

May 2024

## May is Mental Health Awareness Month



- 1 in 5 U.S. adults experience mental health illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder every year
- In 2021, 44.3% of adults in Georgia reported symptoms of anxiety or depression
- 1,405,000 adults in Georgia have a mental health condition
- 104,000 Georgians aged 12-17 have depression

### There is hope!

Legacy is here to provide individuals with the highest quality behavioral and mental healthcare through a person-centered approach.

## HOW TO CONNECT

Legacy has three outpatient clinics, located in Lowndes, Tift, and Cook Counties. We also have a 24/7 crisis center located in Valdosta.

**Tifton Clinic:** (229) 391-2300

**Adel Clinic:** (229) 896-4559

**Valdosta Clinic:** (229) 671-6100

**BHCC:** (229) 671-3500

[www.legacysga.com](http://www.legacysga.com)



## PROGRAM

*Spotlight:*

## Peer Support



Peer Support is designed to provide a supportive environment where individuals are encouraged and expected to take an active role in their recovery and rehabilitation process. Peer Specialists are individuals with lived experience with a history of mental health or substance use, and have a desire to help individuals set and maintain goals while fostering independence and higher self-esteem.

The LBH Peer Team also includes a Certified Peer Specialist-Youth (CPS-Y) and a Certified Peer Specialist-Parent (CPS-P). Both peers have lived experience and offer emotional support and resource connection to young adults and parents of children with mental health and substance use disorders.

### Did You Know?

The Legacy Behavioral Health website can be translated into NINE (9) languages! These include Spanish, French, German, Dutch, Italian, Chinese, Arabic, Portuguese, and Russian. Check it out at [www.legacysga.com](http://www.legacysga.com), and choose your preferred language in the top right corner of the homepage.

### Where in the World is Legacy?

Look for us at these upcoming events:

- May 18th - Let's Walk About It: Mental Health Awareness Walk; Valdosta Middle School, 8:30am
- May 23rd - Mental Health Stand Down; Valdosta VA Clinic, 10:00am

# CCBHC CORNER

Legacy is very proud to be a 2023 SAMHSA CCBHC grantee! A CCBHC is a **Certified Community Behavioral Health Clinic**. This specially-designated clinic provides 9 types of core services – with a focus on 24-hour crisis care, evidence-based practices, care coordination with local primary care and hospital partners, and integration with physical health care. CCBHCs serve anyone who requests care for mental health or substance use regardless of ability to pay. Follow us here each month as we enhance our services to meet the rigorous standards of the Certified Community Behavioral Health Clinic and provide comprehensive mental health and substance use care for our community!

# Mental Health Awareness

Mental Health Awareness Month has been observed in May since 1949. The month is used to promote awareness, offer resources and education, as well as advocate for the mental health and well-being of our community.

The World Health Organization (WHO) describes mental health as “a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community”. We have a great challenge ahead of us since more than 1 in 5 US adults live with mental illness and over 1 in 5 of our youth is reported to have serious debilitating mental illness at some point their life. Let’s use the May 2024 Mental Health Awareness Month to help everyone understand that good mental health is not a nice-to-have, it is essential to living fulfilling life and there are resources in our community when help is needed. Mental health is an integral part of health; indeed, there is no health without mental health.

## Out and About

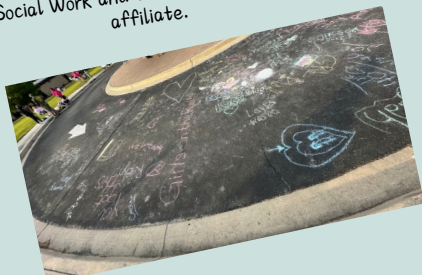


Representatives from LBH attended the Third Annual Health & Wellness Summit hosted by VSU College of Social Work and the Valdosta NAMI affiliate.



Thank you to Teresa Conner (right) of the Conner Group for inviting us to the First Annual Autism Acceptance Celebration at Fulwood Park!

*Congratulations to the participants in the Berrien County CASA Glow Run on 4/26 and the Girls on the Run South Georgia 5k on 4/27*



## Mindfulness Matters

Summer is right around the corner, which means the end of school and change in routine for families. Mental health needs in youth & young adults have increased significantly in recent years. Here are some ways you can help reduce stress this summer:

- **Go outside:** Studies show that a healthy amount of Vitamin D from sunshine can significantly boost moods
- **Unplug:** Excessive use of electronics can have a negative effect on children’s mood and self-esteem.
- **Keep up with friends:** Encourage socialization and help children by planning play dates and social events.
- **Quality time:** Though we’re all busy, quality time with kids can have a big impact on their development. (Psychiatry.org)

*If your organization would like Legacy to be present at upcoming events, please contact Emily Lackey at [elackey@bhsga.com](mailto:elackey@bhsga.com)*



This special GREEN edition of our newsletter is brought to you in honor of Mental Health Awareness Month

