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CELEBRATING HISPANIC HERITAGE MONTH

RECOGNIZING CULTURALLY SPECIFIC RESOURCES

Hispanic Heritage Month, observed from September 15 to October 15, honors the achievements and contributions of millions of Hispanic and Latino Americans who have shaped the U.S. and the world. It's not only a celebration of cultural richness but also an opportunity to acknowledge the diverse experiences within these communities. "Hispanic" refers to people from Spanish-speaking countries, while "Latino" generally includes individuals from Latin America, including Mexico, Central and South America, and the Caribbean.

Recognizing Hispanic and Latino Americans goes beyond their accomplishments; it also means addressing mental health challenges. For many in these communities, mental health concerns can be stigmatized, leading to feelings of isolation and discouraging individuals from seeking help. Fortunately, awareness is growing, and culturally specific mental health resources are becoming more available. These resources address the unique needs of Hispanic and Latino populations, reducing stigma and providing culturally sensitive support.

Barriers to mental health care for Hispanic and Latino individuals often stem from cultural and systemic factors. Cultural pride, deeply rooted in many families, can contribute to mental health stigma. Family members may unintentionally dismiss mental health struggles, urging loved ones to "toughen up" rather than encouraging open discussions about

TAKE THE SURVEY



HELP SHAPE THE FUTURE OF THRIVEON!

TELL US HOW WE'RE DOING

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 complete our Needs and Interest Survey, open from September 11th to 24th. Whether you consistently participate in ThriveOn programs or have never participated before, we want to hear from you! Your answers are 100% anonymous.

[TAKE THE SURVEY](#)

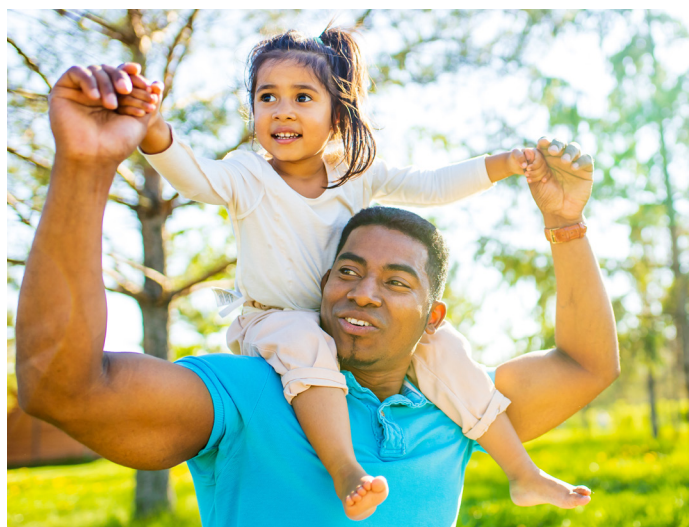
emotional well-being. This can make it difficult for those who are struggling to feel comfortable seeking professional help.

However, attitudes toward mental health are changing, particularly among younger generations, who are increasingly open to discussing mental health and seeking care. This reflects a broader trend across minority communities in the U.S., where mental health care is becoming more normalized.

Despite this progress, significant disparities and inequities in access to mental health care remain. Many individuals face language barriers, financial constraints, and a lack of culturally competent providers. The shortage of bilingual mental health professionals is another challenge, as effective communication is crucial to addressing mental health concerns.

Fortunately, several organizations are working to bridge this gap by offering culturally sensitive services tailored to the Hispanic and Latino community. These organizations provide resources in both Spanish and English, offer financial assistance, and employ mental health professionals who understand cultural nuances. Examples in Ohio include the [Latino Affairs Commission](#), [The Ohio Hispanic Coalition](#), and [Cap4Kids](#), which offer various resources tailored to these communities

As Hispanic Heritage Month shines a spotlight on the cultural and societal contributions of Hispanic and Latino Americans, it also serves as a reminder of the importance of mental health awareness. By continuing to break down barriers and improve access to mental health care, we can better support the well-being of individuals across all communities.



RECOGNIZING SIGNS OF MENTAL HEALTH STRUGGLES IN LOVED ONES

HOW TO OFFER SUPPORT

September is [National Suicide Prevention Month](#). This is a time to raise awareness and encourage support for mental health. [Mental illness affects more people](#) than we might realize. In the United States, 1 in 5 adults experiences a mental health issue each year, with anxiety disorders affecting 40 million people—making it the most common. Symptoms can start as early as age 14, and nearly half of Americans will face a mental health challenge in their lifetime. Despite these numbers, only 43% of Americans received mental health care in 2023. Suicide is a significant concern, being the 10th leading cause of death in the U.S., with higher rates among younger adults and men. If you think someone you care about may be dealing with a mental health concern, there is a good chance that they are.

Sometimes it may seem obvious when someone is going through a hard time, but there is no simple way of knowing if they have a mental health concern. It's more important to respond sensitively to someone who seems troubled than to find out whether or not they have a diagnosis.

HOW CAN I HELP?

If you suspect someone you care about is struggling with a mental health issue, your support can make a significant difference. Start by creating a calm, distraction-free space where they feel safe to talk. Listen actively and empathetically, allowing them to share at their own pace without trying to diagnose or solve their problems. Your non-judgmental presence is valuable. Ask gentle, open-ended questions like, "How are you feeling?" and offer reassurance and validation of their feelings. Encourage self-care practices, such as exercise and proper sleep, and provide information about mental health resources

if they're open to it. Offer practical support with everyday tasks and regularly check in to show you care. Respect their boundaries if they're not ready to seek help and remember to take care of yourself as well. If they are in immediate danger or need medical attention, seek help right away. In a crisis, stay calm, listen without judgment, and encourage them to reach out for professional support. If they're not ready to talk to you, continue to offer support and provide information about other resources they can access.

RECOGNIZING SYMPTOMS

While symptoms of mental illness can vary widely, some common signs include unusual sleeping habits, avoidance, prolonged sadness, uncontrollable euphoria, changes in appetite, substance use, and loss of interest in hobbies. If you notice these symptoms, encourage them to seek help from a mental health professional.

CRISIS RESOURCES

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at **988** or chat at 988lifeline.org. In life-threatening situations, call **911**.

FRANKLIN COUNTY RESOURCES

As a member of The Franklin County Cooperative, you have access to various mental health resources, including Emotional Wellbeing Solutions through Optum. If you're enrolled in the health plan, you also have access to behavioral health benefits for more comprehensive support. Learn more about your mental health resources at liveandworkwell.com (Code: EAP) or by viewing the [mental health resources brochure](#).



SIGN UP FOR A FREE MEAL KIT AND COOKING DEMONSTRATION

HOSTED BY YELLOWBIRD

ThriveOn has partnered with YellowBird Food Shed to provide a unique meal kit and cooking demonstration experience, completely free to you! Join Maddie Bidwell, Registered Dietitian & Benji Ballmer, Owner of YBFS, to learn how to make your very own Rajas Tacos! Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO or local products to create a satisfying and healthy meal that everyone will enjoy. Increase your knowledge and awareness of local produce, cook along, and feed your family with this innovative & fun Meal Kit Demo!

HOW IT WORKS:

1. [Sign up by September 22nd](#) to receive a free meal kit with the ingredients to make rajas tacos.
2. Receive your free meal kit the week of September 25th.
3. Watch the pre-recorded cooking demo that will be sent out on September 25th.
4. Cook along and enjoy a delicious and healthy meal with your family!

Cost: \$0.00 (Just enter coupon code *THRIVEON2024* at checkout) One Recipe Box is provided per household each year. (Watch the cooking demo and complete the feedback survey to receive a code for a second free box in 2024.)

Meal kits will be delivered on **9/25, 9/26, and 9/27**. You will receive an email the week of deliveries with more information, including your delivery date. This cooking demo will be prerecorded and will be shared with you in a separate link on September 25th, 2024. When you receive your meal kit it will contain all the necessary ingredients and a recipe card for you to refer to. You can prepare all your produce for the recipe and click the cooking demo link when you are ready to create your meal!

[ORDER YOUR MEAL KIT](#)



JOIN THE MINDFUL MOVEMENT CHALLENGE

ENHANCE YOUR WELL-BEING & EARN INCENTIVES!

Make your daily activities more intentional and fulfilling. The Mindful Movement Challenge is your opportunity to enhance both your physical and mental well-being by practicing mindfulness during everyday activities. Mindful Movement involves being fully present and attentive to the sensations, thoughts, and emotions that arise during physical activity. This approach not only boosts your overall well-being but also enhances mental clarity and reduces stress.

SIMPLE WAYS TO PRACTICE MINDFUL MOVEMENT:

- Set a clear intention before starting your exercise.
- Check in with yourself during the activity—how does your body feel? What's your heart rate? How is your breathing?
- Pay attention to sensations like the floor against your feet or the stretch in your muscles.

HOW IT WORKS:

1. **Register** between September 4 and 18 to participate. This challenge will run from September 11 through October 8, 2024.
2. **Daily Goal:** Practice mindful movement and record "Yes" for 14 out of the 28 days.
3. **Participation Requirement:** Enter a "Yes" or "No" for 21 out of 28 days.
4. **Earn credit** for a Well-Being Activity in ThriveOn's Wellness Your Way program.

Complete the On-Demand Workshop on the [Mind, Body, Breath Connection](#) for an additional \$50 Well-Being Activity Incentive.

Don't miss out on this chance to make your physical activity more meaningful and rewarding. Register today at [fccThriveOn.com](https://www.fccThriveOn.com), and take the first step toward a more mindful and healthier you!

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

EAP Group Session

Compassion Fatigue

Wednesday, September 25 from 1-2pm

When your job or circumstances invite you to view the world from the perspective of the suffering it is possible to suffer too. The very act of being compassionate and empathic can be mentally and emotionally taxing. This depletion is known as compassion fatigue or, sometimes, vicarious trauma. Compassion fatigue can be debilitating, robbing individuals of their spark of optimism, sense of humor and hope. In this program we discuss what compassion fatigue is, how to self-assess your risk, and put in place self-care strategies.

[JOIN THE MEETING >](#)

[DOWNLOAD THE WORKBOOK >](#)

CancerBridge

2024 Self Care Series: Savoring and Slowing Down – a Mindful Eating Practice

Thursday, September 26th, 2024 at 11am

A leisurely, enjoyable meal can feel like a radical act of selfcare! See how you can transform your mealtimes into wellness breaks with mindful eating. ****Have a meal or snack prepared to eat during the session if you'd like to participate in the mindful eating practice exercise.**

[REGISTER WITH CANCERBRIDGE >](#)

Healthy Lifestyle Programs

Fitness 101

Tuesdays, October 1 – November 5 from 12:30-1pm

From the ground up, explore the basic components of exercise techniques and how to fuel an active body while learning how to create a safe, well-rounded exercise routine that works for you! This program has something for everyone no matter your level of fitness confidence. Attend 4 of 6 sessions to earn a \$50 Well-Being Activity incentive!

[REGISTER WITH OHIO HEALTH >](#)