

JULY 2020 | ISSUE 2

# JULY NEWSLETTER

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*Allegheny Highlands Healthy Youth Coalition*

## LET'S TALK ALLEGHANY!

A series of fun, interactive, community-building activities that we can all do to support each other!

### Let's Talk, Alleghany

Newsletter written by: Chelsea Dunaway, AHHYC Chair

The Allegheny Highlands Healthy Youth Coalition has been busy! We have launched our "Let's Talk, Alleghany" campaign which aims to reduce the stigma of mental health and bring awareness to suicide prevention. Part of this campaign is having challenges through July to September. There will also be a webinar series that will talk about how to keep people connected virtually, coping skills, mental health and other topics.

We look forward to the progress we will make during the month of July.

### Also in the June Issue:

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Curbside Pick Up  
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Upcoming Events

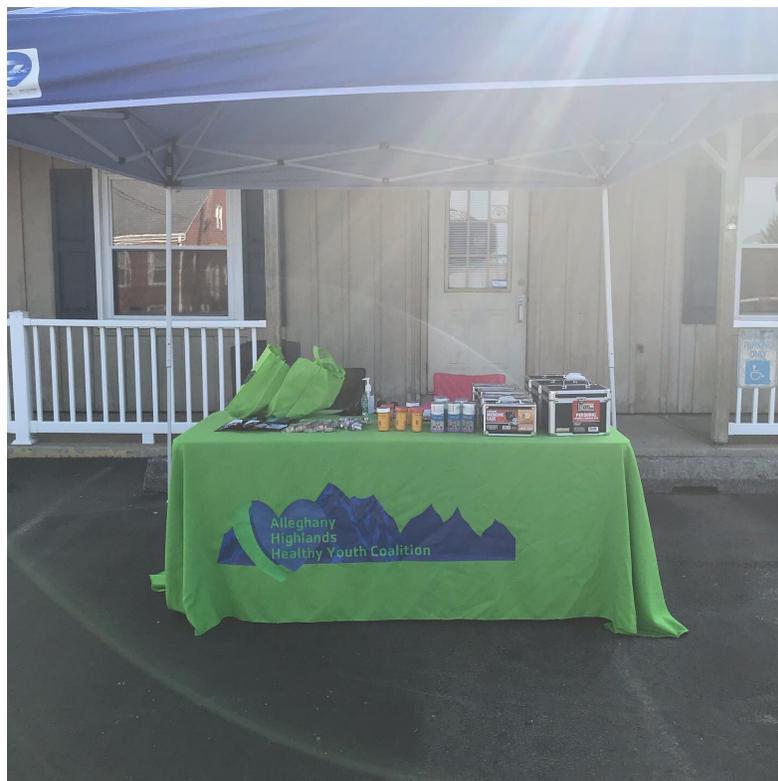
# Curbside Pick Up

The Alleghany Highlands Healthy Youth Coalition hosted a Curb Side Pick Up event in June. We were able to give out medication locking devices, disposal bags, and gun locks to the community for free.

Since COVID-19, the coalition has not been able to be out in the community. During these community events, we have been able to give out prevention resources, sign people up for the coalition, and get the word out. After much thought, we came up with the curbside pick up idea.

We were able to set up a table in front of the Alleghany Highlands Community Services Mental Health Clinic. We had around 20 people stop by and gave out over 40 devices.

The coalition is hosting another curbside pick up on July 29th from 9 AM - 1 PM!



## Upcoming Events

- 7/29 - Curbside Pick Up 9 AM - 1 PM AHCS Mental Health Clinic - 311 S. Monroe Avenue Covington, VA
- 8/20 - Healthy Youth Meeting at 11:30 AM



# Equity in Our Community

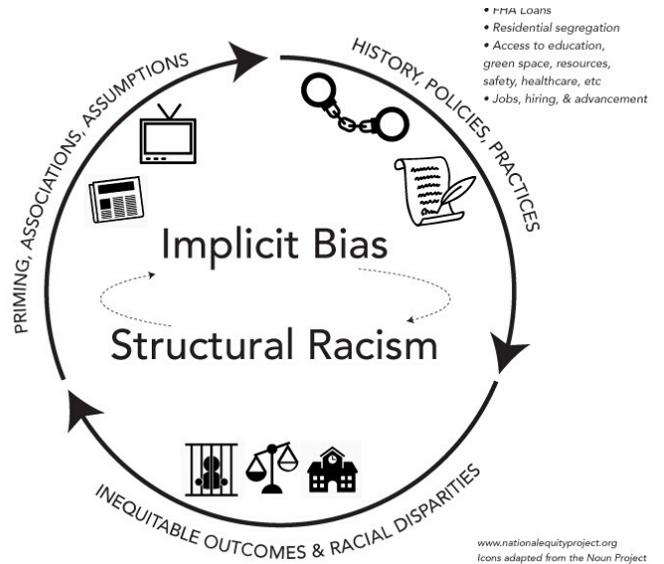
## Resources to Educate Yourself and Others on Racial Injustice

As we sit at home and watch the news; we watch as the world divides over race. Race not only affects our social system, it also affects our mental health and substance use system. According to the National Alliance on Mental Illness (NAMI), "63 percent of African Americans believe that a mental condition is a personal sign of weakness." Our coalition not only works to decrease substance use among our youth, but we also work to reduce the stigma of mental health challenges in our community. What does this mean exactly? We want our community to get comfortable with asking their friends, neighbors, and coworkers about their mental health. We want people to see that mental health is just as important as physical health. We want people to get the help that they need. If you or someone else you know is struggling, please reach out to the Allegheny Highlands Community Services at 540-965-2100 for more information.

So, how do we start to bridge the gap and to start helping our black community reduce the stigma? We can start by educating ourselves on what the black community has gone and what they are currently going through. According to the Health and Human Services Office of Minority Health, black adults are more likely to report feelings of anxiety and depression than white adults. The Equal Justice Initiative is a great resource that walks you through the history of racial injustice. This initiative states that we can't change current outcomes without knowing our history. For more information, please visit <https://eji.org/racial-justice/>. In our last newsletter issue, we spoke about how to become a better ally to our community. Here is another resource for you look through. It is a lesson plan calendar on building education about being a better ally into your day.

[https://docs.google.com/document/d/1HVxs6jEUByXylMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/previewfbclid=IwAR3zL7m2cAhqIfadWkfa08SYFREUF2TYL\\_cMTR7hrSDFqCNq6NHUfkOaMdU&pru=AAAABcp8sgLs%2Ad3qp3gOCrmJusJK9kfod1A](https://docs.google.com/document/d/1HVxs6jEUByXylMS2BjGH1kQ7mEuZnHpPSs1Bpaqmw0/previewfbclid=IwAR3zL7m2cAhqIfadWkfa08SYFREUF2TYL_cMTR7hrSDFqCNq6NHUfkOaMdU&pru=AAAABcp8sgLs%2Ad3qp3gOCrmJusJK9kfod1A)

Remember, there is no change without education and we, as a community, can build a healing community.



# SIX STEPS TO STOP THE SPREAD

SEIS PASOS PARA DETENER LA PROPAGACIÓN • ست خطوات لوقف الانتشار • फेलिन रोक्न ६ वटा कदमहरु



## 1 STAY HOME

Quédese en casa

ابق في المنزل

घरमे  
बसनुहोस्



## 2 WASH HANDS OFTEN

Lávese las manos  
frecuentemente

غسل اليدين مراراً وتكراراً

बारम्बार हात  
धुनुहोस्



## 3 MAINTAIN 6 FT. OF PHYSICAL DISTANCE

Manténgase a 6 pies  
de distancia física

حافظ على وجود مسافة ستة  
أقدام بينك وبين الآخرين



## 6 WEAR A CLOTH FACE COVER IF YOU HAVE TO GO OUT

Use una cubierta facial  
de tela si tiene que salir

ارتداء أغطية الوجه القماشية إذا  
كان عليك الخروج

यदि तपाईं बाहिर जानु  
छ भने कपडाले  
अनुहार छोप्नुहोस्



## 4 COVER COUGHS AND SNEEZES

Cubra su tos  
y estornudos

غط فمك عند السعال  
والعطس

खोकदा वा हाछिउ  
आउदा मुख  
छोप्नुहोस्



## 5 DISINFECT SURFACES

Desinfecte  
las superficies

طهر الأسطح

सतहहरूको  
कीटाणुरहित  
गर्नुहोस्

## COVID-19 Updates

Updates given by the Health Department

- Public Health Guidelines:
  - Screening staff and clients : screen all who come in for a fever, cough, or shortness of breath; encourage anyone who is sick to STAY HOME
  - Social distancing and hygiene: remote services, social distancing (6 ft. a part), hand washing, cloth face coverings
  - Cleaning: ensure all high touch areas are cleaned frequently
- COVID -19 Updated Numbers
  - 57 cases for Alleghany County and Covington as of 7/13/2020