

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



October, 2020

## World Mental Health Day



It's okay, not to be okay

**OCTOBER 10TH, 2020**

Check out page  
6 for more  
information on  
World Mental  
Health Day



The Corner Health  
Center  
47 N. Huron Street  
Ypsilanti, MI 48197  
734-484-3600  
[www.cornerhealth.org](http://www.cornerhealth.org)

Follow us on [social media](#) for health information, events, Corner updates, and community resources.



Meet our Public Health Education Fall intern,  
**Nicole Czarnecki!**

Nicole is studying Public Health Education, with a substance abuse minor. She hopes to gain a wide variety of experiences through the Corner, and to make an impact on the community. After her internship, Nicole plans to travel and find a profession in Public Health working with adolescents.



**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](http://www.cornerhealth.org) or call 734-484-3600 for an appointment.

## The Corner Health Youth Leadership Council

YLC is a fun, youth-driven, social justice focused space for anyone ages 12-25 interested in raising awareness about community health issues.

- Gain leadership skills and understanding through hand on work and leadership development sessions.
- Learn about health topics related to youth
- Meet a diverse group of people, ages 12-25, committed to improving overall community health.
- Help raise awareness and promote change within your community

**Earn a bit of money!**

Meetings weekly for up to 2 hours  
Interested? Complete our interest form:  
<https://forms.gle/rhVXJZuUTuhBW08r7>

Questions? Contact Kamilah Davis-Wilson  
at [kwilson@cornerhealth.org](mailto:kwilson@cornerhealth.org) or 734-657-4652



We want to hear from YOU!



## The Corner Health Theatre Troupe

No previous experience necessary. Anyone 12-25 years old can join

- Gain acting skills from a professional director and actor
- Write and perform plays and monologues that inform your peers about important health topics
- Learn personal skills that will help you in school and work
- Earn volunteer hours for graduation
- Make friends, have fun, and earn a little money!

Meetings weekly for two hours  
Interested? Complete the interest form online:  
<https://forms.gle/rhVXJZuUTuhBW08r7>

Questions? Contact Brianna Minor  
at [bminor@cornerhealth.org](mailto:bminor@cornerhealth.org) or 734-657-4652



Joey Albright  
Theatre Troupe Director



Brianna Minor  
Community Health Educator

Click here to register: [online interest form](#)







Need a mask? Let us know (while supplies last).

**On September 3, 2020 Governor Whitmer** issued orders for allowing pools and gyms to reopen with limitations. Additionally, organized competitions, sports, and practices may resume.

Studies have shown that wearing a mask can save lives and significantly lower an individual's chance of spreading COVID-19.

Governor Whitmer issued an executive order in July requiring all Michiganders to wear a mask in indoor public spaces and crowded outdoor spaces.

The order requires any business that is open to the public to refuse entry and service to people who refuse to wear a face covering.

There are few circumstances of exception, for more information, please visit:

<https://www.michigan.gov/>



Contact tracing is important for your health!

### COVID—19 News from the Corner

The Corner is not performing testing for COVID-19. However, test sites in the community can be found [here](#).

We are open and serving patients with scheduled appointments only, for patients with scheduled appointments:

- Please call before your appointment to confirm if your visit is onsite or a telehealth visit
- You may not bring anyone with you into the building
- Masks are required for the duration of your appointment, if you do not have one, we will provide you with one.

**If you are sick, please call us to speak with the nurse.**

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

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



### Contact Tracing

If you have been in close contact with someone with COVID-19, someone from your local [Health Department](#) might call you to inform you that you've been exposed and ask you to stay at home and self-quarantine.

Staying at home helps keep you, your family, and your community safe. Choose to be part of the solution and help us slow the spread of COVID-19.



## National Health Education Week

**Health Literacy:** To understand and use information

to make healthcare decisions for proper treatment

Listen to  
Your Body!

Flu

Get Tested!

HIV/AIDS

Exercise!

Eat Healthy!

Allergies

STDs

Addiction

Be Open Minded!

Drugs

Obesity

Take Control Over  
Your Health!

Reduce Stress!

Getting Enough Sleep

Set Priorities

Depression



This year, we are celebrating **National Health Education Week (NHEW) October 19th- October 23rd**. NHEW spreads awareness of public health concerns, along with educating individuals on the roles of a health educator. Society for Public Health Education (SOPHE) has celebrated NHEW for 22 years.

**Health Literacy:** If you are struggling to fill out health forms, locate providers, share information with your provider, or understand directions for treatment here are some tips to help:

- **Speak Up**— If you do not understand your provider's instructions, don't hesitate to ask questions
- **Review**— Look at written materials in the office, if you don't understand, ask your provider to further explain. You can ask your provider for resources regarding your visit, such as online videos or graphics
- **Medical Terms**— Don't feel ashamed to ask, "what does that mean?"
- **Slow down**— If your provider is going too fast, ask them to slow down

Click the links to register for SOPHE webinars via Zoom to learn more and celebrate NHEW:

- [Monday, October 19th @ 2:00pm— Equity and Anti-Racism Approaches to Public Health](#)
- [Tuesday, October 20th @ 2:00pm – Emergency Preparedness: Are You Ready](#)
- [Wednesday, October 21st @ 2:00pm – Mental Health and Mindfulness](#)
- [Thursday, October 23rd @ 2:00pm – Health Literacy: Words Matter](#)
- [Friday, October 23 @2:00pm - Career Settings for a Health Education/ Promotion Specialist](#)




A black and white photograph of three people (two men and one woman) with their faces partially obscured by thick, billowing white smoke. The text "IT DOESN'T JUST AFFECT YOU." is overlaid in large, bold, black capital letters. To the right of the text, "DRUGABUSE.GOV" is written in a smaller, bold, black font.

**IT DOESN'T JUST AFFECT YOU.**  
DRUGABUSE.GOV

### Health Effects of Smoking

Nearly every organ system of the body is harmed by smoking. Smoking can also lead to disability and disease, and is the leading cause of preventable death. More than 480,000 Americans are killed each year from cigarette smoking.

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

Did you know that there are more than 7,000 chemicals in tobacco smoke?

### What is Secondhand Smoke?

Secondhand smoke affects children and adults. It is the smoke that was burned from tobacco products, such as cigarettes, cigars, or pipes. Any amount of exposure of secondhand smoke can be harmful to an individual's health.

### Do you or someone you love want to quit smoking?

The risk of developing heart disease, lung disease, cancer, and other smoking-related illnesses will be reduced significantly if an individual stops smoking. Visit [You Can Quit 2](#) and the [CDC website](#) for more resources on how to quit smoking.



## World Mental Health Day

**World Mental Health Day** is observed every year on October 10th to bring awareness to mental health issues around the world and maximize efforts in support of mental health. This year has been especially challenging considering the COVID-19 pandemic. Many who struggle with mental health are facing even more social isolation than before. To say the least, it is okay not to be okay. It is expected that the need for mental health support will increase in the coming months and years. This is why the goal this year is to increase investment in mental health.



## Mental Health

### Is:

- Important
- Real
- Changeable
- Something everyone has
- Complex
- Something that should be taken seriously
- Normal
- Worth taking time for

### Is not:

- Embarrassing
- A sign of weakness
- Fake
- Decide to have
- Something that will just go away
- All in your head



### 3 Quick Facts

- ◆ Close to one billion people have a mental disorder and anyone anywhere, can be affected.
- ◆ Depression is one of the leading causes of illness and disability among adolescents and adults.
- ◆ 1 in 5 children and adolescents have a mental disorder.

### What can you do?

- ◆ Join Us: In collaboration with National Alliance on Mental Illness (NAMI) the Corner introduces a FREE 8-week virtual Peer-to-Peer support group for young adults ages 18-25. [Visit online for more information or to register.](#)
- ◆ #BeThe1To: Learn how to be supportive and look for signs with your loved ones. Check out <https://www.bethe1to.com/> for steps you can take with your loved ones.
- ◆ Do something positive for your mental health: post and tag

us on social media #WMHD2020. Need ideas? Check out the Corner's [Mental Health Tips During COVID document!](#)

- ◆ Participate: World Health Organization will be hosting [“The Big Event for Mental Health” online.](#)
- ◆ Donate: Donate to organizations such as the Corner Health Center that provide mental health services. Call us for more information -734-484-3600.

Sources: <https://www.who.int/campaigns/world-mental-health-day>



**October is National Domestic Violence Awareness Month!****October is  
Domestic Violence  
Awareness Month****TAKE A STAND, BREAK THE SILENCE,  
END THE VIOLENCE****What is Domestic Violence?**

Domestic Violence (also called DV, dating violence, domestic abuse, or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner. It can happen at any time during a relationship and it can include emotional, verbal, sexual, physical, and even financial abuse.

October was first declared as Domestic Violence Awareness Month (DVAM) in 1989. DVAM is a way to bring advocates across the nation together to educate on healthy relationships and end domestic violence.

**Abuse is Never Okay**

Currently, 1 in 3 young people will experience emotional, verbal, physical, or sexual abuse. Knowing what to look for in a healthy relationship can help decrease this statistic.

Being in a HEALTHY relationship means...

- Respecting individuality and allowing each person to “be themselves”
- Expressing and listening to each other’s feelings, needs, and desires
- Resolving conflicts in a rational, peaceful, non-violent, and mutually agreed upon way
- Respecting sexual boundaries and being able to say “No” to sex
- Doing things with friends and family or having activities independent of each other

**What can I do?**

Join the movement online with #1Thing – What is the #1Thing you want everyone to know about DV?

Is your relationship healthy? Visit [LovellsRespect.org](https://lovellsrespect.org) to take learn more and take a short quiz.

Need someone to talk to?

- If you are in immediate danger, call 911
- Talk to your provider
- Visit [thehotline.org](https://thehotline.org)
- Contact SafeHouse 734-995-5444 or visit [www.safehousecenter.org](https://www.safehousecenter.org) for information about DV support groups.



# Have You Gotten Your FLU Shot Yet This Season?

**FREE FLU SHOTS HERE**

**SATURDAY, OCTOBER 10, 2020 FROM 10:00AM - 2:00PM**

**The Corner Health Parking lot (#5 on Huron and  
Michigan Avenue**

- **Bring your Insurance card, if you are insured**
- **If you are not insured, we can help!**
- **Bring your ID**

**This Event is presented by the Corner Health Center and the  
Washtenaw County Health Department**

**ALL AGES WELCOME!**







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.
- ♦ **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](mailto:jmacleod@cornerhealth.org).
- ♦ **SMART Recovery \*Virtual\***—Recovery support group for ages 18-25 class will meet via Zoom, for more information contact Cari Radinski at [cradinski@cornerhealth.org](mailto:cradinski@cornerhealth.org)
- ♦ **Anxiety and Depression during the Pandemic, and all of the Social Unrest \*Virtual\***—Join us Tuesday, October 20th, 2020 5:30-6:30 pm for a discussion and presentation by Caleb Boswell, on signs, symptoms and treatment of anxiety and depression (for parents and youth). Participants will be entered into a raffle for one of five gift cards \$50-\$200. Registration opens October 7th, 2020 – check out our [website](#) and [social media pages](#) for more details!

Programs may meet virtually until further notice!



- ♦ 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. Have fun, help your community, and earn a little cash! Interested? Fill out the [online interest form](#). Questions? Contact Kamilah Davis-Wilson at [kwilson@cornerhealth.org](mailto: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 and/or monologues for your peers on important health topics, and earn a little cash! Meets Sept— June. Interested? Fill out this [online interest form](#). Questions? Contact Brianna Minor at [bminor@cornerhealth.org](mailto:bminor@cornerhealth.org).

The Scoop! is the monthly e-newsletter for Corner patients and community youth to provide information and promote healthy habits and wellness. If you have questions or suggestions for The Scoop! please send them to [bminor@cornerhealth.org](mailto:bminor@cornerhealth.org).