

NEWSST&ND

ADULT & CHILD HEALTH

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A Letter from Leadership

Hear from Dan Arens, COO, as he gives updates and thoughts on current happenings at A&C.



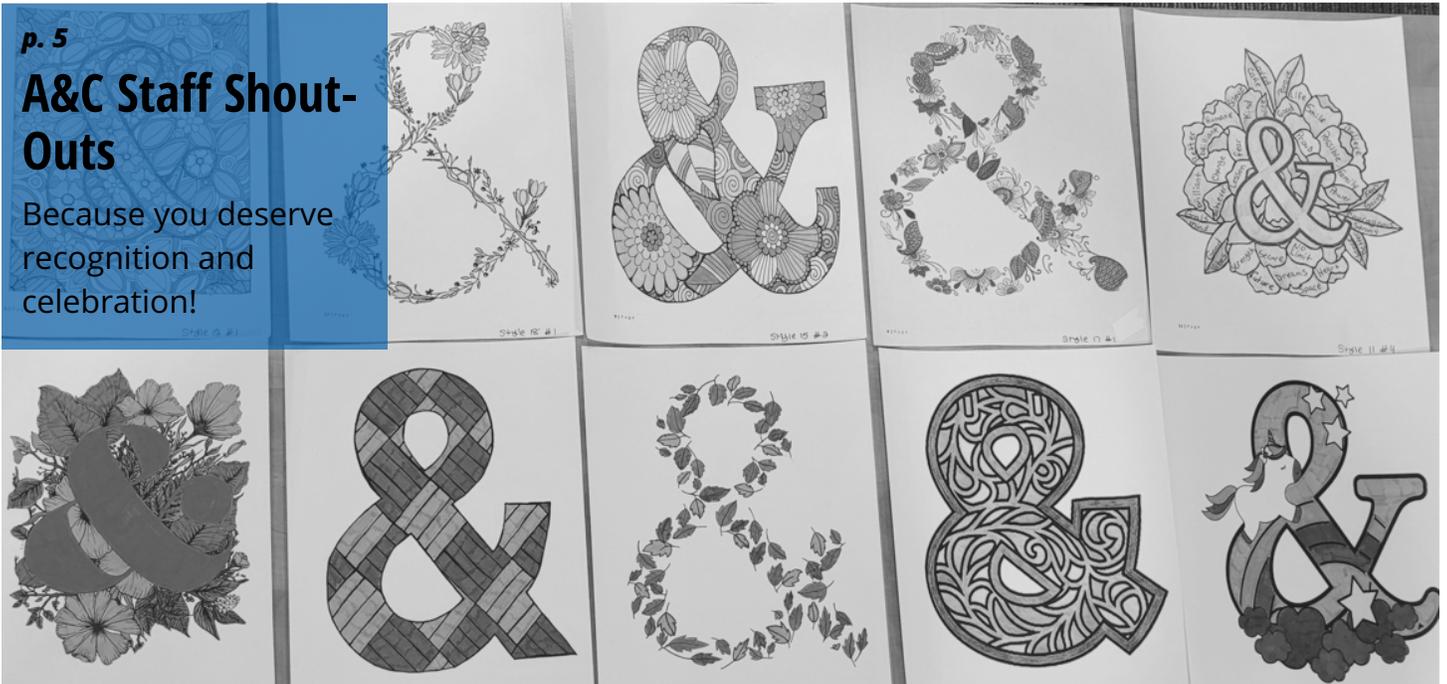
p. 4
**Exciting News from
A&C Therapeutic
Foster Care**

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Grants Update

Read about the funding A&C received to support efforts on healthcare technology and lung cancer screenings.

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A&C Staff Shout-Outs

Because you deserve recognition and celebration!

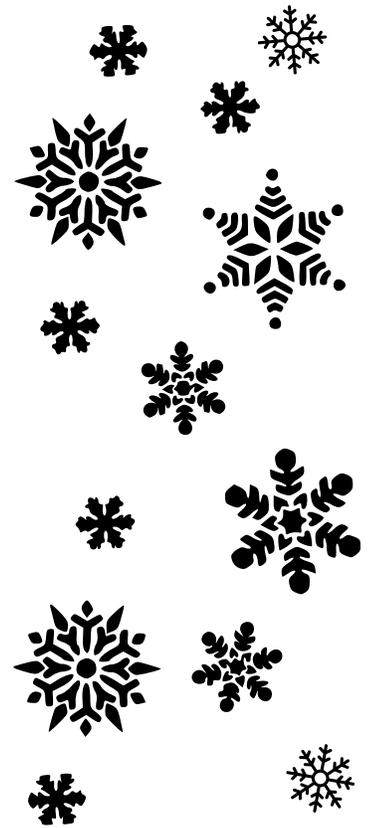


A NOTE FROM **DAN ARENS, COO**

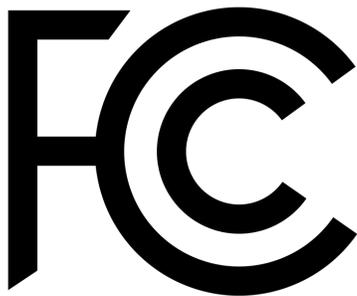
Happy December to all A&C staff,

It's hard to believe we're closing out the year 2021 and, wow, it's definitely been a fast-paced year at A&C. This year has brought us many changes. I've been so thankful and encouraged to see the small and large ways our staff and our clients show their inner goodness, innovation, and resilience. I hope each of you take the time to reflect on the last year and acknowledge all that you have done to improve the lives of those around you. The demand for mental health services has never been higher due to the ongoing stress of the pandemic. Your work is important. And regardless of your role here, you made a difference this year.

December is a wonderful time of year. We get to experience snowfall, holiday lights and decorations, cookies, hot chocolate, and classic movies. Whether you celebrate Christmas, Kwanza, Hanukkah, Winter Solstice, or not at all, I wish you a very happy season. As always, I appreciate your hard work and dedication. Your daily efforts do not go unnoticed and I look forward to hearing all the ways you have chosen to celebrate with one another. Happy Holidays!



A&C AWARDED TWO NEW GRANTS



A&C was awarded approximately \$500,000 from the Federal Communications Commission (FCC) to support healthcare technology initiatives and expand telehealth offerings. This complements our larger initiatives to move to NextGen and we're excited to see all the ways this grant will improve customer service, service access, efficiency, and improved health outcomes! Congratulations to **Kerri Lewis** for writing and managing this grant.

A&C was awarded \$20,000 from the American Cancer Society through the 2022 NFL Crucial Catch program. This grant will help our primary care staff implement quality improvement processes and evidence-based interventions to promote and deliver lung cancer screenings. Only 32 health centers are selected each year for this program and A&C is proud to partner with the American Cancer Society for this initiative in Indianapolis. **Lauran Canady** will oversee this grant project with her primary care staff.

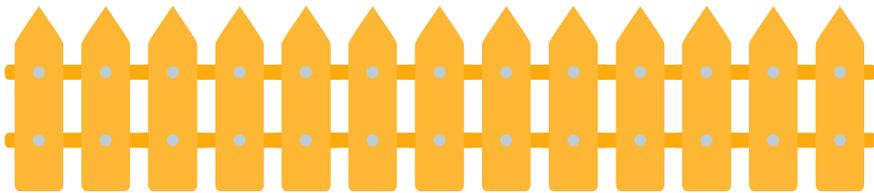


DECEMBER MENTAL HEALTH MOMENT

SETTING HEALTHY BOUNDARIES

While the holidays can be a magical time of the year, spending time with family during the holiday season can also lead to significant amounts of stress. Family gatherings might mean spending time, energy, or money in ways that don't align well with our personal values. Our families may have different political views or religious beliefs, which can cause at minimum tension and discomfort.

Taking time to set boundaries is essential to maintaining physical and emotional health. By recognizing the need to set and enforce limits, you protect your self esteem, maintain self-respect, and enjoy healthy relationships. Unhealthy boundaries result in significant emotional pain that can lead to dependency, depression, anxiety, and even stress-induced physical illness.



HOW DO WE SET BOUNDARIES?

- If you feel anger, resentment, tension or taken advantage of, this may be an area where you need to set a boundary.
- When you identify the need to set a boundary, be clear, calm, firm, respectful, and concise .
- You do not have to justify, get angry, or apologize for the boundary you are setting.
- Remember, you are not responsible for the other person's reaction to the boundary you are setting. You are only responsible for communicating your boundary in a respectful way.
- Some people might test your boundaries. Be prepared and be consistent.
- When setting new boundaries, you may feel selfish or guilty. Don't forget that you have a right to self care.

SPECIAL THANKS TO ALI HICKMAN FOR THIS ISSUE'S MENTAL HEALTH MOMENT

WHAT ARE PERSONAL BOUNDARIES?

Personal boundaries are the limits and rules we set for ourselves within relationships. Our boundaries depend on the setting. For example, what's appropriate to say when you're out with friends might not be appropriate when you're at work.

TYPES OF BOUNDARIES:

Physical: Physical boundaries include your needs for personal space, your comfort with touch, and your physical needs like needing to rest, food, and water.

Intellectual: Your thoughts, ideas, and curiosity.

Emotional: A person's feelings, including limitations on when to share and when not to share personal information.

Material: Items/possessions like your home, car, clothing, jewelry, and money.

Time: How a person uses their time, such as setting aside time for the different parts of their life like work, relationships, and hobbies.





EXCITING NEWS & UPDATES

FOLLOW A&C THERAPEUTIC FOSTER CARE ON INSTAGRAM

In order to spread the word about our programs and services, as well as to recruit new prospective foster parents, we've launched an Instagram account for A&C Therapeutic Foster Care.

Follow along at [@indyfostercare](#) on Instagram. Once the page hits 200 followers, we'll draw one lucky winner to receive a gift card!



A blue graphic for the "Holiday Gift Drive 2021". At the top left is the "ADULT & CHILD Foster Care" logo. Below it, the word "Holiday" is written in a cursive, orange font. The words "GIFT DRIVE" are in large, white, bold, sans-serif letters. "2021" is written in a large, orange, stylized font. The graphic includes illustrations of a green gift box with a yellow bow, a brown teddy bear, a pink gift box with a red bow, a stack of books, a red basketball, and a wooden baseball bat. A string of colorful Christmas lights is draped across the middle. At the bottom is a large QR code.

PURCHASE A GIFT FOR A LOCAL YOUTH IN FOSTER CARE

It's time for our annual gift drive! Older youth in foster care are often overlooked during toy drives, so we're focusing on their needs this year. Visit bit.ly/ACHIndy or scan the QR code on the left to buy directly from our Amazon Wish List and have your gift shipped directly to us.

You can also buy an item at your favorite store while you are out this season. Donations can be dropped off in the lobby or our office at 603 E. Washington St. Indianapolis, IN 46204. If you aren't able to make it to our location, you can arrange pick-up with Lynn Farmer at 317.474.3624 or lfarmer@adultandchild.org.

OTHER WAYS TO GIVE

You can contribute to A&C at no additional cost to you by designating Adult and Child Health as your charity of choice on AmazonSmile and Kroger Community Rewards. Visit the links below for instructions.

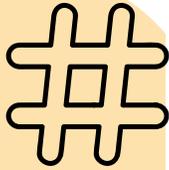
smile.amazon.com

kroger.com/i/community/community-rewards

STAFF SHOUT-OUTS

A&C ON SOCIAL

A&C Social
Emotional Learning
Specialist **Jeff Robinson**
was recognized on
Twitter by Southport
Middle School Assistant
Principal Matt Bush.



"@SouthportMiddle is lucky to have Mr. Jeff Robinson. Mr. Robinson serves as a SEL specialist in our building supporting students in classrooms, common areas, and in @SMSStudentServ1 Student Services! #LoveBeingACardinal"

- @mbush36



Christa Kaga-Nims, Access Coordinator, received this impressive shoutout from Indiana DCS: "I am continually impressed because you have kept A&C's availability updated [in the Services Hub] almost daily since we launched this... your commitment and attention to this is not going unnoticed! Also, it means that A&C is being seen as "Active" by FCMs as they are using the Services Hub to find Providers."

The **Support Staff** team celebrated National Ampersand Day in September by making their very own ampersand coloring book. Below are the top ten ampersands that they colored and voted on. Thank you to **Amy Stoll**, Administrative Support Associate, for sharing!



MORE STAFF SHOUT-OUTS (OUR TEAMS ARE SERIOUSLY THAT GREAT)



A&C IS INSPIRATIONAL, WELCOMING, HOSPITABLE

Support Services Registrars **LeAyn Patterson** and **Sam Eby-Reel** have coordinated and collaborated to add an inspirational poster board to their workspace! Staff noticed the large empty wall and felt the need to offer encouragement and support to co-workers and clients coming in to be registered in Open Access at 8404. Sometimes, making the decision/need to seek behavioral health services can feel intimidating and vulnerable; staff wanted to help create a welcoming and hospitable environment for all to enjoy! Thank you to **Emily Sutter**, Team Leader, for sharing!



Liz Stirn, Assistant Director of School Based Services, and Tina Serrano, Director of Strategic Initiatives, represented A&C at a Parent University event held at Ray Crowe Elementary School last month.

CELEBRATE GOOD TIMES COME ON!

The **Support Staff** celebrated School Picture Day on September 9. They submitted their school pictures to show the team how much they've changed since their school days. See if you recognize your colleagues below!



- 1. Abby Sears
- 2. Amy Stoll
- 3. Beth Schulz
- 4. Samantha Herring
- 5. Heidi Donahue
- 6. Emily Sutter
- 7. LeAnn Patterson
- 8. Kelly Chambers
- 9. Tana Smith
- 10. Michelle Miller



We encourage everyone to celebrate Ugly Holiday Sweater Day on December 17! Wear your ugliest, most ridiculous, most festive, or favorite sweater, then take a selfie or a picture with your team. Send to cporter@adultandchild.org so we can spread some holiday spirit!

UP NEXT...
**UGLY
HOLIDAY
SWEATERS
DECEMBER 17**