



September 19, 2024

INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

[Sign Up for a Free Meal Kit and Cooking Demonstration](#)

[Suicide Postvention: Healing After A Suicide Death](#)

[Tailoring Healthcare to Your Unique Needs](#)

[Help Shape the Future of ThriveOn!](#)

[Attend Our compassion Fatigue Webinar](#)



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](#)



NATIONAL
SUICIDE
AWARENESS
MONTH

SUICIDE POSTVENTION: HEALING AFTER A SUICIDE DEATH

RESOURCES FOR SUICIDE LOSS SURVIVORS

Postvention might be a new term for many, but it plays an important role in suicide prevention. It refers to the actions taken after a suicide to help

those affected heal and to prevent further risk. Even though it comes after a tragic event, preparing for postvention is essential by training those who will be there to help, such as first responders, coroners, funeral directors, faith leaders, and more.

When someone dies by suicide, the impact ripples through families, friends, and entire communities. Those closest to the individual—family members, friends, and coworkers—can feel profound grief and confusion. These individuals are called “suicide loss survivors,” and their journey of healing can be long and complex.

Grief after a suicide often brings challenging emotions like guilt, sadness, anger, and even relief. Survivors may constantly wonder, “Why?” It’s important to remember that grieving a suicide loss is different for everyone, and no two experiences are alike. Cultural and religious beliefs can also shape how someone copes with this type of loss, making it vital to respect each person’s unique grieving process.

BREAKING THE STIGMA: HOW TO ASK FOR HELP

One of the most challenging aspects of dealing with grief or mental health struggles is breaking the stigma surrounding suicide and mental illness. Many people feel isolated, ashamed, or afraid to ask for help, believing they should handle their emotions alone. However, reaching out for support is not a sign of weakness—it’s a crucial step in healing.

If you’re struggling, here are some ways to begin asking for help:

- 1. Start with someone you trust:** Whether it’s a family member, close friend, or a coworker, confide in someone who will listen without judgment. Sharing your feelings can relieve some of the emotional weight you’re carrying.
- 2. Use available resources:** The Franklin County Cooperative offers confidential support through the [Emotional Wellbeing Solutions](#) program. You can access 8 free counseling sessions per issue per year, either virtually or in person. Access EWS resources at [LiveandWorkWell.com](#) and use the access code **EAP**. For additional information, call the 24/7 EWS Helpline at **1.800.354.3950**.
- 3. Consider professional help:** Talking to a therapist, counselor, or a trusted clergy member can offer new perspectives on your feelings and provide coping strategies. Your [Onsite Employee Assistance Program \(EAP\)](#) provides consultations on work-life balance, stress,

and other challenges. Your conversations are confidential and at no cost to you.

- 4. Join a support group:** Sometimes, connecting with others who have experienced similar losses or struggles can provide immense relief. [The American Foundation for Suicide Prevention \(AFSP\)](#) offers support groups and resources for those coping with suicide loss.

Remember, asking for help is a sign of strength. Taking the first step to talk about your feelings is the beginning of healing.

For those feeling overwhelmed, it’s important to reach out. The National Suicide Prevention Lifeline is available at **988** for 24/7 crisis support.

Healing takes time, but you are not alone. There is a community of people and resources ready to support you along the way.

MENTAL HEALTH SUPPORT



TAILORING HEALTHCARE TO YOUR UNIQUE NEEDS

UNDERSTANDING INHERITED CONDITIONS

Inherited conditions are caused by genetic changes, or mutations, that are passed down from one or both parents. These genetic changes can increase the risk of developing certain diseases, including some cancers and heart diseases. While not everyone who carries a genetic mutation will develop the related condition, understanding your genetic risk can be a vital step in managing your health.

WHY IS GENETIC SCREENING IMPORTANT?

Genetic screening can identify inherited mutations that may increase the risk of conditions like breast cancer, colon cancer, or high cholesterol. About 5-10% of all cancers are linked to inherited genetic mutations. By detecting these mutations early, you

can take preventive steps or begin treatment before the condition develops.

WHY CONSIDER GENETIC SCREENING?

- **Early Detection:** Genetic screening helps identify potential health risks before symptoms appear, offering a better chance for prevention and treatment.
- **Targeted Prevention:** If you know your risk, there are proactive steps you can take to manage or reduce the likelihood of developing certain conditions.
- **Peace of Mind:** Screening can provide valuable insights not only for you but for family members who may also be at risk.

Genetic screening can be a valuable tool for understanding your health risks, even if you don't have a known family history of certain cancers or hereditary conditions. It's especially helpful for those who may be at risk based on a variety of factors. Screening can provide insight into your inherited risks, empowering you to make informed decisions about your health and well-being. To determine if genetic screening is right for you, consider consulting your healthcare provider for personalized guidance.

CANCER DIAGNOSIS RESOURCES

If you or a family member are currently facing a cancer diagnosis or are concerned about cancer risks, it's important to know that help is available. CancerBridge offers comprehensive support and guidance throughout the cancer journey, whether you're newly diagnosed, undergoing treatment, or transitioning into survivorship.

CancerBridge is available to all employees and their immediate family members. The service is self-directed, so there's no need to file a claim or contact your insurance provider, and it's completely free of charge. You can reach CancerBridge Monday through Friday from 8 am to 8 pm (EST) by calling toll-free at **855.366.7700**, or you can visit ThriveOn's cancer support page at BeWell.franklincountyohio.gov for more information. Combining resources like genetic screening with the support offered by CancerBridge can ensure that you and your loved ones are fully equipped to manage your health and well-being.

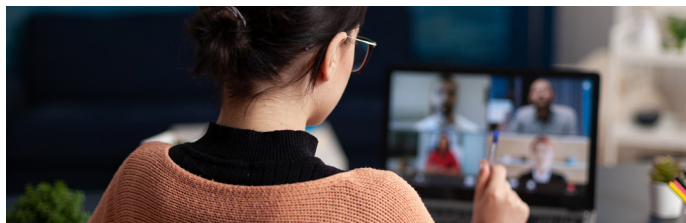


HELP SHAPE THE FUTURE OF THRIVEON!

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](#)



ATTEND OUR COMPASSION FATIGUE WEBINAR

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 EAP group session you will discuss what compassion fatigue is, how to self-assess your risk, and put in place self-care strategies.

[JOIN THE MEETING](#)

[DOWNLOAD THE WORKBOOK](#)