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survey

Last Chance to Provide ThriveOn Your Feedback

Tuesday, June 20th is the last day to provide your feedback to ThriveOn in this year's annual survey! [Click here](#) to get started.

ThriveOn is dedicated to providing programs and resources that support the unique needs, goals, and interests of our employees and their families. We need your help to ensure our current and future programs remain relevant and impactful.

Please take about 15 minutes to provide your feedback to ThriveOn. Whether you consistently participate in ThriveOn programs or have never participated before, we want to hear from you! Your answers are 100% anonymous.

The survey will remain open through Tuesday, June 20th, 2023. We thank you in advance for your time and for your continued support of the ThriveOn program.



Youth Mental Health Support Group

The number of adolescents reporting poor mental health is increasing. In fact, according to the [Centers for Disease Control & Prevention](#), in 2021, 42% of students felt persistently sad or hopeless. Parenting a child with mental health concerns can be challenging and scary. You want the best for your child, but aren't always sure what to say or do, and that's completely normal. To help address the youth mental health crisis, your EAP has created a new page dedicated solely to "Showing up for Youth". [Click here](#) to learn more about youth mental health and how you can help.

Talking to others who are experiencing similar situations can be helpful. On **Thursdays, June 27th, July 11th, and July 25th from 1-2pm**, Franklin County's Onsite EAP Consultant, Tammie Yancey, will be facilitating a support group on parenting children with mental health concerns. Support groups are designed to be a place where people with common experiences and concerns provide each other with encouragement, comfort, and advice. If you are interested, please contact Tammie Yancey by emailing tammie.yancey@optum.com or calling 614-525-6773.

The Suicide & Crisis Lifeline is available any time, day or night, for free and confidential support for you or a loved one. Just call or text 988.



[Free Fishing Days for Father's Day Weekend](#)

Typically, a fishing license is required to fish in the state of Ohio. Since 1993, Ohio has been offering free fishing days annually. This year's free fishing days are June 17th & 18th, coinciding with Father's Day Weekend! [Click here](#) for a guide to the best fishing spots in Central Ohio.

Want to make fishing a regular family activity? [Click here](#) to learn more about Ohio's fishing regulations, including license requirements.

If fishing isn't your family's thing, there's plenty of other [ways to celebrate](#)! You could have a game night, shoot hoops, make him breakfast, or go on a hike together, just to name a few.

[How to Better Manage Stress with Tammie Yancey](#)



Stress is a normal part of life, but sometimes it can feel overwhelming and have unwanted consequences. Join Franklin County's EAP Consultant, Tammie Yancey, to learn how to better manage the stress in your life. Learn to identify the stressors in your life, understand the impacts, and discover positive coping mechanisms to reduce the negative effects. Throughout the session you will assess your current state of balance and stress, learn skills for managing multiple demands, and practice relaxation exercises.

- Wednesday, June 21 from 9-10am
- Thursday, June 22 from 1-2pm

[Click here](#) for links to join and to download the session materials.

If you have been feeling stressed or anxious or have been experiencing mental health concerns, your Employee Assistance Program (EAP) is here to help! [Click here](#) to learn about all the mental health resources available to you.



[Celebrate Juneteenth](#)

Juneteenth (6/19) is a federal holiday that commemorates the anniversary of the arrival of troops to deliver the announcement of the emancipation of enslaved African Americans in the state of Texas. More than two years before, Abraham Lincoln had signed the Emancipation Proclamation ending slavery, but that information had been withheld by slave owners. The first official Juneteenth celebration took place in Galveston a year later and has since grown into a celebration throughout the country. It's a day to honor, reflect and celebrate the end of slavery in the United States. Below are some ideas for celebrating and reflecting on this important day, including local celebrations around Central Ohio.

Ways to celebrate and reflect:

- Volunteer at local organizations focused on impacting Black communities
- Support Black-owned businesses
- Take a virtual tour of the [National Museum of African American History & Culture](#)
- Attend a local Juneteenth celebration (see below)
- Educate yourself and your loved ones on the [rich history of Juneteenth](#)
- Read a book written by an African American author – check out this [list for ideas](#)
- Watch a film, such as *Miss Juneteenth* or *Slavery by Another Name*
- Don't stop with Juneteenth – continue to celebrate African American culture all year long
- Tune into the *Celebrating Freedom in Franklin County Lunch & Learn* on Friday, June 16 at 11am. To join, visit [facebook.com/FranklinCountyBoardofCommissioners](#).

Central Ohio Juneteenth celebrations and events on **Saturday, June 17th:**

- [Reynoldsburg Juneteenth](#) from 9:00am – 4:00pm at Huber Park 1640 Davidson Dr, Reynoldsburg.
- [Juneteenth on The Ave](#) from 12:00pm to 6:00pm on Mt. Vernon Ave.
- [Juneteenth Ohio Festival](#) from 9:00a-3:00p at Genoa Park (303 West Broad Street)
- [Juneteenth Freedom Celebration](#) from 3:00p-8:00p at John Bishop Park (4783 Langley Ave, Whitehall).

NURSE'S NOTES



From your United
Healthcare Health
Engagement Nurses,
Carmen and Therese.

Make No Bones About It, Musculoskeletal Health is Important Too!

June 2023

Regardless of age, many of us have aches and pains. Muscles and ligaments support bones and joints, which in turn, supports healthy posture and reduces the risk for injury or pain. Many of us sit at desks or have strenuous physical jobs in which strong bone and joint health is important to manage. The good news is, there are things you can do to alleviate these aches and pains and to care for your musculoskeletal health. Your UnitedHealthcare benefits include Kaia and Orthopedic Health Support programs to help you manage your musculoskeletal health.



Kaia is a pain relief app that offers a better way to help you manage aches and pains in your back, neck, shoulder, hip, and knees. All from the comfort of your own home, at no extra cost to you, and with no appointment required. [Click here](#) to learn more about this great resource.

Orthopedic Health Support (OHS) is a total health support program from orthopedic nurses specific to a full range of musculoskeletal conditions: hip/knee, disc repair/spinal fusion, shoulder, carpal tunnel, elbow/hand, ankle/feet. OHS nurses discuss treatment options and how your benefits are applied, as well as provide holistic advocacy. Call 877-440-5983 for more information and to connect with an OHS Nurse.

Nurse Therese and Nurse Carmen are also available to help you connect with Kaia or the Orthopedic Health Support programs or help answer any questions you may have. Contact them at the information listed below.



Nurse Carmen, RN



Nurse Therese, RN

As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email Therese_Lentz@uhc.com or Carmen_Long@uhc.com.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program