

JULY NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

JULY is Minority Mental Health Awareness Month!

Mental Health Matters! The United States recognizes National Minority Mental Health Awareness Month every year during the month of July. Racial and ethnic minority groups face obstacles including getting access to affordable healthcare, finding care providers that are of the patient's own race/ ethnicity, and breaking cultural barriers in recognizing mental illness and receiving care.

In 2021, it is estimated that only 39 percent of Black or African American adults, 25 percent of Asian adults, and 36 percent of Hispanic/Latino adults with any mental illness were treated, compared to 52 percent of non-Hispanic white adults.

National Minority Health Month was created in order to bring awareness to the challenges faced by racial and ethnic minorities and take the necessary steps to improve health outcome and overall wellbeing.

WHAT CAN YOU DO?

- Use non-stigmatizing language when talking about mental health
- Recognize microaggressions that affirm harmful misconceptions and stereotypes
- Share what you learn with your friends and family!



HOTLINES:

SAMHSA's National Helpline - 1-800-662-HELP (4357)
New Jersey Mental Health Cares - 866-202-4357
2nd Floor Youth Helpline - 1-888-222-2228
NJ Hope Line (suicide prevention)- 855-654-6735

References:

<https://www.minorityhealth.hhs.gov/minority-mental-health/>
<https://www.cdc.gov/healthequity/features/minority-mental-health/index.html>
<https://www.samhsa.gov/data/sites/default/files/reports/rpt39441/NSDUHDetailedTabs2021/NSDUHDetailedTabs2021/NSDUHDetTabsSect6pe2021.htm#tab6.18a--text=220719-Tab6.18a--%E2%80%93Received%20Mental%20Health>

In 2020, suicide was the leading cause of death among Asian Americans and Pacific Islanders aged 10 to 19; it was the second leading cause of death among those aged 20 to 34.

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Meet Judy Hurley! - Montclair's New Director of Senior Services



Judy Hurley's over 25 years of entrepreneurial leadership and her passion for community building has resulted in the acceleration of achievements for mission driven businesses and nonprofit organizations. She specializes in strategic planning focused on organizational development, successful project management, effective grantmaking, fundraising, and executive coaching. She has held top leadership positions in children's healthcare, developmental disabilities, mental health, and senior services.

Judy served as a member of the National Alliance for Childhood Cancer and the North American Brain Tumor Coalition. She has received numerous awards including special congressional recognition for her work for people with disabilities. Judy graduated with a BA in social work and pursued graduate studies in nonprofit administration.

JULY 24TH- INTERNATIONAL SELF CARE DAY

TAKE A
NAP

READ A
BOOK

STRETCH

JOURNAL

DO A
DIGITAL
DETOX



GO FOR A
WALK

TAKE A
BATH

DANCE

DO YOGA

LISTEN TO
A PODCAST

Each year on July 24th, people from around the globe recognize International Self Care Day. People are encouraged to take a moment to do something that will improve their overall physical, emotional, and social wellbeing. It could be something as simple as taking a deep breath or a more involved activity, such as cooking a special meal.

Regardless of what you choose to do, incorporating self care activities into your daily life will improve your overall health and wellbeing. Often times, people hesitate putting themselves first and see doing so as being selfish. Although for some it may take some getting used to, prioritizing your own self care is instrumental in maintaining good physical and mental health and improving overall health outcomes. This July 24th, Montclair Health Department encourages you to do a few of your favorite self care activities!

STAY COOL THIS SUMMER! PREVENT HEAT EXHAUSTION & HEAT STROKE

Summer is here! Whether you find yourself BBQing in your backyard, or traveling down the shore, follow these few simple tips and prevent heat related illnesses.

- Stay tuned for heat advisories - avoid being outdoors when the temperature is too high
- Stay hydrated - make sure to drink plenty of water
- Never leave children or pets unattended in a locked vehicle
- Dress appropriately - wear light colored, light weight, loose fitting clothing
- Wear sunscreen - a minimum of SPF 15 is recommended
- Check on your loved ones who are at high risk for heat-related illnesses - particularly infants and young children, those with chronic conditions, and older adults

If you believe someone is suffering from a heat related illness, here's how you can help:

- Heat stroke** - Call 911, move the person to a cooler area, place them in a cool shower or bath, cool them down as much as possible by fanning or sponging with cool water
- Heat exhaustion** - Have them sip cool water, call for professional medical help if symptoms do not improve in one hour

For more information on how to Avoid, Spot, and Treat Heat Exhaustion and Heat Stroke, please visit:
<https://www.cdc.gov/orr/infographics/ast-heat.htm>

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p>Heat exhaustion can lead to heat stroke.</p>	<p>Heat stroke can cause death or permanent disability if emergency treatment is not given.</p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg
School of Public Health

Episode 630- Why Are Some
Humans' Scent More
Preferrable to Mosquitoes?



By: Peter McGinnes

Interview with Sean Dwyer-
Licensed Therapist from Los
Angeles California

HOW CAN I LISTEN?

To listen to any of the podcasts listed above, search the name of the podcast in the Spotify app or website.

-- OR --

Open the Spotify app and scan the "Spotify Code" on the images above

LET'S CELEBRATE DISABILITY PRIDE MONTH!

On July 26th, 1990, the Americans with Disabilities Act was signed in order to protect the rights of disabled people, prevent discrimination, and allow them the same rights and opportunities as everyone else. 25 years later, in July of 2015, Disability Pride Month was officially celebrated for the first time! Since then, people have celebrated Disability Pride Month in many different ways.

5 Ways to Celebrate Disability Pride Month!

- Educate yourself and others about ableism
- Participate in a disability pride parade, event, or activity
- Read a book written by a disabled author
- Follow disabled activists on social media
- Be aware of your words- avoid offensive language

UNDERSTANDING THE FLAG

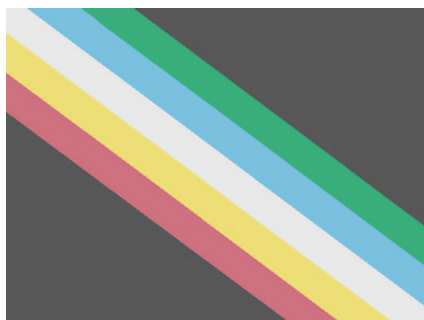
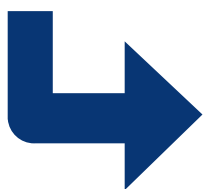


Original design created in 2019

The disability flag was designed in 2019 by a woman named Ann Magill. The original design featured brighter colors and a zig zag, "lightning bolt" pattern. However, Magill received feedback that viewing an image of the flag on a computer or phone screen triggered symptoms including migraines and seizures in some photosensitive people. To correct this issue and make the flag more universally accessible, Magill collaborated with people from the disabled community and produced the updated design, pictured below on the right, in 2021. The order of the colors were even rearranged to accommodate those with red-green colorblindness.

Diagonal Pattern - The diagonal pattern of the colored stripes indicates how disabled people have "cut across barriers" set in place by society.

Charcoal- The muted black background represents the mourning of disabled people who have faced violence and ableism.



Updated design created in 2021

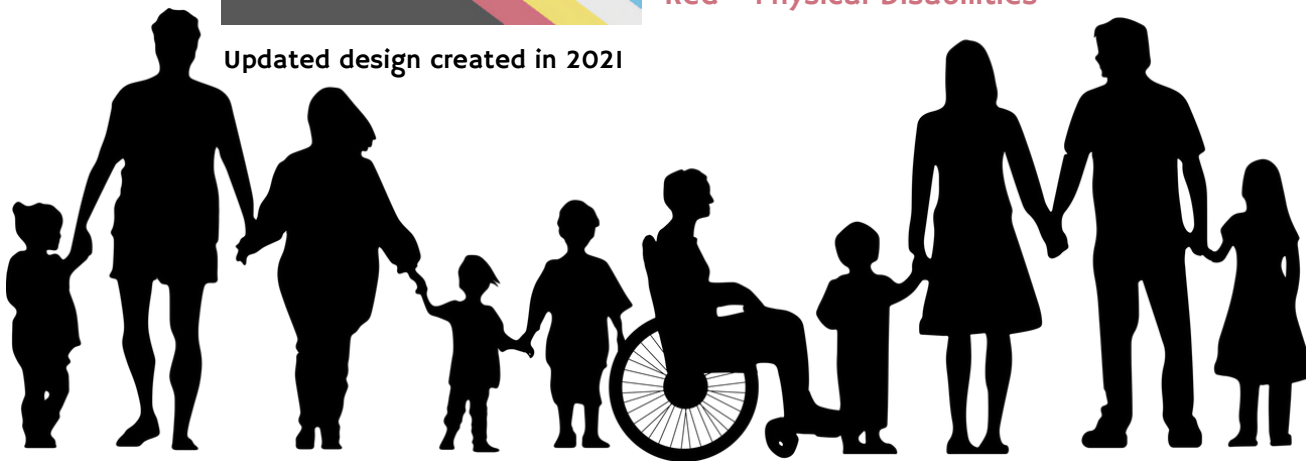
Blue - Psychiatric Disabilities

Green - Sensory disabilities (blindness, deafness, lack of a sense of smell or taste, etc.)

White- Invisible and Undiagnosed Disabilities

Gold- Neurodivergence

Red - Physical Disabilities



JULY 2023

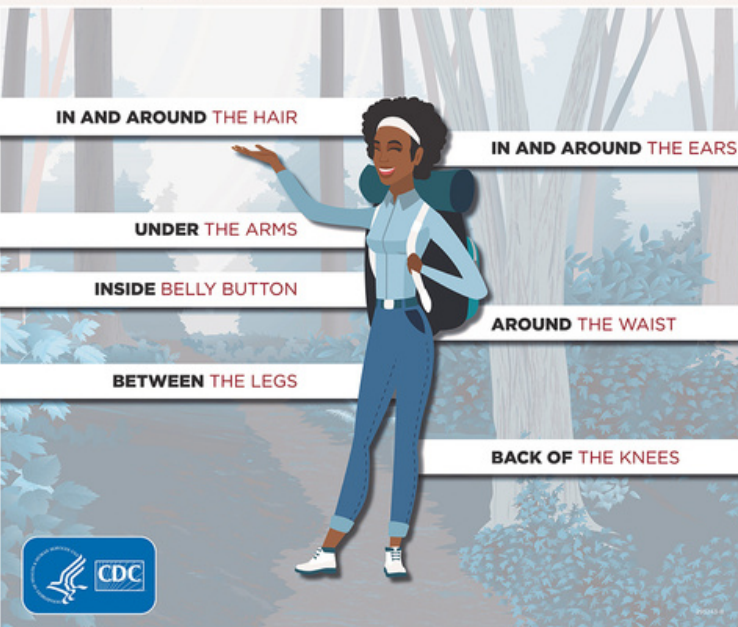


DON'T GET SICK, CHECK FOR TICKS!



Check your clothing and body for ticks after being outdoors in grassy, brushy, or wooded areas where ticks live!

CHECK THESE PARTS OF YOUR BODY AND YOUR CHILD'S BODY FOR TICKS:



PREVENT TICK BITES

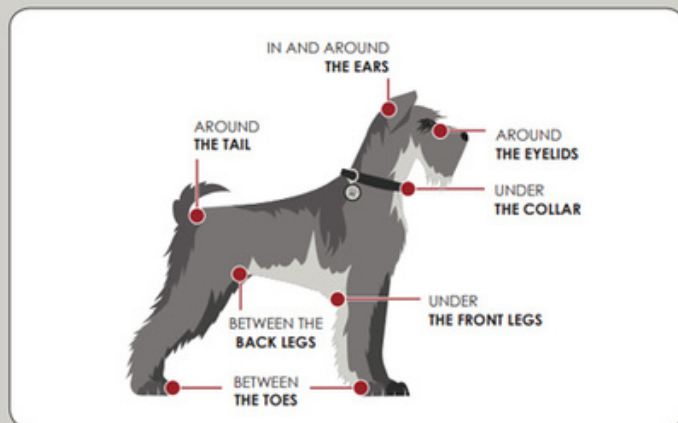
- When hiking, try to stay close to the trail; avoid straying into tall grasses and wooded areas.
- Wear light colored clothing to be able to see ticks clearly and easily.
- Tuck your pants into your socks to prevent ticks from latching on to your ankles and legs.
- Wear a hat to protect your head from ticks.
- Use an insect repellent and treat your clothing items with permethrin.

PROTECT YOURSELF PROTECT YOUR PETS

Plan on hiking, having a picnic, or going on a nature walk this summer? Be on the look out for ticks! Ticks are commonly found in moist and shady areas including tall grasses, wooded areas, and piles of dead leaves. They can transmit a variety of diseases including Lyme Disease, Ehrlichiosis, Spotted Fever, Tularemia, Babesiosis and more. If you find a tick on yourself or someone you know, remove the tick with tweezers. Grasp the tick as close to the skin as possible, and pull straight up, ensuring not to twist or squeeze while doing so. Once the tick is removed and disposed of, wash your hands thoroughly with soap and water.

HOW TO CHECK YOUR PET FOR TICKS

- Check your pet for ticks every day, especially after they spend time outdoors.
- Run your fingers through your pet's fur with gentle pressure to feel for any small bumps.
- Look for ticks in the following areas:



Montclair Health Department Immunization Clinics



Public Health
Prevent. Promote. Protect.

Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

Moderna Bivalent Boosters are available to those 18 and older.

To make an appointment, please call **973-509-4970** or email mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042