



## Stronger As One adds new Program Staff!



Kathy Farretta comes to us from Adult Probation where she was part of the Collective Impact team developing and facilitating their Family Enrichment program, managing interns, and other fun stuff. She is super excited to join our team because her personal priority is to help create a healthier community. To this end, Kathy has worked in the museum and non-profit sector in Flagstaff for over 20 years managing and training volunteers, guiding tours, and giving public presentations to get people excited about science and history. Kathy holds a M.A. in history from NAU. She currently serves on the Board of the Flagstaff Festival of Science, and the Selection Committee for the Arizona Women's Hall of Fame. She can be often be found hiking or curled up with a good book.

## COMING UP...

# FIRST THINGS FIRST  
**EARLY CHILDHOOD**  
**SUMMIT 2020**  
 SEPTEMBER 1, 2020  
**FREE VIRTUAL SUMMIT**

*WEEKLY VIRTUAL TALKING CIRCLE*  
 HOSTED BY NACA SOCIAL SUPPORT COORDINATOR AND COMMUNITY ELDER

Open to anyone who wants/needs to connect with others during these stressful times.  
 The talking circle is a safe-space, and confidential.

Mondays @ 5:30-6:30 pm MST on Zoom  
 Register here: <https://bit.ly/3f99L9R>

**Free Mental Health First Aid Trainings**

To register for a training email:  
[strongerasone@coconino.az.gov](mailto:strongerasone@coconino.az.gov)

### Contact:

[Erica Shaw](#)  
 Email | [eshaw@coconino.az.gov](mailto:eshaw@coconino.az.gov)

[Julia Diaz](#)  
 Email | [jdiaz@coconino.az.gov](mailto:jdiaz@coconino.az.gov)

[Kathy Farretta](#)  
 Email | [kfarretta@coconino.az.gov](mailto:kfarretta@coconino.az.gov)

REGIONAL CRISIS HOTLINE: 1-877-756-4090

NATIONAL LIFELINE: 1-800-273-8255

To schedule a MHFA training, or for more info contact:

[Strongerasone@coconino.az.gov](mailto:Strongerasone@coconino.az.gov)





# IT'S OUR SOCIAL MEDIA LAUNCH

Please join us on Facebook and Instagram, like us, follow us and share and like our posts!

[@strongerasonenaz](#) 

[@strongerasonenaz](#) 

REGIONAL CRISIS HOTLINE: 1-877-756-4090

## Free Training!

### MENTAL HEALTH AND WELLBEING IN A COVID-19 WORLD

For all of us, living through a global pandemic has had a significant impact, for many of us it has changed the course of our lives and the ways we engage in the world. The adjustment to this new reality requires that we acknowledge the ways that COVID-19 has complicated our lives, upended our normalcy, and introduced so many new stressors. In this free 1 hour training, you'll learn about the many ways COVID-19 is impacting our mental health, and take away concrete skills to cope with this reality including how to practice grounding self-care to sustain yourself through these challenging times. This training has been delivered to organizations across Coconino County. If you are interested in scheduling a training or learning more, please reach out to Erica Shaw at [eshaw@coconino.az.gov](mailto:eshaw@coconino.az.gov)

NATIONAL LIFELINE: 1-800-273-8255





## NATIVE CONNECTIONS

### Seeking Interviewees!

If YOU would like to be one of the community members interviewed by Youth please email Jacelyn Salabye at [jacelyns@nacainc.org](mailto:jacelyns@nacainc.org).

We are looking for community members to donate 40 minutes of their time. Your time would be greatly beneficial to our community!

Native Connections Program at Native Americans for Community Action, Inc. is looking for community members to complete the Community Readiness Assessment which will be looking more into community change regarding Youth Mental Health and Wellness. After the interviews are coded and analyzed the youth will participate in a planning session with a goal of how to elevate the readiness of our community to create positive changes for Youth Mental Health and Wellness.

#weneedyou

## Back to School

Visit the Stronger As One Website for more resources to support going back to school during COVID-19.

**BOYS & GIRLS CLUB OF FLAGSTAFF**  
**DISTANCED LEARNING CENTER**  
7:30AM - 5:30PM MON-FRI  
AGES 6-17 (limited availability)  
WEEKLY FEE  
\*tuition assistance available\*

- \*ACCESS TO TECHNOLOGY
- \*PRINTING
- \*SCHOOL SUPPLIES
- \*FREE TUTORING
- \*YOUTH ENRICHMENT PROGRAMS
- \*FREE BREAKFAST, LUNCH, SNACK

TO LEARN MORE:  
[WWW.BGCFLAG.ORG](http://WWW.BGCFLAG.ORG)  
928-266-0489  
[ADMINISTRATION@BGCFLAG.ORG](mailto:ADMINISTRATION@BGCFLAG.ORG)

## COMING UP:



Suicide Prevention  
Month  
September 2019

REGIONAL CRISIS HOTLINE: 1-877-756-4090

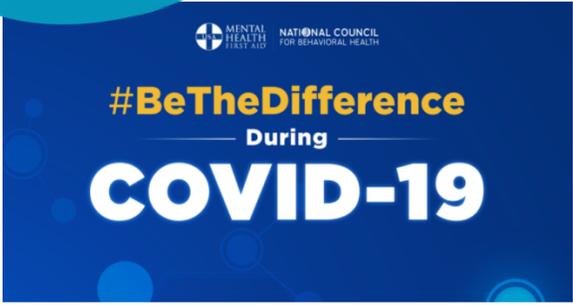
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# Coalition Updates



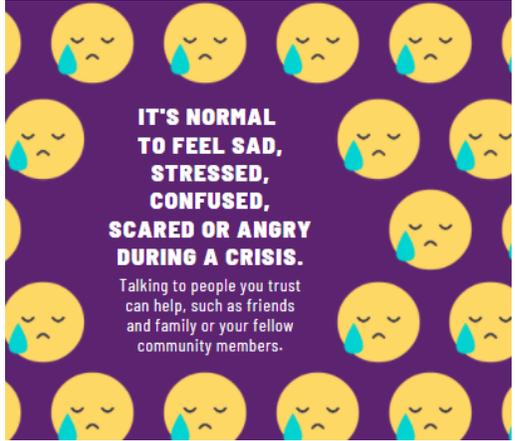
If you're feeling stressed or nervous during these days of COVID-19, you're not alone. Uncertainty and the sense of not being safe — not to mention physical distancing, round-the-clock news and empty grocery shelves — are stressful. What you're feeling is common around the world.

We know you're looking for ways to take care of yourself and #BeTheDifference. Mental Health America compiled these tips from the Mental Health First Aid curriculum to help you care for your own and your loved ones' mental health.

1. Eat healthfully to keep your body in top working order.
2. Exercise reduces symptoms of depression and anxiety, whether we're working out at home or taking a solo jog around the neighborhood.
3. Practice relaxation therapy. Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
4. Let light in. For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.

5. Be kind to yourself! Treat yourself with the same compassion you would a friend.
6. Stay connected. Even if you can't get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you're feeling lonely, sad or anxious, reach out to your social support networks. Share what you are feeling and offer to listen to friends or family members about their feelings. We are all experiencing this scary and uncertain time together.
7. Monitor media consumption. While you might want to stay up-to-the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music. Self-care doesn't require you to go outside or spend a lot of money. Adding small changes to your routine can make a big difference to your overall mood and well-being. Thank you for choosing to #BeTheDifference and remember to practice self-care with Mental Health First Aid.

More resources at <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>



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# Coalition Updates



**CALL**

Support Line for all 1-866-4AZ-VETS (429-8387)



**MATCH**

In-person Navigation & Resource Match Tool



**LEARN**

Online and in-person training for everyone

Arizona is home to over 500,000 service members, veterans & their families. You can help them to **Be Connected** by attending the Military/Veteran Resource Navigation webinar!

Stay in but stay connected by joining us from your computer, tablet, or phone to learn about:

- Military/Veteran Culture and factors that affect a person or family's access to resources
- How to help a person or family navigate to the right door
- The ecosystem of organizations across Arizona that aid in resource navigation

Training conducted **August 21, 2020 9:00 AM - 10:30 AM** There is no cost for this training. Please register online to receive your webinar <https://2020acmfnavigationtraining.eventbrite.com>

Join the 4,800+ Arizonans who are an open door for service members, veterans & their families!

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