

The Self Reliance Group is actively engaged in building community partnerships, services and programming in Southeast Iowa to assist individuals in managing and caring for their physical health, intellectual disabilities, and/or mental health diagnoses. Our programming will supplement already existing services to create broader opportunities.

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NOVEMBER 1, 2024

THE SELF RELIANCE GROUP

# NEWSLETTER



Pictured above: Youth-Led Mental Illness Anti-Stigma Coalition & Mary Reed ahead of 10/28/24 Burlington High School assembly raising awareness of substance abuse & connections to mental health during Red Ribbon Week.

## Youth-Led Mental Illness Anti-Stigma Coalition

Young people across America are struggling to thrive. Suicide is now the **second leading cause of death for young people** in Iowa & nationally.

Stats indicate 2 out of every 10 young people (20%) have mental health issues.\*

Youth of all identities suffer from increased rates of mental illness. Unfortunately, BIPOC, LGBTQ+, & female youth endure negative health outcomes at disproportionately higher rates than their peers.\*

### Group Action to Raise & Elevate the Voices of Young People in Our Community:

1. Giving the time & intention that empowering youth requires
2. Providing supportive options & sharing decision-making power with young people
3. Sharing our story & listening to others
4. Engaging in transformational (not transactional) relationships

\*<https://www.cdc.gov/healthyouth/mental-health/mental-health-numbers.html>

## Local Action Update:

- Veterans Free Fare Program Codified by Burlington City Council on 10/7/24
- Increased local veteran engagement within Veterans' Services & Supports Coalition meetings
- Veterans Tech Support Classes schedule shifted: 1st & 3rd Tuesdays of every month (5-6PM)
- SEIA Dental Access Solutions Development Plan Q3 featured guest: Dr. Sarah Cimino! (lead dentist on RMHC Tooth Truck in Springfield, MO)
- Youth-led mental illness anti-stigma coalition hosted first community-engaged awareness event inviting a presentation by Mary Reed, a local ADDS prevention specialist (pictured above)
- Partnership established with a local foundation aligned with supporting development & implementation of Activities of Daily Living programming

Permanent Resource for veterans



See updates on our Facebook

Fund The Group's local action



Learn More on our website

"Laws & policies form the foundation for US society, guiding its behaviors & norms & determining its resiliency. Laws & policies are **critical determinants of health & well-being**. They can encourage positive behaviors & discourage harmful behaviors, & they can enhance or worsen health, health equity, health disparities, & health literacy." <https://pmc.ncbi.nlm.nih.gov/articles/PMC8478297/>

**Election Day is Tuesday, November 5th. Do you have a plan to vote?**

**NOVEMBER 1, 2024**

## Local Veterans Day Celebrations

Are you a veteran? If not, you probably know one. The Burlington area community is showing out in full force this year to support, honor, & remember the sacrifices of our nation's veterans as well as the impacts on their families & loved ones.

Check out a list (right) of upcoming local events by, for, & with veterans. You can also catch up with The Group at some of these events! (planned event attendance indicated with an asterisk\*)

Finally, The Group was recently made aware that *Senate File 461* expanded LIFT program economic benefits **now available to veteran-owned businesses!**

[Read More on our website](#)

- 11/7 - Veterans Appreciation Luncheon\*
  - Hosted by Iowa Works & Home Base Iowa at 550 S Gear Ave, West Burlington, IA from 11AM-2PM
- 11/9 - Marine Corps League's 249th (!) Birthday Ball\*
  - Hosted by Hamilton-Walters Det. 616 MCL - appetizers start at 5:30PM
- 11/11 - Sunrise Run for Veterans\*
  - Co-hosted event by MCL & DMCC
  - Starrs Cave at 6:35AM (Cost: \$15/20)
    - Proceeds split between co-hosts
- 11/11 - Veterans Turkey Dinner
  - Hosted by Burlington Eagles from 4-6PM (GA cost: \$12 (Veterans free))

### VETERANS DAY MEALS, DEALS & DISCOUNTS

Free Meals - <https://veteran.com/veterans-day-discounts-sales-deals-free-meals/Deals> & Discounts - <https://veteran.com/veterans>

## Dental Outreach Partner Feature



Did you know The Group is in the process of co-creating the "SEIA Dental Access Solutions Development Plan"? This year-long planning project is identifying collaborative regional opportunities to systemically increase Medicaid dental care access.

Lee County Health Department (LCHD) is one of the regional partners collaborating on this project. LCHD holds the **I-Smile** contracts for our region. This public health program provides preventative dental care services at schools, nursing homes, daycare centers, & more.

[Read More on our website](#)



## Personal Hygiene & Wellbeing Program

Individuals with significant mental illnesses &/or intellectual disabilities (SMI/ID) sometimes struggle to complete routine tasks. Personal hygiene care tasks are some of the most common activities of daily living that individuals with (SMI/ID) struggle to maintain.

The Self Reliance Group has developed an adapted educational program & product resource targeting improved personal hygiene outcomes amongst individuals who have experiences struggling to maintain their personal hygiene. Stay tuned for local implementation updates!