

# PREVENTION WORKS!



**MAY/JUNE 2018**

“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear.” --C.S. Lewis



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Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by May 25th for the July /Aug 2018 edition of the Prevention Works newsletter! Submit your newsletter contributions to: [elena.jaime@yolocounty.org](mailto:elena.jaime@yolocounty.org)



## May is Mental Health Awareness Month

Mental Health (MH) is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally. It's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

This *May is Mental Health Awareness Month*, Yolo County Friday Night Live (FNL) is raising awareness about the connection between physical health and mental health, through the theme **Fitness #4Mind4Body**. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising and getting enough sleep can go a long way in making you healthy all around.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions.

Getting appropriate amount of exercise can help control weight, improve mental health and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health. Sleep plays a critical role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation and yoga.

Yolo County FNL wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day, both physically and mentally, you can go a long way in ensuring that you focus on your **Fitness #4Mind4Body**. **For more information, please visit [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may).**

# CONGRATULATIONS

**FRIDAY  
NIGHT**

Class of  
**2018**

# GRADUATES

## PIONEER H.S.

Nayeli Hernandez  
Maggie Tobin  
Andrew White

## RIVER CITY H.S.

Morgan Bigney  
Elliot Lucero  
Jennifer Moreno  
Sheridan Ockey  
Hannah Spicer  
Christian Toribio

## WINTERS H.S.

Chloie Bruhn  
Fatima Melendez  
Ignacio Rios  
Andrea Valadez

Congratulations! Every high school diploma is the result of a lot of hard work by both parents and graduates. High school graduation is an exciting chapter in the continuing story of a young person's life. It is also a moment to celebrate accomplishments, share memories and look towards the future. We have had a lot of fun-filled memories this year in Yolo County Friday Night Live and we are so proud of each and every graduate. We appreciate their time and dedication to the Friday Night Live programs. We know



## THANK YOU

YOLO COUNTY  
FRIDAY NIGHT LIVE  
YOUTH COUNCIL

*For making a difference  
in Yolo County. We  
appreciate your time  
and dedication to  
meetings, events and  
activities!  
Have an AWESOME  
Summer!*

**IF YOU HAVE A 9th -12th GRADE  
STUDENT WHO WOULD LIKE TO BE  
PART OF THIS FANTASTIC TEAM,  
PLEASE CALL THE FNL OFFICE AT  
530-666-8747!**

**TAKING APPLICATIONS NOW!**