

May Blossoms Good Mental Health

BY SHARON MCLENNON-WIER
EXECUTIVE DIRECTOR

The month of May brings us Mental Health Awareness month. CIDNY wants to promote the importance of good mental health and how our mental health can impact our physical health.

CIDNY understands that the Americans with Disabilities Act of 1990 and its Amendments Act of 2008 protects people with physical and mental impairments that substantially limit their ability to execute major life activities.

Examples of major life activities include, but are not limited to, breathing, thinking, walking, talking, seeing, hearing, writing, reading, processing information, feeling and so much more. People with mental health issues need to have the legislative protections and comprehensive services needed to properly address all mood destabilizing conditions.

The most common mood disorders diagnosed in the United States are depression and anxiety. The COVID-19 pandemic has demonstrated that untreated conditions of depression and anxiety can cause great peril to the person involved. These disorders are silent killers and they do not have to go untreated.

CIDNY recognizes that racial and cultural beliefs regarding mental health may be a factor when deciding to seek treatment. Mental health providers are receiving the needed cultural competency training to treat consumers more effectively from diverse racial, ethnic, gender, sexual orientation, language, age and economic backgrounds.

Additionally, we are happy to announce that CIDNY has received funding to train all mental health providers in New York State to receive cultural competency with respect to multicultural disability competency. CIDNY's new Program Coordinator for Mental Health Services and the Executive Director are working hard to develop this training and are in the process of submitting its curriculum outline to the state.

We are pleased to announce our first mental health event. This event is to be held on Saturday, May 13, 2023, from 10 a.m. to 2 p.m., at our Manhattan office located at 1010 Avenue of the Americas, Suite 301.

Participants must register for this event in advance at <https://www.cidny.org/cidny-wellness-2023/> and we hope that you can attend in person to learn about the full scale of mental health wellness which includes mental, vocational, financial, environmental, spiritual and physical elements.

There will be vendors who will offer depression and anxiety screenings, learn about the principles of mindfulness, chair yoga, Taichi, tarot card reading, vaccine awareness, and so much more.

Please check CIDNY out at cidny.org for more details. Remember that your brain and body are connected. You cannot separate them. Use this month to learn about more full brain and body wellness.

CIDNY is here for you!