



Mental Health is Important Too

The month of May marks Mental Health Month for adults and children.

What are Mental Health and Mental Illness?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

A mental illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Mental illness can affect people of all ages and races.

Fact: Nearly 44 million (1 in 5) adults experience mental illness in a given year (www.nami.org).



Mental illness affects communities in many ways:

- **Youth:** 1-5 children ages 13-18 have or will have a serious mental illness.
- **Schools:** Around 50% of students age 14 and older with a mental illness drop out of high school.

- **Prisons & jails:** Around 24% of state prisoners have "a recent history of a mental health condition".

Although mental illness is common, recovery from mental illness is possible! The Scott County community has a variety of support systems available for individuals seeking help for mental illness. These support systems include community programs, private mental health providers, support groups, and more.

Mental Health Partners in Scott County

How can children and adults access the community's mental health services?



>> **Scott County Kids** is a community organization assisting families with children with mental health concerns in understanding the mental health system. Dawn Knutson, the Family Advocate and Family System Coordinator, links youth and families to mental health providers and services in Scott County. Dawn also provides trainings on Youth & Adult Mental Health First Aid. To contact Dawn:

Phone: 563-484-3387

www.scottcountykids.org

dawn.knutson@scottcountyowa.com

>> Scott County Community Services

assists adults with mental health needs by providing referrals to mental health providers and services and also related case management services. When working with a client, case managers at Community Services not only address



mental health concerns and referral needs, but also other issues impacting clients.

These include:

insurance status; providing assistance/making referrals in applying for insurance coverage; and assisting clients in accessing resources such as workforce programs, prescription medication assistance, and rental assistance. To contact Community Services:

Scott County Community Services
Administrative Center
600 W. 4th Street
Davenport, Iowa 52801
563-326-8723

[www.scottcountyowa.com/
community/](http://www.scottcountyowa.com/community/)

commserve@scottcountyowa.com

See page 2 for information about a local conference for families to learn about

Adverse Childhood Experiences & Trauma Informed Care

Adverse Childhood Experiences (ACEs) are serious childhood traumas youth may experience. These result in toxic stress that can hurt a child's brain and prevent the child from learning, playing in a healthy way with other children, and result in long-term health problems. Family Resources and the Child Abuse Council are bringing together a group of concerned community partners to prevent, reduce, and address the effects of childhood trauma by informing and educating community members in Scott and Rock Island Counties. This group is called the Trauma Informed Care Consortium and its members include representatives from social service agencies, civic leaders, health care providers, schools, funding organizations, and trauma survivors.

The Trauma Informed Care Consortium is currently training school staff, health care providers, law enforcement professionals, and others on Adverse Childhood Experiences and how to work with children when they have experienced ACEs. Building a community of trained professionals will provide children with support systems, build resiliency that helps reduce the effects of ACEs, and limit re-traumatizing children. To request an ACEs training, visit <http://www.famres.org/training-request.html>. Online training is also available at: <http://www.pcaiova.org/resources/training/>. To learn more about the Trauma Informed Care Consortium, visit: www.famres.org/tic.html.

Related Resources:

Scott County Kids Youth Mental Health Resource Guide:

<http://scottcountykids.org/wp-content/uploads/2014/11/Mental-Health-Resource-Guides.pdf>

National Alliance on Mental Illness:

www.nami.org

Event:

2015 4th Annual Conference: Smashing Stigma through Hope and Opportunity

- Saturday, May 23, 9:00-3:30
- St. Ambrose, Rogalski Center
- FREE of cost (lunch & snack included)
- Register: email jesse.mumm@scottcountyiowa.com or call 563-326-8221 (ask for Jesse or Dawn)
- *Topics include:* Adverse Childhood Experiences, Bullying, Suicide, Self-Care for Parents & Healing through Senses

MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, May 21, 2015.*
- *Scott County Health Department will be closed Monday, May 25, 2015 in observation of Memorial Day.*

OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County— A safe and healthy community.

SCOTT

**COUNTY
HEALTH DEPARTMENT**

Scott County Administrative Center, 4th Floor

600 West 4th Street

Davenport, Iowa 52801-1030

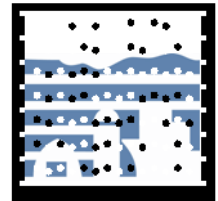
Phone: 563-326-8618

Fax: 563-326-8774

E-mail: health@scottcountyiowa.com

Web site: www.scottcountyiowa.com/health

Facebook: www.facebook.com/scottcountyiowa



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Public Health
Prevent. Promote. Protect.