



NEWSLETTER

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MAY 2025

MENTAL HEALTH AWARENESS MONTH



As we transition into warmer days and the end of the school year, we have several important themes to celebrate and reflect upon. This month, we focus on mental health awareness, show our appreciation for educators and school staff, and share exciting ideas for summer fun with your children.



WELCOME TO MAY!

May is dedicated to raising awareness and understanding of mental health for everyone. With 1 in 5 adults experiencing mental illness each year and 1 in 6 children aged 6-17 facing a mental health disorder annually, it's crucial to support mental well-being across all ages. Here's how you can support mental health for children and the wider community:

Tips for Promoting Mental Health:

- **Practice Mindfulness:** Mindfulness involves paying full attention to the present moment without judgment. It can help reduce stress and improve emotional regulation. Examples of mindfulness activities include:
 - Deep Breathing Exercises: Focus on slow, deep breaths to help calm the mind.
 - Guided Meditation: Use apps or online resources to follow along with guided sessions.
 - Mindful Walking: Take a walk and pay attention to the sensations of your movements and surroundings.
 - Body Scans: Gradually focus on different parts of the body, noting any sensations or tensions.
- **Stay Active:** Physical activity is linked to improved mental health, reducing symptoms of depression and anxiety for all ages. Activities like walking, biking, or yoga can boost your mood.
- **Connect with Others:** Strong social connections improve mental health outcomes, providing a sense of belonging and support. Regular check-ins with friends and family can foster these connections.
- **Set Realistic Goals:** Achievable goals boost confidence and reduce stress, enhancing mental health. Break tasks into smaller, manageable parts to improve focus and accomplishment.
- **Prioritize Rest:** Adequate sleep is crucial, as sleep deprivation is linked to increased emotional and behavioral issues. Establish a regular sleep routine for the whole family to ensure everyone gets the rest they need.

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HOW TO SUPPORT OUR CHILDREN'S MENTAL HEALTH AS ADULTS

- **Model Healthy Behaviors:** Demonstrate healthy coping mechanisms and emotional regulation in your actions.
- **Communicate Openly:** Encourage open and honest conversations about feelings and emotions.
- **Be Supportive and Non-Judgmental:** Listen actively to your child's concerns without judgment.
- **Create a Safe Environment:** Ensure that your home and surroundings are safe spaces for expression.
- **Educate Yourself:** Learn about child development and mental health issues to better support your child's needs.

By understanding these statistics and taking proactive steps, we can foster an environment that supports mental well-being for both adults and children. Let's work together to create a community where everyone feels valued and understood.

EDUCATOR APPRECIATION WEEK

Join us in celebrating Educator Appreciation Week from May 5 to May 9. This is our chance to express gratitude to the teachers and staff who dedicate their time and energy to nurturing our students. Here are a few ideas on how you can show your appreciation:

- **Personalized Thank-You Notes:** Encourage students and families to write heartfelt notes expressing their gratitude and sharing memorable moments or impacts made by educators.
- **Classroom Supplies Gift:** Organize a collection of classroom supplies that teachers often purchase out of pocket, such as markers, notebooks, or art materials.
- **Lunch or Snack Treats:** Arrange for a special lunch, breakfast, or snack bar to be delivered to the school, giving educators a delightful break during their day.
- **Decorate the School:** Have students create banners and posters expressing appreciation and decorate the hallways or staff lounge.

Let's come together to show our educators how much their hard work and dedication mean to us!





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Contact Us:

Hays	208 E. 7th	(785) 628-2871
Colby	750 S. Range	(785) 462-6774
Goodland	723 Main	(785) 899-5991
Norton	211 S. Norton	(785) 877-5141
Phillipsburg	783 7th	(785) 543-5284
Osborne	209 W. Harrison	(785) 346-2184

High Plains Mental Health Center is committed to providing comprehensive mental health services to individuals and families in our community, emphasizing accessible and quality care.

Services Offered:

- **Outpatient Services:** Includes individual, group, and family therapy to address a wide range of mental health needs.
- **Crisis Services:** 24-hour crisis intervention and emergency services to support individuals in immediate need.
- **Psychiatric Services:** Access to psychiatric evaluations and medication management to ensure comprehensive treatment.
- **Community-Based Services:** Programs that include case management and support for individuals with severe mental health conditions.
- **School-Based Services:** Collaboration with schools to provide mental health support to students within the educational environment.
- **Substance Use Services:** Treatment and support

For more information or to seek support, visit High Plains Mental Health Center or contact their office directly. Together, we can make a significant impact on mental health in our community.



SUMMER FUN IDEAS!

As summer approaches, it's the perfect time to plan some exciting activities with your children. Here are a variety of ideas to keep everyone entertained and engaged, along with some free resources to explore.

Outdoor Adventures

- **Nature Scavenger Hunt:** Create a list of items to find in your local park or backyard, such as leaves, rocks, or specific flowers. It's a great way to explore nature and learn about local wildlife.
- **Backyard Camping:** Set up a tent in the backyard and enjoy a night under the stars. Share stories, play games, and enjoy some classic campfire snacks like s'mores.
- **Water Play Day:** Beat the heat with a day of water fun. Set up a sprinkler, fill up water balloons, or create a slip-and-slide with a tarp and water hose.



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SUMMER FUN IDEAS!

Creative Crafts

- **DIY Bird Feeders:** Use pinecones, peanut butter, and birdseed to make simple bird feeders. Hang them up and watch the birds come to visit.
- **Painted Rocks:** Collect rocks from outside and paint them with fun designs or inspirational messages. Use them to decorate your garden or give as gifts.
- **Tie-Dye T-Shirts:** Get creative with fabric dye and plain white T-shirts. Experiment with different color combinations and patterns.

Engaging Recipes

- **Fruit Popsicles:** Blend together your favorite fruits, pour into molds, and freeze for a refreshing homemade treat.
- **Mini Pizzas:** Let kids create their own mini pizzas using English muffins, tomato sauce, cheese, and toppings of their choice. Bake and enjoy!
- **Trail Mix:** Mix together nuts, dried fruits, and a bit of chocolate for a healthy and tasty snack perfect for on-the-go adventures.

Educational Activities

- **DIY Science Experiments:** Try simple experiments like making a baking soda and vinegar volcano or creating a rainbow in a jar with water, oil, and food coloring.
- **Reading Challenges:** Set up a summer reading challenge with a list of books and offer small rewards for each book completed.
- **Gardening Together:** Plant a small garden or even just a few pots of herbs. It's a great way to teach kids about nature and responsibility.

Free Resources

- **PBS Kids:** Visit PBS Kids for a variety of free games and educational videos perfect for keeping kids engaged and learning over the summer.
- **Local Libraries:** Many libraries offer free summer reading programs, events, and access to digital books and audiobooks. Check with your local library for details.
- **NASA's Kids' Club:** Check out NASA's Kids' Club for free educational resources and interactive games about space exploration.
- **National Geographic Kids:** National Geographic Kids offers free online games, videos, and articles about wildlife and the environment.



The activities and resources listed above are designed to foster creativity, learning, and fun for both kids and their caretakers. Enjoy a summer filled with laughter and memorable moments!

CONCLUSION: May is a month of opportunities to focus on well-being, appreciation, and adventure. As we highlight mental health awareness and honor our dedicated educators, let's also embrace the fun and learning that summer brings. Use these ideas to create memorable experiences with your family and community. We hope this month inspires you to connect, explore, grow together, and enjoy all that May has to offer!