




## Upcoming Events

- National Family Caregivers Month
- Nov. 3 — National Sandwich Day
- Nov. 5 — National Love Your Red Hair Day
- Nov. 8 — National Cappuccino Day
- Nov. 17 — Prematurity Awareness Day
- Nov. 18 — Mickey Mouse's Birthday 
- Nov. 19 — The Great American Smokeout
- Nov. 21 — International Survivors of Suicide Loss Day
- Nov. 26 — National Family Health History
- Nov. 30 — National Meth Awareness Day

Good teaching is more a giving of right questions than a giving of right answers.  
- Josef Albers

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## Meth Facts to Know

- ▶ Methamphetamine (Meth) is usually a white, bitter-tasting powder or a pill. Crystal meth looks like glass fragments, bluish-white rocks.
- ▶ Meth is a stimulant drug that is chemically similar to amphetamine (a drug used to treat ADHD and narcolepsy).
- ▶ Meth can be smoked, swallowed, snorted, or injected.
- ▶ Meth increases the amount of dopamine in the brain, which is involved in movement, motivation, and reinforcement of rewarding behaviors.

▶ Short-term health effects include increased wakefulness, physical activity, decreased appetite, and increased blood pressure and body temperature.

▶ Long-term health effects include risk of addiction; risk of contracting HIV and hepatitis; severe dental problems ("meth mouth"); intense itching, leading to skin sores from scratching; violent behavior; and paranoia.

▶ Meth can be highly addictive. When people stop taking it, withdrawal symptoms can include anxiety, fatigue, severe depression, psychosis, and intense drug cravings.

▶ Researchers don't yet know if people breathing in secondhand methamphetamine smoke can get high or suffer other health effects.

▶ A person can overdose on meth. Because meth overdose often leads to a stroke, heart attack, or organ problems, first responders and emergency room doctors try to treat the overdose by treating these conditions.

▶ The most effective treatments for meth addiction so far are behavioral therapies. There are currently no government-approved medications to treat meth addiction.

## The Great American Smokeout®

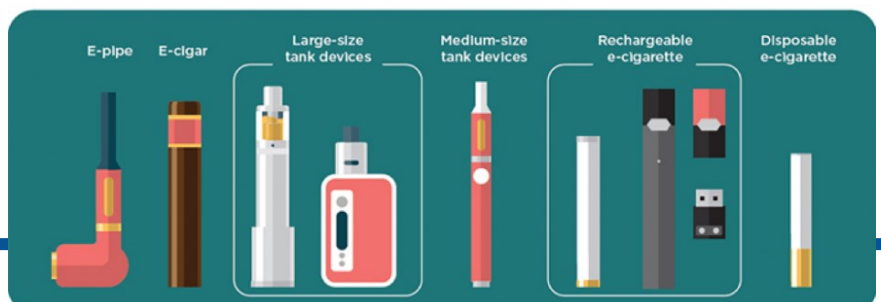
Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on Thursday, November 19<sup>th</sup>, be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. The American Cancer Society can help with resources and support.



**Why is this event important?** More than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease. While the cigarette smoking rate has dropped significantly, from 42% in 1965 to 14% in 2017, the gains have been inconsistent. Some groups of Americans suffer disproportionately from smoking-related cancer and other diseases, including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups. Electronic cigarettes of any kind only contribute to the problem.

**Contact:** The American Cancer Society at: 1-800-227-2345 or visit: [cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html](https://cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html)

These are  
just as  
bad for  
your  
health!



## Stats and Facts

Approximately **5%** of the population is transgender

Over **10%** of transgender people recently attempted suicide within in the year

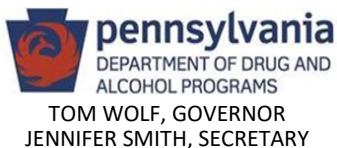
Trans people are **2x** more likely to think about and attempt suicide than lesbian, gay, or bisexual people

**22% to 43%** of transgender people have attempted suicide in their lifetime

**2/3%** of trans youth report recent self-harm within the year



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**pennsylvania**  
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## Mental Health America's Family Caregivers Toolkit

Mental Health America (MHA) recognizes November as National Family Caregivers Month, a time to celebrate the contributions of caregivers, provide them with tools that they need, and continue to advocate for individuals with mental illness.

MHA created the **Family Caregivers Toolkit** to help caregivers strengthen relationships with their loved ones with mental illness through materials that educate and empower.

If you are a caregiver, with the right tools and perspectives, you can work together with your loved one as a team to accomplish goals, find a treatment plan, and be prepared in the event of a crisis.

MHA wants everyone to know that when we take the time to invest in our mental health, we can focus on creating an inclusive world for caregivers and their loved ones to thrive, together.

### The toolkit includes:

Fact sheets on:

- Goal setting
- Treatment supports
- Preparing for an appointment
- Treatment options and The HIPAA Privacy Rule;

Crisis plan worksheet:

- Sample social media post language and shareable images
- Drop-In article for newsletters

Key messages

- Posters for use in clinicians' offices, and other places where caregivers may spend time
- Additional resources.

If you think you or a loved-one may be experiencing signs of a mental illness, go to: **www.mhascreening.org** and take a free, quick and confidential screen for depression, bipolar disorder, anxiety, PTSD, and/or Alcohol or Substance Use problems.

### Download the Tool Kit:

<https://mhanational.org/get-involved/download-2019-family-caregivers-toolkit>

## November is CAREGIVERS MONTH

Take care of others by taking care of yourself!

**60 Million**

Americans are unpaid caregivers to family, friends, and neighbors. This number is expected to increase with the aging baby boomer generation.<sup>1</sup>

That means:

**1 OUT OF 5**

people are caregivers



1.5 million caregivers are children<sup>2</sup> 8-18 yrs



1/3 of caregivers are millennials<sup>3</sup> 18-29 yrs



2.7 million caregivers are grandparents caring for children under 18<sup>4</sup>

**1/5**

of caregivers help someone with a mental illness<sup>5</sup>

Caregivers of people with a mental illness are

- 15% more likely to feel emotional stress
- 11% more likely to say they didn't receive training
- 11% more likely to report fair or poor health
- 9% more likely to feel financial strain

than caregivers of people with a physical illness<sup>6</sup>

**1 out of 4**

caregivers report they have depression<sup>7</sup>

Take a screening if you feel:



Anxious



Lonely or Isolated



Angry



Overly Tired



Very Sad



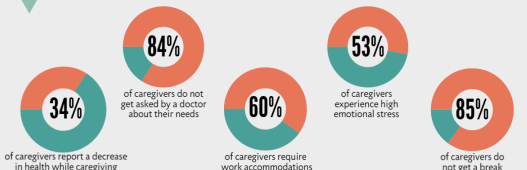
Hopeless

Get Screened



[www.mhascreening.org](http://www.mhascreening.org)  
Anonymous • Free • Confidential

### 5 Common Issues Among Caregivers<sup>8</sup>



### 5 TIPS

### For Being an Effective Caregiver<sup>9</sup>

1. Get Educated
2. Encourage Treatment
3. Give them Freedom
4. Be a Friend
5. Take Care of Yourself

### Take Care of You

**3** most helpful things according to caregivers<sup>10</sup>

**73%** Prayer  
**61%** Talking  
**44%** Reading

**5** additional tips for taking care of yourself<sup>11</sup>

- Take time out for you
- Get enough sleep
- Exercise
- Balance your life
- Get help

Sources

1. National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S. 2015. Washington, DC: National Alliance for Caregiving and AARP. 2. U.S. Census Bureau. (2014). Children as caregivers. Washington, DC: U.S. Census Bureau. 3. Pew Research Center. (2014). Millennials as caregivers. Washington, DC: Pew Research Center. 4. U.S. Census Bureau. (2014). Grandparents as caregivers. Washington, DC: U.S. Census Bureau. 5. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America. 6. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America. 7. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America. 8. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America. 9. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America. 10. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America. 11. Mental Health America. (2014). Family Caregivers Toolkit. Washington, DC: Mental Health America.

**MHA**  
Mental Health America  
#B4Stage4