

ICS HEADSTART MENTAL HEALTH AWARENESS NEWSLETTER

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DOMESTIC VIOLENCE PREVENTION



Many communities continue to use physical distancing and stay-at-home orders to slow the spread of the coronavirus (COVID-19). Because of this, families experiencing domestic violence may have a harder time finding support and resources. Head Start and Early Head Start programs are lifelines for many families. Therefore, they have an important role in preventing and responding to domestic violence. October is **National Domestic Violence Awareness Month**, which is observed during the month of October.

Domestic Violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes.....it can consist of yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It can also be stealing a paycheck, keeping tabs online, non-stop texting, constant use the silent treatment, or calling someone stupid so often they believe it. Nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. Support survivors and speak out against domestic violence this month. If you would like to speak with an advocate, please contact a 24/7 peer advocate at 1-866-331-9474.

BREAST CANCER AWARENESS

Breast Cancer is observed the show support and awareness strong and fought this illness. is one of the most common in the U.S. Breast cancer can women, but it's far more Breast cancer risk factor is anything that makes it more likely you will get breast cancer. Having one or even several breast cancer risk factors does not necessarily mean



entire month of October to to the many who have stood Besides from skin cancer, this cancers diagnosed in women occur in both men and common in women. Breast

you will develop breast cancer. Many women who develop breast cancer have no known risk factor, except for being women.

Substantial support for breast cancer awareness and research funding has helped created advances in the diagnosis and treatment of breast cancer. Breast cancer survival rates have increased and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease.

Influenza (Flu) –VS- Coronavirus (COVID-19)

“A Health Moment”

The fall season has begun, which means that the weather is starting to change and also the beginning of flu season. The best way to prevent seasonal flu is to get vaccinated every year. Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. CDC has worked with vaccine manufacturers to have extra flu vaccine available this flu season. CDC recommends getting a flu vaccination in September or October but getting vaccinated anytime during the flu season can help protect you. Elevated influenza-like-illness is likely related to COVID-19, which can make it harder to determine if you have the flu or COVID. CDC recommends that one stay home, avoid close contact with others if you suspect you may have either the flu or COVID.

Flu signs and symptoms:

- Fever (feeling feverish/chills)
- Cough and Sore Throat
- Runny or stuffy nose
- Muscle, body aches, and headaches
- Fatigue(tiredness)

****It is important to note that not everyone with the flu will have a fever.***



Other important dates in the month of October:

October 1st- **International Day of Older Persons**- this awareness day is geared to highlight and celebrate the important contributions our older members of society have made on the world.



October 7th-11th- **National Work Life Week**- this is an opportunity for employers to promote how they provide a positive work-life balance to their staff, and generally raise awareness for this important aspect of life.



October 10th- **World Mental Health Day**- a great motivator to reflect and be mindful of your own mental health, particularly this year on the subject of depression, which is at the root of many suicides. World Mental Health Day2020 is themed around providing good support to people in the workplace.

