



Newsletter December. 2023

DISTRICT GOVERNOR'S MESSAGE



Mental Health is a focus for Rotary during this 2023-24 Create Hope in the World year. And I recently had the opportunity to take a Mental Health First Aid course through the Denton County MHMR. Participating in MHFA was an eye-opening experience.

The course is designed to give lay persons (those who are not psychologists, psychiatrists or other mental health professionals) the tools to identify signs of failing mental health in themselves and others and then to take appropriate next steps. Primarily, MHFA learners gain an overview of the signs and symptoms of poor mental health from early warning signs to worsening warning signs to crisis indicators. In addition, all participants receive a resource list of mental health and other social services available in their area.

If you attended District Assembly, you may recall Dr. Kella Price, our Mental Health speaker (and Aledo Rotarian), talking about ALGEE, an acronym for the Mental Health First Aid Action Plan. The nonlinear steps of the plan should be used as needed in whatever order is appropriate.

The Mental Health First Aider must first assess the situation, keeping safety concerns paramount. If there is a danger of harm to the person in crisis or to others, OR if the person is experiencing a medical emergency, the first step must be to call 911.

Any time there is a threat of suicide or harm to self or others, reach out for help. 988 is the National Suicide and Crisis Lifeline; it's a free call to put the person in crisis in touch with professionals who can give the help needed.

I urge each of you to reach out to your county mental health department for free or reduced-price Mental Health First Aid courses. You will learn more about ALGEE and what signs to look for and many more ways to be an effective Mental Health First Aider both for yourself and for those around you. Recovery from a mental health or substance abuse challenge is possible, and the key is intervention as early as possible.

And check out the toolkits developed by the Rotary Action Group on Mental Health Initiatives [here](#). Toolkits address these three mental health topics:

- Breaking the Stigma
- Raising Awareness
- Increasing Capacity

Each of us has the power to make a difference!



Figure 1:
ALGEE MHFA Action Plan Steps

Pat Peters



VOCATIONAL SERVICE DIRECTOR



Hi. I'm Kirk Driver, your District 5790 Vocational Services Director. I'd like to chat with you for a moment about vocational service – a cornerstone of Rotary's mission. As Rotarians, we take immense pride in our ability to impact lives and make a lasting difference in our communities.

Through vocational service, we embrace the idea that every profession has a unique role to play in building a better world. Our diverse backgrounds and expertise offer countless opportunities to serve others selflessly. Whether we're teachers, doctors, engineers, artists, entrepreneurs, or public servants like myself, our skills and passion can uplift those in need and foster peace and goodwill.

As Rotarians, we have witnessed the transformational power of vocational training and mentorship. Our support for young professionals through scholarships and vocational training teams opens doors of opportunity that otherwise might remain closed. By investing in their growth, we pave the way for a brighter and more promising future.

Ethical behavior and integrity lie at the heart of Rotary's vocational service. By setting high ethical standards in our respective vocations, we not only strengthen the trust within our professions but also inspire those around us to follow a path of honesty and fairness. As Rotarians, we strive to lead by example, creating a ripple effect that promotes integrity throughout our communities.

Let us remember that vocational service is not limited to individual contributions alone. We encourage businesses to embrace the ideals of ethical practices, as found in our four-way test. By doing so, we empower businesses to make a positive impact on society and foster a sense of social responsibility among corporations.

In conclusion, our commitment to vocational service embodies the true essence of "Service Above Self." So thank you, each of you, for your dedication to vocational service and for embodying the spirit of Rotary in all that you do, both in your personal lives and professionally.

You Are Invited

You are invited to participate in the inaugural North Texas Mental Health Forum for individuals and organizations across Denton, Collin, Grayson, Tarrant, Cooke, Wise and Parker counties.

There is no charge for admission and lunch will be provided. We ask that you please register by scanning the QR code on the flyer below or using the link <https://NTXMentalHealthForum.eventbrite.com>.

Please share this invitation with your networks.



A collective search for solutions that address availability, affordability, and acceptability (Cities & Rural Areas)

Keynote Presenter:

Tammy Weppelman, M.S., LPC-S
Dir of Suicide Prevention and Services
Texas Health and Human Services

Wednesday, January 31, 2024
8:30 am - 3:30 pm

Denton County Courthouse
2020 Room 3rd Floor

Sponsored by
Suicide Prevention and Brain
Health Rotary eClub
and
Denton Regional Suicide
Prevention Coalition

Suicide Prevention
and Brain Health
Rotary
E-Club



DRSPC
Denton Regional Suicide
Prevention Coalition

Topics will include:

- Mental Health & Counseling Svcs Availability
- Suicide Prevention/Support for Survivors
- Access to Social Services
- Education/Training
- Youth Focus (K-12)
- Adult Focus (18+)
- Veterans & Other At Risk Groups



SCAN ME

REGISTER NOW

NTXMentalHealthForum.eventbrite.com

No Cost to Attend

Lunch Provided

The format will include a keynote presentation, panel discussion, and roundtable strategy sessions.

If interested in requesting resource table or have questions, email SPBHRotary@gmail.com



READY FOR YOUR NEXT PAUL HARRIS?



1:1 Point Matching is Back, for PHF to PHF+8

District 5790 will match your foundation giving of \$250-\$500

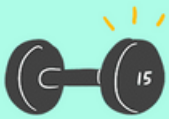
From Dec 1, 2023- Feb 11, 2024

For More Information contact
Janice Kane
msjkane1@gmail.com

TIPS FOR THE NEW YEAR

How to Keep Your New Year's Resolutions

Actually



Stick to picking just one



Be realistic and specific



Write out a detailed plan



Try new goals each year



Ask for support from loved ones



Try a resolutions journal



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<https://learn.rotary.org>