



## In this Issue:

- **Tips for a Safe & Healthy Winter**
- **New Team Member**
- **New Year Same Me**
- **Mental Health & the Black Community**
- **Calendar of Events**



## Tips for a Safe & Healthy Winter

According to the Centers for Disease Control (CDC) weekly report, Flu Activity is Worsening across the U.S. Nine states are now in the "high" activity level and activity is on the rise nationwide. A total of 11 children have died from the flu or pneumonia so far this season.

- Talk to kids about germs.
- Wash your hands (for at least 20 seconds) after using bathroom and even running errands.
- Use the wipes at the front of stores to wipe down carts where you put your hands.
- Keep extra wipes in the car.
- Cough or sneeze into elbows and use tissues to blow and wipe noses.
- Make sure, as a busy parent, to take care of your own health.



**Winter storms** can also wreak havoc during this season. If you are under a winter storm warning find shelter right away.

- Dress warmly. Stay indoors and off the roads.
- Prepare for power outages. Use generators outside only and away from windows.
- Listen for emergency information. Sign up for your community's emergency system.
- Know and look for signs of hypothermia and frostbite.
- Check on neighbors.

**For More information on winter safety please click the links below:**

- <https://www.weather.gov/safety/cold-wind-chill-chart>
- <http://www.ready.gov/winter-weather>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winterstorm.html>



## New Team Member: Apiffany Gaither, MS, LPCA

Apiffany Gaither is the newest Outpatient Therapist with the Life & Wellness team. She provides psychotherapy for individuals, couples, and families. Apiffany is accredited as a Licensed Professional Counselor Associate (LPCA) through the North Carolina Board of Licensed Professional Counselors.

Apiffany has experience providing therapy and mental health support in diverse settings for individuals suffering from crises and has provided case management and group therapy for Drug Court using a variety of therapeutic strategies. She prepares clients with goal setting and works toward expression where they feel





CONTACT US: 704-564-0300 or 980-689-2837


[Home](#) [Our Practice](#) [Get Started](#) [Fees & Payment](#) [FAQs](#) [Resources](#) [Blog](#) [Employment](#)

they can come to experience unconditional acceptance.

*“As a therapist, I focus on helping my clients reach a profound and conscious commitment to themselves and their evolution. Through growth and completeness, they overcome fear, and a developed sense of self love reveals that life is beautiful.”*



## New Year Same Me: Goals vs Resolutions

With the start of a new year there usually come new resolutions. Forty percent of us reflect on



our past and resolve to stop doing this, begin doing that, do and be better at one thing and totally give up another thing.

Vowing to improve ourselves

we make resolutions hoping to be happier, healthier, smarter and or kinder. According to Forbes, of the 40% of us making resolutions, only 8% of us actually achieve our resolutions.

We can't beat ourselves up once we realize its February and we've fallen off the resolution train. So what happened?? Often, rather than identifying attainable goals and making them resolutions, we set ourselves up with unrealistic expectations. Then we punish ourselves when we don't meet these unrealistic expectations. Goal setting is key to attaining resolutions for self-improvement. We must learn to set goals that align with our [life priorities](#). We should also monitor and change goals as [life priorities](#) change. Once we have our goals set, we can

break larger goals into smaller, more attainable goals and change our goals that reflect changes in our life priorities.

Whatever we decide, plan, adapt, and adjust, the important thing is to keep moving forward. Let's celebrate successes and forgive our own stumbles and misses. Failure is quitting. Success is keeping going. No matter how many times we roam off the path we should keep moving.

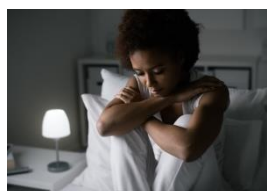
So, here's to New Year's resolutions! May they have many moments of progress and never be forced to carry the burden of the expectation of perfection.



## Mental Health & the Black Community



It is correct to say that anyone of any ethnicity can develop mental health problems. It is also correct to say that African Americans sometimes experience more severe forms of mental health conditions due to needs not met, socioeconomic barriers, and personal beliefs. According to the Health and Human Services Office of Minority Health, African Americans are 20% more likely to experience serious mental health problems than the general population. Even so there are far too many African Americans that do not seek mental health help and therefore do not receive quality intervention and care. In the African American community, too many do not understand

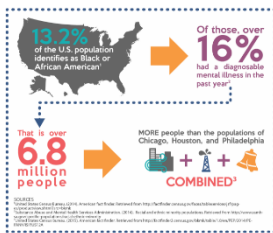




CONTACT US: 704-564-0300 or 980-689-2837


[Home](#) [Our Practice](#) [Get Started](#) [Fees & Payment](#) [FAQs](#) [Resources](#) [Blog](#) [Employment](#)

mental health issues, so there is a lack of discussion and education about the matter. Lack of education about mental health leads to the belief that a mental health illness is a personal weakness or as some even believe, a sort of punishment from God. Because of the absence of discussion about mental health, many African Americans also have trouble recognizing the signs and symptoms of mental health conditions, leading to underestimating the effects and impact of those conditions. Some may think of depression as *the blues* or something one can *snap out of*. Many African



Americans rely on faith, family and social communities for emotional support rather than turning to health care professionals, even though medical or therapeutic treatment may be needed. Faith and

spirituality can be a part of a treatment plan in the recovery process but should not be the only option.

During the month of February, we not only look at the history of African Americans, but we should also look at the current condition of and future possibilities for improved mental health in the black community. People are becoming more vocal and speaking more freely about mental health concerns in the African American community. Black celebrities like [Jennifer Lewis](#), [Alicia Keys](#), [Michelle Williams](#), and [Taraji P Hinson](#) have spoken out about the impact of mental illness in their lives. We must keep the conversations open and supportive so that the silent suffering of the many African American with mental health illness can end.

### Resources:

- <https://play.google.com/store/apps/details?id=com.he6ecb72aef1>

- <https://www.youtube.com/watch?v=3ZwWNKI-LHw>
- <http://www.mentalhealthamerica.net/african-american-mental-health>

## Calendar of Events

**February 6** – NAMI (National Alliance on Mental Illness) mental health issues for seniors; 3:00 p.m. – 4:30 p.m.; Lake Norman Regional Medical Center; 171 Fairview Road; Room B; Mooresville, NC

**February 15** – Trauma-Informed Treatment of Substance Use Disorders by The Dilworth Center; 8:30 a.m. – 3:00 p.m. EST; Dilworth Center 2240 Park Road; Charlotte, NC

**February 19** - The Evening Muse and Mental Health America presents: R U OK? CLT; 7:00 p.m.; \$10

**February 23** - 19<sup>th</sup> Annual Pancakes for a Purpose; 8 a.m. – 11 a.m.; 14825 Ballantyne Village Way; Charlotte, NC

**February 26** – Anniversary of the World Trade Center Bombing of 1993

