



## Welcome to 2024!

Did you know that January is Mental Wellness Month? With the start of a new year, comes the anticipation of what is ahead and the reflection of what occurred last year. Often people create resolutions with the onset of a new year to help build better habits, become healthier, and hold themselves accountable. We encourage you to reflect on your overall wellness as part of your New Year's resolutions. The World Health Organization defines wellness as "a state of well-being in which the individual realizes their abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community."

SAMHSA created a wellness guide for "[Creating a Healthier Life: A Step-by-Step Guide to Wellness](#)" that we highly encourage you explore. It offers a holistic approach to wellness and offers many exercises and reflections to increase your wellness this Mental Wellness Month. Be well!

**We wish you a Happy Mental Wellness Month!**

## MENTAL WELLNESS MONTH

**J**ournal about your thoughts & gratitudes

**A**adjust your routine to prioritize sleep

**N**ew year, new goals

**U**se your crisis resources – call/text 988

**A**sk for professional help

**R**egular exercise

**Y**our body needs healthy, regular meals



## Our Community Partnership Program

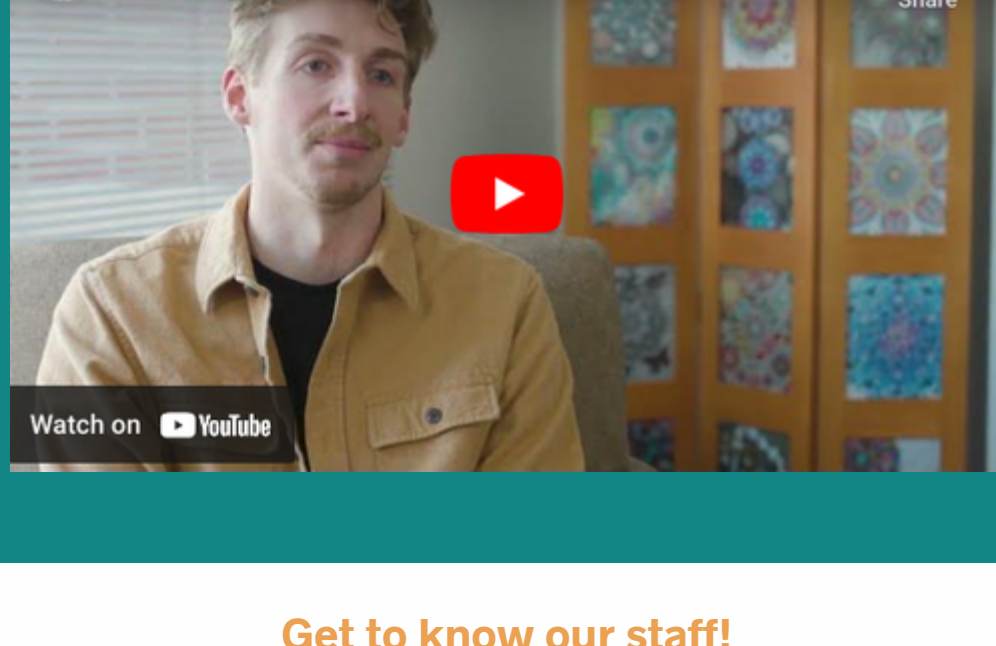
Did you know that Relate supports 4 local food shelves by offering weekly, drop-in, individual counseling? Partnering with these local organizations allows us to provide mental health care services to those who may not have access otherwise. Our current food shelf partners, based in our service area, are VEAP, ICA, IOCP, and PROP. We are grateful for their partnership! Read below about the impact of our services at one of our local food shelf partners.

## Be Relate-able

*Through the partnership that Relate Counseling Center has with a local foodshelf a Relate therapist met with a woman. The client had experienced significant and complex trauma; as a result, her mental health symptoms had recently caused her to lose her job. The therapist worked with her to help her understand how her trauma history impacted her functioning and emotional health while teaching the client strategies for coping with the new stress of unemployment. The therapist and client identified and agreed that higher levels of care could more adequately address her mental health needs. With the support and referral of the Relate therapist, the client was admitted into a partial hospitalization program to treat depression and trauma. She felt relief and hope to be finally receiving the care she had needed for many years.*



*This video was produced by the ICA Food Shelf in 2023 and further emphasizes the strength of this partnership! Take a look! We are so proud of these partnerships.*



## Get to know our staff!

Meet Ashley Teigland! She is our Clinical Director of School Services. She has worked at Relate for more than 5 years. In her work, she leads our School Leadership Team, offers guidance and support to our district coordinators and supervisors, and plans for future programming. Under her guidance, we have continued to grow our Camp Emoji Program. Camp Emoji is a summer program offered to our school district partners. There is no fee for kids to attend. The program focuses on children from kindergarten through 5th grade and helps them grow their emotional awareness, learn coping skills, and better understand their emotions. We look forward to the continued growth of this program in the years to come! Thank you for all you do for us and your programs, Ashley!

### Meet Our Staff:

**Ashley Teigland** *(she/her)*

- Clinical Director of School Services, Clinical Supervisor, and Therapist
- She has worked in school mental health services for close to 10 years. She is passionate about reducing barriers and increasing access to mental health services.
- **Fun fact:** She has two beautifully, energetic kids. As a family they love to spend time outside at a lake, pool, on a boat, at a park, or bonfire!



## No Waitlist for Office-based Services!

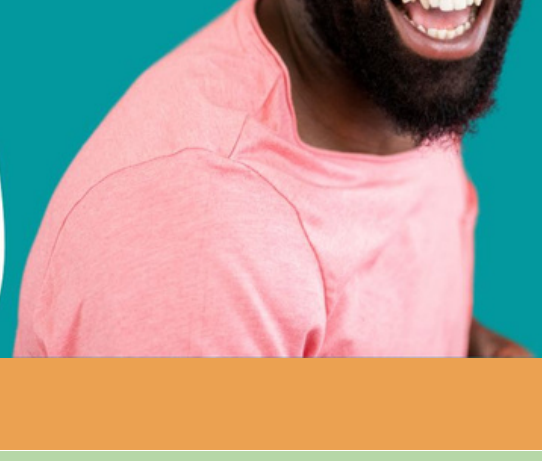
Our office-based services have immediate daytime openings for in-person or telehealth services for all ages!

If you know someone who could benefit from our support, they can use [this link](#) to submit an appointment request, scan the QR code in the image below, or call us at 952-932-7277.

## NO WAITLIST

**FOR ALL AGES!**

Relate has immediate **daytime** openings (telehealth or in-person) for mental health services for all ages! Please go to our website to submit an appointment request or scan the QR code to schedule an appointment with a highly-trained clinician!



**[Click here to support Relate!](#)**