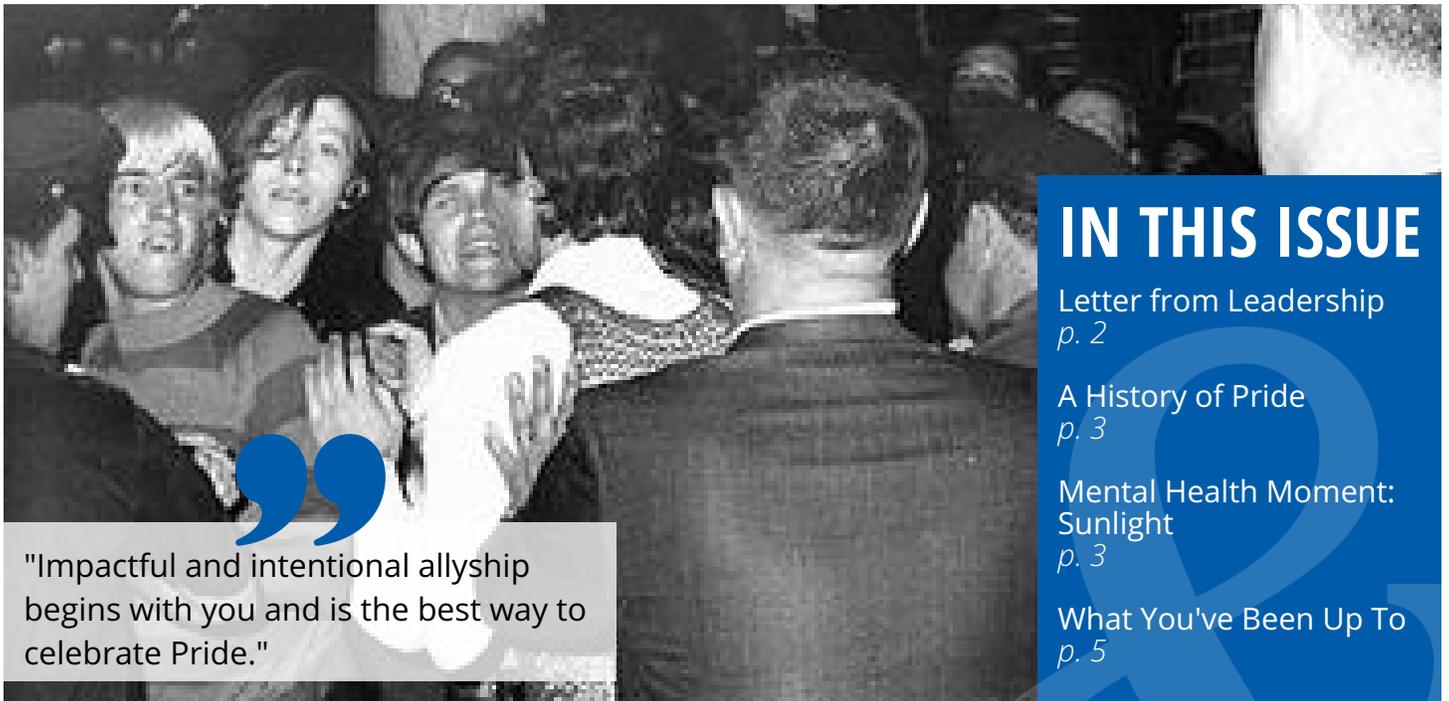


NEWSST&ND

ADULT & CHILD HEALTH



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Pride Month 2022— and How We Got Here

As we put on our colorful gear to spread love and acceptance in the Indy Pride Parade this month, it's important to remember the history behind the celebration. LGBTQ+ Taskforce member Brooklyn Arizmendi shared with us a brief history of Pride. Read more to find out how the injustice faced by the queer community in the 1960s sparked a riot, leading to the very first Pride march.



Here's what you've been up to this month...



Congratulations to the Class of 2022!



Ampy Awards, Kudos, and Gnomes, oh my!

LETTER FROM LEADERSHIP

DENISE AMATO EXECUTIVE VICE PRESIDENT OF OPERATIONS

June is here and for many of us that means we're looking forward to summer nights, popsicles, festivals, grilled hot dogs, and ice-cold lemonade. Kids are on summer vacation and we're all looking for the best ways to spend our weekends. June is one of my favorite months of the year – when everything is green and the sunshine is filling my office through the windows.

There is a lot going on in the month of June. June 1st marked the beginning of Pride Month – a month that celebrates the LGBTQ Community. Later in the month, we'll see celebrations of Juneteenth – a holiday celebrating the end of slavery among African Americans in the United States. Both commemorations are important for us to recognize, honor, and celebrate.



Our values at A&C drive the work we do and the way we work together. They are the foundation of the services we provide. Number one on our listed values, you'll see:

“We believe in people and the strength of diversity. We deeply respect the ideas, backgrounds, and lived experiences of those we serve to create safe, inclusive environments where everyone is welcome.”

I encourage you to read that a few times and let those words sink through you. At A&C, we want to create safe, inclusive environments where everyone is welcome. When you imagine your workplace, the environment in which we're welcoming our clients and patients, it's truly remarkable to operate in a way where we all work together to embrace everyone in a radical, inclusive way. Think of what we accomplish together when we use diversity as a strength.

I believe A&C is an incredible organization with all the right people. We are all here for a common goal – **to build caring communities, where every child, adult, and family have the opportunity to live healthy, happy lives.** We all want to see our communities thrive. And while it is not always easy and some days can feel discouraging, we know that everyday the work we do matters. We celebrate the successes of our jobs. We lift up our coworkers. We walk hand in hand with our clients, sometimes guiding them through some of the most difficult experiences of their lives. We show up. Every single day.

Pride month. Juneteenth. A&C stands with the marginalized in society. We know these stories matter. We do what we can to lift up those voices. If you're a staff member in either community, I want to take a moment to thank you for choosing our organization. You are **so valued** and I am so glad you're here.

Team, enjoy this month of summer! Celebrate one another!

A HISTORY OF PRIDE



Indianapolis Pride Event
1983-84.

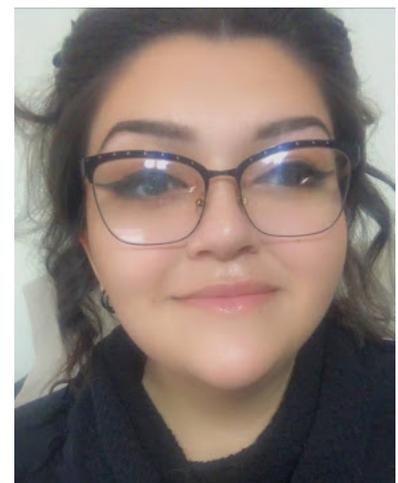
June marks the beginning of “Pride”, a month-long celebration of the LGBTQ+ community. When you imagine Pride you might think of parades or festivals filled with excitement and love, but pride hasn't always been this way. The 1960s was a revolutionary era for many marginalized groups and the LGBTQ+ community was no exception. The revolution that created Pride took place in New York City at a bar known as the Stonewall Inn. Homosexuality was criminalized and it was illegal to serve a “homosexual” a drink until 1966. It was normal for the Mafia to own the bars that hosted the community, and although the Mafia relied on the community for profit, they did not care what happened to them as a result. Throughout the United States, police raided these bars and arrested those who they deemed to be breaking the law.



The only known photograph of the Stonewall riots. This image shows “street kids” or homeless LGBTQ+ youth being some of the first to fight back.

On June 28th, 1969, the Stonewall Inn saw yet another police raid and police began arresting anyone wearing “gender inappropriate clothing” (any clothes that did not match their perceived sex). LGBTQ+ people of color, transgender, and gender-nonconforming people were both leaders of the movement and the most likely to be victimized. Police were struggling to arrest Stormé DeLarverie, a prominent black lesbian entertainer, and became violent with her. Community members began to crowd and fight back, triggering even more people in the surrounding areas to join them. The crowd continued to grow and became a riot which led to protests and fights throughout the following week.

One year later, the first Pride march was held by activists who cited the Stonewall riots as the first time thousands fought against centuries of abuse against the LGBTQ+ community. Pride events began to pop up all over the world and Indianapolis saw its first pride event in 1981. Today our community has more visibility than ever. However, we're still combatting some of the same issues such as black transgender women being murdered at high rates (at least 57 in 2021). Additionally there are Anti-Trans and Anti-LGBTQ+ bills and rhetoric being introduced by lawmakers in several states while LGBTQ+ youth face higher rates of suicide attempts than their peers. It is important that we acknowledge ways we can improve care for our LGBTQ+ clients and educate ourselves on the intersectional issues they face. **Impactful and intentional allyship begins with you and is the best way to celebrate Pride.**



Meet the author: *Brooklyn Arizmendi (She/Her/Hers), Youth Development Specialist*

MENTAL HEALTH MOMENT

SUNLIGHT

BENEFITS OF SUNGLIGHT ON MENTAL HEALTH

As the weather turns warmer and we get to enjoy more hours of sunlight throughout the day, it's important to understand the health benefits that sunlight can have on us. Many people suffer from Seasonal Affective Disorder (SAD) during the winter months, so the increased sunlight is often a welcomed sight for many of us. While it's important not to overexpose yourself to the sunlight, there are many benefits to your health that even just a little time in the sun can provide, including:

- **Boost in the body's Vitamin D supply**—Vitamin D deficiencies have been linked to several health conditions including osteoporosis, loss of bone density, cognitive impairment in adults, increased risk of cardiovascular disease, and a bone disease called rickets
- **Melatonin production**—melatonin is a chemical hormone that plays an important role in countering infection, inflammation, cancer, autoimmunity, and helping our body's circadian rhythms
- **Serotonin production**—serotonin is another hormone which results in more positive moods and a calm and focused mental outlook • Increase in endorphins—endorphins are our body's natural opiates which are linked to positive feelings and moods
- **Higher quality sleep**—melatonin helps lull your brain into slumber to help you get a more restful sleep at night
- **Lower blood pressure**—when sunlight hits your skin, your body releases nitric oxide into your blood which brings down blood pressure and improves heart health
- **Help treat some skin conditions** including psoriasis, eczema, jaundice, and acne



Getting anywhere from 5 to 15 minutes of sunlight on your arms, hands and face two to three times a week is enough to enjoy the Vitamin D-boosting effects of sun.



Sunlight cues special areas in the retina, which triggers the release of serotonin.

SUN SAFETY

While you're outside enjoying the sunlight and improving your mental health, it's important to remember that too much sun exposure can have negative impacts on our skin and bodies. Here are some ways to protect yourself while in the sun:



- **Shade** — sit under an umbrella, tree, or other shelter



- **Clothing** — when possible, it's recommended to wear long sleeves and long pants to help protect against UV rays



- **Hat** — wear a hat that has a brim all the way around it to shade your face, ears, and back of your neck to also protect against UV rays



- **Sunglasses** — helps protect your eyes and tender skin around your eyes from UV rays and sun exposure



- **Sunscreen** — blocks UVA and UVB rays which helps protect your skin

Sources:

- National Library of Medicine - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>
- Tri-City Medical Center - <https://www.tricitymed.org/2018/08/5-ways-the-sun-impacts-your-mental-and-physical-health/#:~:text=Getting%20some%20sun%20increases%20your,in%20combination%20with%20other%20treatments>
- Healthline - <https://www.healthline.com/health/depression/benefits-sunlight#benefits>
- Centers for Disease Control and Prevention - https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Get outside and safely enjoy the sun to boost your mental health!

Special thanks to **Emily Cobb** for this month's Mental Health Moment!



HERE'S WHAT YOU'VE BEEN UP TO LATELY...



The TFC team hosted a fun event at Garfield Park Playground Shelter!



Staff attended a 2-day training with Healthcare Education & Training and other community partners!

SERVICES SPOTLIGHT

Join Matt Gilliam, Specialist Trainer with the training team, as he chats with Siobhan Nelson, Team Leader for Southside HB and Rachael Ference, Team Leader for Marion County HB.

Learn more about their services, placements, referrals, clientele, and partnerships.

Click below to watch!

**HOME-BASED
TEAMS**



"We're really trying to meet individuals at the point of their need... we don't have the limitations of having to see them in an office or at school, so we can bridge the gap of services that they might not be able to receive elsewhere." - Siobhan Nelson



THE HOME BASED TEAM'S ARE HIRING. IF INTERESTED YOU CAN GET MORE INFORMATION ON A&C'S WEBSITE OR WITHIN PAYLOCITY.

CLASS OF 2022

As champions of achievement, healing, and hope, we are thrilled to honor the following graduates. Congratulations to these individuals and to their proud A&C family members!

Abby



Masters in Healthcare Administration from IU
Daughter of *Kari Mann*, School Based Therapist

Abbey Rose



Elementary Education, IU- Bloomington
Tamara Wright, MCSB1

Alex



Kindergarten, Adams Elementary
Grandson of *Pam Hartman*, RCM

Amaya



8th Grade, Avondale Meadows Middle School
Daughter of *Alecia Toles*, RCM

Calista Jo



Pre-Kindergarten
Daughter of *Tanya Paschal*, HHRT

Carter



Aeronautical Engineering Technology,
Purdue University
Son of *Dan Arens*, COO

Chloe



Hamilton Southeastern High School
Daughter of Dan Arens, COO

Drake



Harvard Law
Michelle Reed, HR

Eloise



Magna Cum Laude, Herron High School
Daughter of Amanda Alvis, HHRT

Elyse



Doctor of Dental Medicine, University of Louisville
Daughter of Dr. Dionne Dynlacht, Clinical Excellence

Gracen



M.A. Art Therapy & Counseling, IUPUI
Gracen Dorsch, School-Based Beech Grove.

Jay



High School Graduation
Son of Mika Ward, RMA at GFP

Jessilyn



Cum Laude, Tech High School
Daughter of Victoria Shearer,
Support Services North

Killian



Pre-School Graduation
Kelli Greene, Health Home

Lauren



BSW, Indiana Wesleyan University
Lauren Whitfield, Greenwood HCC

Lillian



Whiteland High School
Kirk Weaver, Facilities Team

Mathew



Basic Training, Indiana National Guard
Tonya Eaglen, Northwood Clinic

Noah



Bachelors in History with Paralegal
Certification, IUPUI
Son of *Kari Mann, School Based Therapist*

Naricyn



Honors Diploma, Columbus Signature Academy
Traci Noland-Smith, Southeast School Based



Porter & Juliet



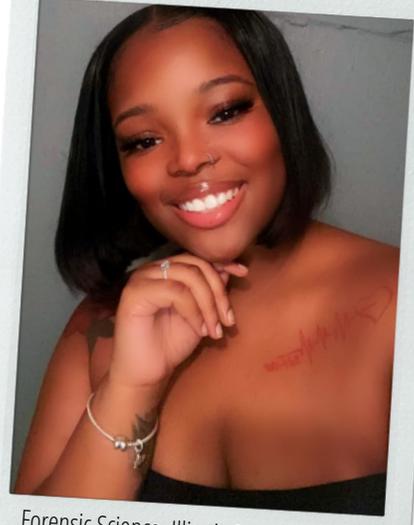
Pre-School Graduation
Nephew & niece of *Cate Porter, Business Development*

Ruby



Roncalli High School
Chad Hunter, Support Services North

Tae'ler



Forensic Science, Illinois State University
Daughter of *Emma Eskridge-Watson, GP Nurse Supervisor*

CONGRATULATIONS & KUDOS

Kelsey Balch, Team Leader - Morgan County 2 School Based, surprised two staff members with an Ampy in April and May! Here's what she had to say about them:

"**Alyssa** goes above and beyond for her team and clients. She puts others first and helps everyone even when she is busy herself. She is ALWAYS supportive and makes it a priority to praise team members. She runs around to every school in our district to open clients and support our team any way she can. Alyssa is trustworthy, funny, creative in her coaching and mentoring, someone you can count on, and all around a rock star!"



"**Courtney** is a very hard worker who goes above and beyond to help her clients and their families. Courtney is always working hard to improve herself, to benefit her school, clients, and families. She often seeks supervision to ensure safety and other evidenced based practices to use with clients/families. She is very professional, has a positive attitude, and works hard to have a good relationship with co-workers and school staff. Her documentation is reflective of her hard work, and she is an example to follow for our team. It is evident that Courtney is passionate about her career, and we have no doubt that she will continue to excel."



CONGRATULATIONS & KUDOS

- Shout out to **Nate Garlick**, ATL, who recently facilitated a team meeting on team culture.
- Big shout out to **Kristen Ackerman**, **Laurie Komlanc**, and **Candice McDaniel**, Service Coordination, who volunteered to help with BPHC renewals in the month of May! They didn't hesitate to step up and help a co-worker!
- Shout out to **Elizabeth Witt**, ATL, for recently taking the lead on multiple maintenance needs/coordination while her TL was on vacation.
- Wrap kudos to **Sophie Foster**, MC Wraparound, for being diligent in "crossing t's and dotting i's" when completing intakes.
- Shout out to the **Youth Development Team** who are all on track to hit each grant goal this year.
- **ATL** recently had a team building activity in which each staff made gnomes (below) for themselves and for a teammate not present at the meeting. It was a way to put into action our conversation surrounding what we would like ATL team culture to be.



- Shout and thanks to Dustin Hughbanks and Tanya Paschal, HHRT, who recently helped the Youth Development Team with a young adult being served who was also in danger of potentially losing his housing.

- Congratulation to **Emily Edwards**, Johnson County Wrap, who recently was promoted to the Lead position on the team.
- Huge wrap kudos to **Mara Edwards**, Marion County Wraparound, on her work and success engaging a bio parent, who just got guardianship returned after several years.
- Thanks to **Sarah Shields**, Valle Vista TL, for agreeing to be a guinea pig and walk through some new reports in NextGen.
- Shout out to Indygo **Ray Holmes** and **Chealsey Etchison**, Youth Development, for their work at Outreach Inc.
- Congratulations to **Jacob Boo** on his recent promotion to the Team Leader of Team Zenith.
- **Ashley Brown** displayed her many talents as a provider when she followed up with a client that had expressed SI and was in active crisis.
- **Scott Vail** has been displaying patience and dedication through his work with some of our most high-needs clients.
- **Brian Paul**, **Jane Wiles**, **Garvin Graves**, & **Tasha Washington** received kudos from an Intecare manager, who praised them for changing the game when it comes to housing some of their most challenging veterans.
- **Dustin Hughbanks** and **Tanya Paschal** continue to set the bar for what Coordinated Outreach looks like when done well.
- Big gratitude shown for **Brian Paul**, **Aja Bridgewater**, and **Jennifer Disbro** for supporting all our work and for the hands they have in keeping it funded.
- **Sara Alrajabi** has continued some amazing work regarding youth homelessness.

- Congratulations to **Tina Serrano** and **Cate Porter**, A&C's Business Development team, on earning a Team Award!





WE ARE HERE FOR YOU

We love these photos shared by **Mattie Jones**, Skills Development Specialist at Valle Vista.

Mattie showed her support during Mental Health Month with her uplifting t-shirts and signs that say "WE ARE HERE FOR YOU!" This spreads the powerful message that no one is in this alone.

How are you living out A&C's mission? Share your photos or story today!

NEWS & UPDATES

LUNCH LEARN UPDATES TO LUNCH & LEARN SCHEDULE!

Lunch & Learns are held on the second Wednesday of each month from 12 to 1 PM. Upcoming topics are as follows:

June - Acknowledging and Celebrating Juneteenth ***NEW***

July - DBT for Adolescents

If you have an idea for a topic or would like to present, please reach out to **Dr. Dynlacht** or **Dr. Hutchins**.

INDY PRIDE IS ALMOST HERE!

It's finally Pride Month! Indy Pride is on Saturday, June 11. If you haven't already, be sure to sign up to volunteer with A&C!

CLICK HERE to sign up to march in the parade or help out at our resource table!

WE WANT TO HEAR FROM YOU!

Our people are what make A&C great. Let's get to know each other! Share your announcements, shout outs, stories, fun facts, and more. Send anything you'd like to share to cporter@adultandchild.org.