children 22 and younger with mental health concerns*
 - *NAMI Family-to-Family for parents, friends, and others with a significant person in their lives who lives with a mental illness*

WCCI WEDNESDAYS

Upcoming Schedule

WCCI will be hosting monthly conversations by Zoom about trauma and resiliency. These conversations will be with people impacted by ACEs, as well as agency staff and providers. They will be held every Wednesday on Zoom until further notice. They will begin at 12:00 noon.

Zoom Link: <https://zoom.us/j/93894662207?pwd=Wjc3eU9SL3JMOXJpQSs5UkxYaUd3UT09>
Meeting ID: 938 9466 2207
Passcode: 440689

Date	Who is Joining	Topic
September 1	High Country Caregivers	Supporting Relatives in Parenting Through Trauma
September 8	Candis Walker	Prevention Specialist, Watauga County Schools
September 15	Kaaren Hayes	Parent to Parent
September 22	Geri Miller	Community Response to Crisis
September 29	Daymark & Community Mental Health Project.	Suicide Awareness, Prevention, and Resources

MEMBER SPOTLIGHT

Judith Winecoff

I live in the beautiful mountains of Ashe County at the end of a dirt road in a dilapidated farm house. My husband calls it "vintage" with chickens, bees, dogs and cats. 40 some years ago, my husband and I were seeking a safe haven from the world. I did not want to be a part of something I did not like, but my children brought me back into the world.

I grew up in a family with problems. My father died when I was 11; I found him on the stairs. In many ways, I feel like I lost my mother to grief and alcohol. I think she drank to not feel the pain. We moved from Utica, New York to Charlotte, NC. In New York, I had a teacher who helped me, but we moved away so we could be closer to my mother's family. I went to a different school every two years. Once we moved, my mother married a man who was biased, prejudiced, violent and had more problems than she did. It took five times before she could leave. We went from my aunt's house to ours, juggling our lives. It was when I found some books my brother left from college, I realized that maybe there is another way to see and live in the world. A quote by Franz Kafka's lingers in my mind, "a book is an axe to break the sea frozen inside us." Literature presents a way to see the world in a different light. Sometimes a child may have no reliable adult but the ink on the page may be a steady guide. Literature opened a world of possibilities for me. I wandered into librarianship.



I wanted to be a teacher, because a kind teacher helped me. I'll never forget his presence and guidance. It was not until I was an adult that I realized that some things in my life were not right. I knew nothing different until I had children of my own and I knew what I did not want for them...

Well, I hear the chickens calling. I'm writing this as I sit on the front porch in a creaky chair with a view of wispy clouds and mountain peaks. I sit beside my husband strumming the guitar and appreciating and savoring all of my blessings. I can hear the grass growing, and the beans need picking, and if you ever need a little chicken therapy just let me know. Sometimes a little chicken squeeze is just what a person needs.

RESILIENCE SKILL

3 Minute Body Scan

Stress often has physical symptoms in addition to the mental and emotional stress. Body Scans are particularly helpful in bringing awareness to your body and the areas that may hold stress. Research shows that body scan meditation has many mental and physical benefits including reducing stress, increasing focus, and improving sleep.

<https://www.headspace.com/meditation/body-scan>

Whenever you feel ready, slowly follow the following steps to notice sensations throughout your body.

- Gently close your eyes and ground yourself in the moment.
- Bring awareness to the feet- notice sensations in the soles, toes, tops of the feet and even up to the ankles.
- Shift focus into the legs. Notice sensations that you may have not noticed before. Choose to bring awareness to things you have noticed but have never brought focus to.
- Shift up into the hips, then into the torso, being aware of the back, chest, abdomen
- Begin to be aware of the arms and the hands.
- Choose to bring attention to the shoulders, which are often a place of tension and stress.
- Move up into the neck, and into the face.
- Take deep breaths and find sensations throughout the whole body.
- Whenever you feel ready, open your eyes.

