



WEST VIRGINIA
DEPARTMENT OF
**HUMAN
SERVICES**

Family Connections

NEWS FOR FAMILIES FROM THE WEST VIRGINIA DEPARTMENT OF HUMAN SERVICES,
BUREAU FOR BEHAVIORAL HEALTH'S OFFICE OF CHILDREN, YOUTH, AND FAMILIES

WHY AM I SAD WHEN THE SEASONS CHANGE?

Major Depressive Disorder with a Seasonal Pattern (formerly known as seasonal affective disorder or SAD) is when people feel really down or sad during certain times of the year, especially in late fall or winter when it's colder and days are longer. Individuals may feel low, become more tired and sleep more, or crave comfort foods. This condition usually gets better when the weather changes, and there is more sunlight. Studies show that younger persons are at a higher risk of developing symptoms. Regardless, this disorder affects an estimated 40 million Americans annually. For many, symptoms can occur four to five months out of the year.

If you know your symptoms of depression have a seasonal pattern, ask yourself, "How can I plan for this?" Being proactive is key! Consider planning a vacation to a sunny spot in January or using a lightbox. For some, a combination treatment including antidepressant medications, cognitive-behavioral therapy, and exercise may be best. If this resonates with you, know that you are not alone.

National Alliance on Mental Illness, NAMI.org



To safely and privately call, chat, text, or email with someone about your feelings, you can reach out to HELP4WV:



CALL

(844) 435-7498
(844) HELP4WV



TEXT

(844) 435-7498



EMAIL

help4wv@firstchoiceservices.org



CHAT

www.help4wv.com



INSIDE THIS ISSUE:

- 2 Spotlight Program
- 3 Seasonal Recipes
- 4 Wellness Challenge
- 5 Family Resources
- 5 Important Dates

Spotlight Program

Regional Youth Service Centers

A Regional Youth Service Center (RYSC) coordinates community-based mental health and substance use services for youth and young adults between the ages of 12 to 25 and partners with families and youth. These supports aim to help youth thrive in their homes, schools, and communities.

The six RYSCs provide substance use treatment services, including early detection and recovery support services, and other kinds of mental health treatment recovery and wellbeing services. RYSCs also connect families and caregivers with supports and services.

FIND YOUR Regional Youth Service Center

Region 1

Brooke, Hancock, Marshall,
Ohio, and Wetzel Counties
Youth Services System, Inc.

Region 2

Berkeley, Grant, Hampshire, Hardy,
Jefferson, Mineral, Morgan, and
Pendleton Counties
Potomac Highlands Guild, Inc.

Region 3

Calhoun, Jackson, Pleasants,
Ritchie, Roane, Tyler, Wirt, and
Wood Counties
Westbrook Health Services

Region 4

Barbour, Braxton, Doddridge, Gilmer,
Harrison, Lewis, Marion, Monongalia,
Preston, Randolph, Taylor, Tucker,
and Upshur Counties
**United Summit Center/
Healthy Minds - Clarksburg**

Region 5

Boone, Cabell, Clay, Kanawha,
Lincoln, Logan, Mason, Mingo,
Putnam, and Wayne Counties
Pretera Health Services

Region 6

Fayette, Greenbrier, Mercer,
McDowell, Monroe, Nicholas,
Pocahontas, Raleigh, Summers,
Webster, and Wyoming Counties
FMRS Health Systems, Inc.

FOR MORE INFORMATION,
CALL 844-HELP4WV

**Families and caregivers can
receive the following at RYSCs:**

PROGRAMS

**First Episode Psychosis (FEP) or Early
Serious Mental Illness (ESMI)** Also
called "Quiet Minds" for youth and young
adults aged 14 to 30 with emerging
psychotic disorders, using a coordinated
specialty care (CSC) model.

Youth Suicide Intervention

Each RYSC has a Youth Suicide
Intervention Specialist to provide suicide
prevention screening, assessment,
referral, safety-planning, and follow-up
with youth and young adults at risk of
suicide.

Family Coordinators

Each RYSC has Family Coordinators to
engage family members of youth and
young adults involved with the RYSC and
other families in need of support and
connection to services.

SERVICES

Youth Peer Recovery Support

Each RYSC has a Youth Peer Recovery
Support Specialist with lived experience
to support youth and young adults
involved with the RYSC.

Outreach

The RYSC provides information and
extends services or assistance to youth,
young adults, and families where they
live or spend time.

Warm your soul with these cozy recipes...

Green Chili Chicken Soup

Ingredients

- 2 tablespoons olive oil
 - 1lb chicken breasts
 - $\frac{3}{4}$ teaspoon of salt
 - 1 yellow onion, diced
 - 1 teaspoon smoked paprika
 - 2 teaspoons chili powder
 - 2 teaspoons cumin
 - 1 teaspoon dried oregano
 - 4 cloves of garlic
 - 1 (12-14 oz) jar of Salsa Verde
 - 1 (4oz) can of green chiles
 - 3 cups of low sodium chicken broth
 - 1 (14.5 oz) can white beans, drained and rinsed
 - Juice of one lime
- *Garnishes:*
Shredded cheese, tortilla chips, sour cream



Instructions

1. Sprinkle salt over chicken. Heat 1 tablespoon olive oil over medium high heat in a heavy stock pot, and add chicken in individual layer. Sear on both sides 4-5 minutes to get a golden brown crust. Remove chicken and set aside.
2. Turn heat down to medium. Add diced onion and a pinch of salt to chicken drippings in pot, and saute until translucent, about 7 minutes. Add smoked paprika, chili powder, cumin, and oregano leaves. Stir and coat onion, and your spices will become fragrant, cooking for 1-2 minutes. Add a tablespoon more olive oil, and stir in garlic, cooking for 1-2 minutes.
3. Add chicken back to pot, along with salsa verde, diced green chiles, and chicken broth. Stir, and bring to a boil. Turn heat down to a light simmer, and cover. Cook for 20 minutes.
4. Remove chicken and shred using forks. Add back to pot, along with white beans, cook for 10 more minutes. Stir in fresh lime juice.
5. Serve with shredded cheese, crushed tortilla chips, sour cream, and minced green onions.

**Submitted by Megan White, Family Coordinator at Youth Services System*



Instructions

1. Add all ingredients to a large mixing bowl.
2. Start blending with an electric mixer on low, so the hot chocolate mix does not make a mess.
3. Gradually increase the mixer speed until everything is well incorporated mixture is nice and fluffy.
4. Transfer to a serving bowl and sprinkle with mini chocolate chips and mini marshmallows.
5. Pair with your favorite dippers!

**Submitted by Gina Peck, Lead Family Coordinator at BBH*

Hot Chocolate Dip

Ingredients

- 8 ounce tub of whipped topping
- 7.5 ounce jar of marshmallow fluff
- 3 packets of hot chocolate mix powder
- Mini marshmallows
- Mini chocolate chips

Options to dip with:

Pretzels, animal crackers, vanilla wafers, graham crackers, Oreos, wafer cookies

Winter Week of Wellness Challenge

Pick (at least) one week this season to give your **mind, body, and soul** some attention by participating in the **Winter Week of Wellness Challenge** below!

WEEKLY PLAN

M Go on a media fast for 2+ hours. See what it's like to unplug from all electronics and how you fill your time instead.	T Cook a meal or bake. Try a new recipe, and share your recipe or creation with a loved one.	W Reach out to someone you've been thinking about lately. Send a text, make a call, or leave encouraging comments on social media.	T Declutter. Do a brain dump to clear your mind. Clean and organize your space. Consider donating any items that no longer serve you. Clean out your inbox.
F Strive for at least 8 hours of sleep. Start your day with a gratitude inventory rather than scrolling through your phone first thing.	S Take a day off from caffeine or other substances. Try drinking more water instead. Find alternative ways to feel energized and cope with stress.	S Create a mood-boosting, feel-good playlist. Explore the role music can play on your mood and emotions. Share your playlist with friends.	



"A child's mental health needs as much attention as their physical health— because mental health starts early and lasts a lifetime."

EarlyLearningCo.org

Family Resources

Click each to find out more.

- [24/7 Children's Crisis and Referral Line, 844-HELP4WV](#)
- [WV Kids Thrive Collaborative](#)
- [Statewide Family Advisory Board](#)
- [Bureau for Behavioral Health Office of Children, Youth, and Families](#)
- [WV Coalition Against Domestic Violence](#)
- [WV Department of Health and Human Resources, Local Offices](#)
- [WV Positive Behavior Support \(PBS\) Program](#)
- [WV Family and Community Support Program](#)
- [WV Birth to Three Program](#)
- [WV Developmental Disabilities Council](#)
- [National 988 Suicide & Crisis Lifeline](#)
- [Family, Advocacy, Support, and Training \(FAST\)](#)
- [Healthy Grandfamilies](#)
- [Regional Family Coordinators](#)
- [WV ABLE](#)

Important Dates

December

- National Stress-Free Holidays Month
- Human Rights Day: 12/10

- Mental Health Wellness Month
- No Name-Calling Week: 01/15-01/19
- National Human Trafficking Awareness Day: 01/11

January

February

- International Boost Self-Esteem Month
- Teen Dating Violence Awareness Month
- Random Acts of Kindness

Week: 02/11-02/17

- National Eating Disorders Awareness

Week: 02/26-03/02