

What's **The Scoop** on Your Health?



Welcome to the May issue of The Scoop!

May, 2020



We are all still staying home and staying safe, so hang in there! Doing your part to stop the spread of COVID-19 is important to your health and the health of the most vulnerable in your community!

The Corner continues to do online programming and groups to keep in touch with you. From social groups, recovery groups, and educational groups, we hope to stay connected with you—safely!

We are still open and continuing to serve you safely taking scheduled appointments only at this time. Many appointments occur online as deemed appropriate. Remember if you need to go out for any reason, wear a mask and keep 6 ft. between yourself and others. **Need a mask? Let us know, we have mask for you, while supplies last**

The Corner has cleaning kits (while supplies last)! Just complete the request form online!

<https://forms.gle/BV1erUfdTMMd1zCs7>

The Corner Health Center
www.cornerhealth.org
47 N. Huron Street
Ypsilanti, MI 48197
734-484-3600

May is Mental Health Awareness Month!

It is now more important than ever to discuss resources and bring awareness!

We also recognize **National Teen Pregnancy Prevention** this month!


Want to prevent an unplanned pregnancy? Call us to make an appointment—734-484-3600!



The mission of the Corner Health Center is to inspire 12- to 25-year-olds (and their children) to achieve and sustain healthy lives by providing judgment-free, affordable health and wellness care and education.

We cover comprehensive health care, behavioral health services, health education and youth development programs designed exclusively for teens and young adults.

For more information, visit www.cornerhealth.org or call 734-484-3600 for an appointment.

A cartoon illustration of a Black female nurse with curly hair, wearing blue scrubs and a stethoscope, holding a clipboard.

Check out our website
for the most up to
date info!

COVID—19 News from the Corner

The Corner is not performing testing for COVID-19.

We continue to serve patients with scheduled appointments:
In order to keep our community safe, we are offering Phone and Telehealth visits.

If you are sick: please call us to speak with the nurse. We are encouraging everyone to stay home when possible. Illness can be spread even when people don't have symptoms.

Remember to wear a face covering if you must go out in public and keep 6 feet between yourself and others!

FOR YOUR HEALTH AND SAFETY, DO NOT COME IN WITHOUT CALLING FIRST.

National Teen Pregnancy Prevention Month


With everyone stuck in the house due to COVID-19 it's a good time to discuss teen pregnancy.

With many different forms of contraceptives available we can prevent unplanned pregnancies. The country has made significant progress in reducing teen pregnancy however nearly one in four teens will have an unplanned pregnancy by age 20 and progress remains inconsistent.

Making the decision to prevent an unwanted pregnancy is a part of you taking charge of your future. **Remember contraceptives are cheaper than diapers!**

Visit bedsider.org to explore contraception options or call The Corner Health Center—734-484-3600—to schedule an appointment today!

NEED CONDOMS? LET US KNOW

A cartoon illustration of a female doctor with brown hair, wearing a white lab coat and a stethoscope, holding a clipboard and gesturing with her hand.

At The Corner, we
provide judgment-
free care!

May is National Mental Health Awareness Month!

**YOU ARE
NOT
ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

Did you know?

MDHHS launched a crisis text line to help you deal with any mental health crisis including anxiety, financial stress, and domestic violence. Available 24/7

Just text
"RESTORE" to
741741

Visit [https://
www.nami.org](https://www.nami.org)
for more info!

National Alliance on Mental Health deems **May Mental Health Awareness Month** and every year the goal is to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them.

However:

- * 1 in 5 U.S. adults experience mental illness each year
- * 1 in 25 U.S. adults experience serious mental illness each year
- * 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- * 50% of all lifetime mental illness begins by age 14, and 75% by age 24

There's a wide range of how families address mental health, whether it's through social support, groups, medication or therapy.

None of this means that you're broken or that you, or your family, did something "wrong." **Mental illness is no one's fault.**

Have any mental health questions or needs?

- Call 734-544-3050 for the Washtenaw County CARES team
- Visit our website's [COVID-19 Page](#) for Mental Health resources
- If you feel suicidal, call 1-800-273-TALK (8255) (National Suicide Prevention Lifeline)
- If you're in immediate danger, call 911



Get involved!

The Corner Program Updates:

- ◆ Corner Food Pantry is available to patients and community members aged 12-25 during clinic hours. Give us a call and we will have your items ready for you when you arrive!
- ◆ The Corner has cleaning kits (while supplies last)! Pick up or delivery is available, just complete the request form online! <https://forms.gle/BV1erUfdTMMd1zCs7>
- ◆ All Corner Volunteer programs are suspended until further notice. Youth programs are meeting virtually until further notice: We are now recruiting for Youth Leadership Council and Theatre Troupe for the 2020-2021 school year!
- ◆ **Mood Lifters *Virtual***—A mental wellness program for ages 18-25 that works to improve mood over the course of 15 sessions. Contact Jen MacLeod at jmacleod@cornerhealth.org.
- ◆ **SMART Recovery *Virtual***—Recovery support group for ages 18-25 held on Tuesdays 5:30 – 6:30 p.m., class will meet via Zoom, contact Jen MacLeod at jmacleod@cornerhealth.org.
- ◆ **Mom's Group *Virtual***—Connect with other moms of young children on our group video chat on Fridays at 1 pm! Led by Nicole - MIHP Social Worker. Click on the link to join from your phone or computer. No registration needed. Join when you can. Leave when you need to. <https://zoom.us/j/372013425>
- ◆ **Prenatal Education Group *Virtual***—Led by Midwife, Mary McGuinness, on Tuesday, May 26 at 3 pm. Topics including pregnancy questions, labor, delivery, newborn care, managing stress, breastfeeding, and others! Join from your phone or computer at this link: <https://zoom.us/j/830095814>
- ◆ **Mental Health Summit *Virtual*** - We will be holding a summit with teens to discuss the challenges of social distancing on May 27th at 3pm. Visit our [social media pages](#) and website for details on how to register after May 20th. Registered participants will be eligible for gift cards while they last.
- ◆ Join the **Corner Youth Leadership Council**—For anyone 12-25 years old interested in developing leadership skills, promoting change, and raising awareness about community health and safety issues. Meets Sept– June Wednesdays, 6:00-8:00 p.m. (dinner provided). Have fun, help your community, and earn a little cash! Interested? Contact Kamilah Davis-Wilson at kwilson@cornerhealth.org.
- ◆ Join the **Corner Theatre Troupe**—For youth in middle and high school, no experience necessary! As a Peer Educator have fun while gaining acting skills, perform plays for your peers on important health topics, and earn a little cash! Meets Sept–June Tuesdays, 3:30-5:30 p.m. Interested? Contact Brianna Minor at bminor@cornerhealth.org.