

# INFORMED HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

• AUGUST 2022 •



**988** SUICIDE & CRISIS  
LIFELINE

24/7 CALL, TEXT, CHAT

**9-8-8:**

## THE NEW MENTAL HEALTH HOTLINE

"Hello, this is 988. What is your mental health emergency?"

As you may know, the new mental health hotline, 988, went live nationally in July of this year. This is a 24/7 number that can be called or texted during a mental health or substance abuse emergency. All calls to this number will go directly to the 988 Suicide and Crisis Hotline where trained crisis counselors will be on hand to assist you with mental health and substance abuse issues, provide support, compassion, and will help connect you with resources.

In Maryland, there are eight call centers that will be able to provide assistance when you need it. This service will also be of help and assistance to Veterans, as well as LGBTQ youth and adults who may be struggling. For further information on 988, please visit:

- **Who can call?** Anyone experiencing a mental health or substance abuse crisis.
- **What can I expect when I call?** Callers will hear a greeting message while their call is routed to the Maryland Lifeline network crisis center (based on the caller's area code). A trained call specialist will answer the phone, listen to the caller, understand how their problem is affecting them, provide support, and share resources if needed. If the Maryland crisis center is unable to take the call, the caller will be automatically routed to a national backup crisis center
- *The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 150 additional languages for people who call 988.*

*\*The original Crisis Hotline (1-800-273-8255) and Text-line (741-741) will remain available through this transition period and beyond.*

## WHAT'S INSIDE:

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FREE End of Summer Fun for the Whole Family



**Join Our Team and Walk With Us!**

Scan the QR Code above to register to walk with Team CCYSB on September 10th!

## National Grief Awareness Day: August 30th

We have all experienced some form of grief in our lifetimes, yet it is one of the hardest feelings to understand or even talk about. Many times because it makes us or others uncomfortable, grief is pushed under the rug or expressed privately and away from others. Many report that they feel pressured to "get over" their grief and "move on." Grief is often misunderstood and made to be seen as a problem that needs to be "fixed." National Grief Awareness Day was started in 2014 by Angie Cartwright to encourage open communication on loss and bereavement and to help people learn the facts of grief. National Grief Day is important because it can help raise awareness to allow others to know best ways to support themselves and loved ones. It also normalizes the grieving process and can even save lives.

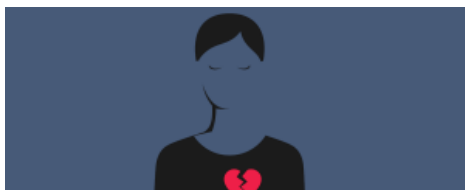
### Grief Facts:

- Grief and mourning are not the same. *Grief* is the internal pain associated with loss, while *mourning* is the external expression of that pain.
- Grief often comes with secondary losses, like loss of financial security or housing.
- 1 in 14 American children will experience a significant loss (e.g., that of a parent or sibling) during childhood.
- Grief is not a problem that can be fixed or solved. Many people who have experienced loss report that grief, in some form or another, continues for the rest of their lives. It can recur in varying levels of intensity for years.

### How to Support Someone Who is Grieving:

- Send something. Ideas include flowers, meals, cards, remembrance items, care box with self-care items.
- Offer practical support. Ask yourself, what might my loved one need help with and what unique skills do I have to offer?
- Be there. Examples include: physically showing up for them in times of need, call just to talk, offer a real hug, and regularly offering "I love you" or "I'm thinking of you."
- Help them "take a break." Provide distraction and spend time with them.
- Don't forget. They will likely need your support long after the initial loss. Checking in regularly and reaching out to them on different anniversaries can mean a lot.

For more on grief visit: <https://whatsyourgrief.com>



## Goal Setting for the Upcoming School Year

August is here, which means the start of the school year is right around the corner. As much as we want you to enjoy the rest of your summer before school starts, we also know how important it is to set goals for yourself in order to be successful. Early goal setting helps with motivation, focus, and a sense of direction. One way to guide goal setting is by using the SMART goal method. SMART Goals are goals that are **Specific, Measurable, Achievable, Realistic, and Timely**. Any goal (Academic, social, emotional, etc.) can be put into a SMART goal format.

Below, we have broken down the SMART goal and included examples to help you get started.

**S- Specific:** Try to answer the questions of what, when, and why.

- Example: What? Scoring 90% in math. When? The end of the quarter. Why? To improve your grades, outscore a friend, or get into a good college.

**M- Measurable:** How will you know when you've reached your goal? Is there a way to measure the success?

- Example: Just saying "I want to do well in math" is not measurable since there is no clear way to define success or failure.

**A- Achievable:** Break the goal down and answer the question of "How will you achieve this goal?"

- Example: to score a 90% in math you may take notes in class, spend 30 minutes 3 nights/week studying, or partnering with a friend to review the material.

**R- Realistic:** Does this goal align with my long-term objectives? Does it keep me on track for other goals in my life? Will focusing on this goal pull me away from other more important goals in my life?

**T- Timely:** Many goals are not fulfilled without a timeline. Having a deadline can increase motivation and success in achieving the goal. A goal of 90% in math class is automatically time-bound because the quarter will end on a certain date.

# FUN FREE EVENTS TO CELEBRATE THE END OF SUMMER!



## Taneytown Family Movie Night – Encanto

Saturday, August 13 @ 8:45 pm | Taneytown Memorial Park | FREE

Bring your own chairs, blankets, and snacks! The movie will be screened next to the tennis courts at Memorial Park. Movie starts at sunset.

## Sykesville Cinema presents “Toy Story 4”

Saturday, August 13 @ 8:00 pm - 10:30 pm | Millard Cooper Park | FREE

16' inflatable movie screen and a powerful audio and video system with quality-run movie performances under the stars.

Each show begins around dusk, with pre-show activities starting an hour before.

*We'll be collecting donations of non-perishable food items for Carroll County Food Sunday. Please help us with this very worthy cause by placing your donated items in the marked plastic bins found as you enter the park during movie nights.*

## PAWS to Read

Saturday, August 13 @ 2:00pm - 3:00pm | Taneytown Library | FREE

Ages: 4 - Adults

Come to the library to visit with and or read a story to a book-loving dog. Research shows that reading to animals boosts reading skills in children, and helps with social skills and even emotional health for all ages. Adults and seniors come to de-stress and relax with a fuzzy friend. Walk-ins welcome!

## Cuentos Bilingües/ Bilingual Storytime

Saturday, August 20 @ 9:45am - 10:15am | Taneytown Library | FREE

Ages: All Ages

Are you interested in improving your language skills? Join us for Spanish Bilingual Storytime! There will be singing, dancing, activities, stories, and rhymes in Spanish and English. Children of all ages and their caregivers are welcome to join us.

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¿Está interesado en mejorar sus habilidades del lenguaje? ¡Ven a la biblioteca para el programa de cuentos bilingües en español e inglés! Habrá cantos, bailes, actividades, cuentos y rimas en español e inglés. Los niños de todas las edades y sus cuidadores están invitados al programa.

## Back to School Stress Busters

Saturday, August 27 @ 2:00pm - 3:00pm | Mount Airy Library | FREE |

Registration Required

Ages: 11-17

Does the thought of heading back to school have you stressed out or worried? Drop in and create some gadgets to help you focus on yourself. Projects will include aromatherapy dough, a fidget cube, and a journal for capturing your thoughts. Come embrace some peace!

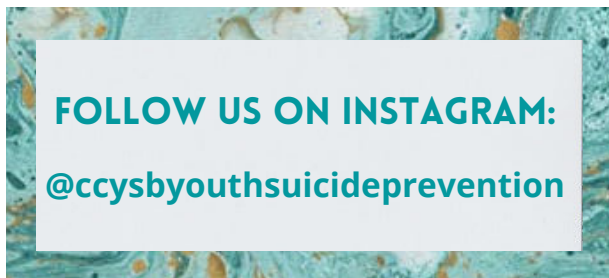
## Outdoor Fun at the Library: Water Balloons

Tuesday, August 30 @ 11:00am - 12:00pm | North Carroll Library | FREE |

Registration Required

Ages: 5-12

Come make a big splash at our last Outdoor Fun at the Library program of the summer. You will likely get wet so you may want to bring a towel and a change of clothes.



## Crisis Resources

National Suicide Prevention Lifeline:

1-800-273-8255

en Español: 1-888-628-9454

Crisis Text Line: 741-741

The Steve Fund

[www.stevfund.org](http://www.stevfund.org)

Text "STEVE" to 741-741

to speak with culturally competent crisis counselor

Maryland Helpline:

Dial 2-1-1, press 1

Text zip code to 898-211

or visit [211MD.org](http://211MD.org)

Carroll County Mobile Crisis:

410-952-9552

To access assessment and treatment services at CCYSB call 410-848-2500 x 1



CARROLL COUNTY

YOUTH SERVICE BUREAU

"It Starts With the Heart."

For more fun (and mostly free) activities at one of the CCPL Branches, please visit: <https://ccpl.librarymarket.com/events/month>

Enjoy this mindful coloring page when you need a moment to relax or unwind.

