

OCTOBER

National Domestic Violence Awareness Month

Mental Health Objective:

National Domestic Violence Awareness Month evolved from “Unity Day,” which was created in October 1981, by the National Coalition Against Domestic Violence. In October 1981, National Domestic Violence Awareness Month was observed. Then, in 1989, Congress passed the law to deem October the Month of National Domestic Violence Awareness Month. The purpose of National Domestic Violence Awareness Month is to mourn victims, celebrate survivors, and network for change. This national event takes place each year during the month of October to connect advocates working to end violence against women and kids.



If viewing this document in a printed format, point your smartphone's camera at the above code and then click on the link that appears at the bottom of your screen to be taken to a webpage with this month's resources and clickable links.

Ministry Ideas:

- For the month, each Sunday, do a trivia segment of service, asking questions about Domestic Violence, and present an incentive for knowing the answers. This will encourage and promote research on the topic.
- Keep a fact sheet on Domestic Violence in the bulletin.
- Have a panel discussion with domestic violence victims so that they can share their stories and possibly help someone else who may be dealing with Domestic Violence and have a health care professional present for those who feel triggered.
- Prayer Day, where members pray for those who are victims of domestic violence, who were, and those who lost their battle to domestic violence.
- Go into the faith community passing out flyers, pamphlets, and resources to bring awareness.
- Take a church visit to a Domestic Violence Awareness event to gain further insight on Domestic Violence.
- Write a grant for Domestic Violence victims.
- Partake in a social media platform to educate others, do further research, as well as be an advocate for Domestic Violence victims.

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Media:

Domestic Violence Awareness Month

<https://www.youtube.com/watch?v=H5ewvujjiWg>

October is Domestic Violence Awareness Month

<https://www.youtube.com/watch?v=uxGm1UKnXlc>

The Chelsea Anderss Show

<https://www.spreaker.com/show/chelsea-anderss-show>

The Holoholo Podcast

<https://podcasts.apple.com/us/podcast/talk-story-domestic-violence-awareness-month/id1127905895?i=1000453265843>

Fact Sheets:

Domestic Violence Fact Sheet

https://www.stopvaw.org/uploads/domestic_violence_fact_sheet_final3.pdf#:~:text=Domestic%20Violence%20Fact%20Sheet.%20What%20is%20Domestic%20Violence%3F,everyday%20behaviors%2C%20and%20preventing%20her%20independence%20or%20escape.1

Child Protection and Custody

<https://rcdvcpc.org/fact-sheets.html>

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National ADHD Awareness Month

Mental Health Objective:

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) is working with partners in the ADHD Awareness Coalition to educate people on the facts of ADHD — symptoms, diagnosis, and treatment — and dispel some of the myths surrounding this disorder, which affects more than 17 million people in the United States.

Ministry Ideas:

- Host a body awareness seminar for children and adults, where they can learn body control and adapt new habits to manage their ADHD more effectively.
- Host an educational training teaching the basics of ADHD, what to look for and how to get help. Also provide resources for parents who may be struggling with their children and ADHD.
- Provide assessments for people who would like to be assessed for ADHD.
- Create a support group for adults living with ADHD, teaching organizational skills, task completion skills, and establishing order in their life.
- Invite members to participate in raising awareness by wearing their orange ribbons and or orange. Invite members to post their pictures on social media with the hashtag #TOGETHERWESTAND.
- Host a guided meditation to help adults and children with ADHD focus their thoughts.
- Invite members to participate in a “one-hour challenge”, where members are challenged to designate one hour to one activity of their choice. Have members share their results via social media.
- Host a scrabble tournament for members that want to participate to help improve executive functioning skills.

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Media:

ADHD Awareness Video Contest Winners

<https://adhdawarenessmonth.org/2019-video-gallery/>

Taking Control: The ADHD Podcast

<https://takecontroladhd.com/the-adhd-podcast>

ADHD reWired

<https://podcasts.apple.com/us/podcast/adhd-rewired-with-eric-tivers/id849400337?mt=2>

Fact Sheets:

Common Questions, Reliable Answers

<https://adhdawarenessmonth.org/downloads/>

ADHD Awareness Month: What is the Behavioral Disorder and Can It Be Treated

<https://www.independent.co.uk/life-style/health-and-families/adhd-awareness-month-2019-children-adults-symptoms-causes-treatment-a9128136.html>

Facts from Trinkl

<https://www.twinkl.com/teaching-wiki/adhd-attention-deficit-and-hyperactivity-disorder>

OCTOBER

National Bullying Prevention Month

Mental Health Objective:

National Bullying Prevention Month is an annual designation observed in October. It is always important to talk about the dangers of bullying and the trauma it can bring to its victims, but this month, use your voice to speak up extra loud. Research shows that bullying often leaves lasting negative effects on those who deal with it.

Ministry Ideas:

- Encourage members to make friends with someone that they do not know, in hopes of making connections and offering friendship.
- Host a “acts of kindness day,” where members are encouraged to do something nice for someone besides themselves.
- Host a Anti Bullying seminar to educate families on what bullying is, roles people can play in bullying and ways to prevent it.
- Invite students to put together a bullying campaign where they help bring awareness in their schools and neighborhoods. Students can create posters and put together a short video to share with the congregation.
- Host a social distancing picnic where students can come and eat and fellowship with one another.
- Create a youth group centered around bullying prevention that helps students learn how to fight back with faith and confidence.
- Invite the members to wear blue to bring awareness to national bullying awareness month. Share pictures on social media using the hashtag #BLUEUP.
- Host a game night for children to participate highlighting the importance of acts of kindness, problem solving, conflict resolution and self-defense.

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Media:

Podcasts from International Bullying Prevention Association Conference
<https://www.connectsafely.org/ibpa/>

Is it Really Bullying, By Connecting for Kids
https://www.podomatic.com/podcasts/connectingforkids/episodes/2017-10-25T14_02_25-07_00

How to Talk to Kids about Bully Prevention
<https://drrobysilverman.com/how-to-talk-to-kids-about-bully-prevention-with-dr-michele-borba/>

Fact Sheets:

Pacer's National Bullying Prevention Center
<https://www.pacer.org/bullying/resources/publications/>

From Department of Defense Education Activity
<https://www.dodea.edu/dodeaCelebrates/BullyPrevMonth.cfm>

A Public Health Approach to School Bullying
<https://www.air.org/resource/public-health-approach-school-bullying-qa-xan-young-senior-ta-consultant>

OCTOBER

National Breast Cancer Awareness Month

Public Health Objective:

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. One of the National Breast Cancer Foundation's top priorities is educating women on what they can do to be proactive with their breast health, including dispelling the myth that men do not get breast cancer. Knowledge and early detection save lives (www.nationalbreastcancer.org).

Ministry Ideas:

- Many congregations participate in breast cancer awareness because many are survivors and/or have family members who have experienced breast cancer. Invite a breast cancer survivor to share testimony and self-care tips/resources that helped them/family.
- Sponsor a breast cancer walk in memory or honor of someone with breast cancer and raise money to donate for research (find out if anyone in the church is already participating and support effort).
- Post resources to teach youth to adults how to conduct breast checks (including boys/men).
- Post resources on web/social media.
- Invite health professionals to provide a video that can be shared or info during worship.
- Have resources available in men and women's bathrooms on breast cancer resources.

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Media:

Quality Mammography

https://www.youtube.com/watch?time_continue=2&v=IC3_g6cYMbU&feature=emb_title

Higher Risk of Breast Cancer at Younger Age in Black Women

https://www.youtube.com/watch?v=oKt_QVSFwTg

Social Media:

Breast Cancer Graphic

https://www.cdc.gov/cancer/breast/images/BreastAwareness_1200x630.png

Fact Sheets:

Breast Cancer Awareness (Among Black Women)

https://ww5.komen.org/uploadedFiles/_Komen/Content/About_Breast_Cancer/Tools_and_Resources/Fact_Sheets_and_Breast_Self_Awareness_Cards/Breast%20Cancer%20Facts%20for%20AA%20Poster_1.8.20%20locked.pdf

Breast Cancer Infographic

<https://tinyurl.com/y4qbcmx5>

OCTOBER

Sudden Infant Death Syndrome (SIDS) Awareness

Public Health Objective:

National Sudden Infant Death Syndrome Awareness Month is an annual designation observed in October. SIDS is the unexpected death of a child under 1 year old, without an obvious cause of death before investigation. About 3,700 infants died of SIDS or other sleep-related deaths according to the Centers for Disease Control. It is the leading cause of death for infants between 1 month and 1 year. This month focuses on raising awareness for parents regarding steps to reduce the risk of SIDS (www.nationaldaycalendar.com).

Ministry Ideas:

- Obtain the digital toolkit as it provides resources and guidance to help you/your organization plan and conduct its own #SafeSleepSnap photo activity during SIDS Awareness Month.

Media:

Safe Sleep for Your Baby

https://www.youtube.com/watch?v=29sLucYtvpA&feature=emb_title

Breastfeeding Your Baby to Reduce Risk of SIDS

https://www.youtube.com/watch?v=TwEU44FEGJU&feature=emb_title

Social Media:

#SafeSleepSnap: Social Media Activity and Resources for sample language and other materials to promote your #SafeSleepSnap activity on your organization's e-newsletter, website, and other communication channels. Tailor as needed to tell audiences about your activity and to include details specific to your outreach and timeline. More info. is on the website.

Fact Sheets:

SIDS by Baby Age Infographic

<https://safetosleep.nichd.nih.gov/sites/default/files/inline-files/SafeSleepSIDSAge.pdf>

Safe Sleep Environment

https://www.nichd.nih.gov/sites/default/files/2019-02/Safe_Sleep_Environ_update.pdf

OCTOBER

National Depression Screening Day (Oct. 10)

Mental Health Objective:

Major depression is one of the most common mental illnesses, affecting 6.7 percent (more than 16 million) of American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of health care. Screenings (online and in-person) are held on October 10 each year to help catch mental health problems early (www.mhanational.org).

Ministry Ideas:

- Provide the www.mhanational.org web address for online depression screening on church's social media and website along with the resources shared here and on the website.
- Plan a depression screening day by contacting the health department and/or local mental health professionals who can provide depression screenings.
- Regularly provide depression resources (downloadable at either www.samhsa.gov www.cdc.org) throughout the year so that congregations and community members learn signs/symptoms and referral resources. Consider providing resources during any community ministry events (i.e., persons experiencing homelessness ministries, prison ministries, youth ministries — see www.bwcumc.org Youth Ministries Abundant Health web resources on Depression)

Media:

I Had a Black Dog... His Name Was Depression

https://www.youtube.com/watch?time_continue=19&v=XiCrniLQGYc

Social Media:

Depression More than a Mood

<http://www.familyaware.org/more-than-mood>

Fact Sheets:

More than Just a Mood Factsheet

http://www.mediafire.com/file/oy8go6ljr67380g/More_Than_Mood_Fact_Sheets%2C_Combined.pdf

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National Latino AIDS Awareness Day (Oct. 15)

Public Health Objective:

Coordinated by the Latino Commission on AIDS, National Latinx AIDS Awareness Day (NLAAD) is observed each year on October 15 to increase awareness of the impact of HIV/AIDS on the Hispanic/Latino population in the United States.

Ministry Ideas:

- Post facts on website/social media.
- Invite pastor to preach about AIDS/HIV in a sermon and highlight the stigma of AIDS/HIV — connect to biblical persons who were outcast (i.e., woman with the issue of blood) and emphasize God's healing/resources provided for healing.
- Provide AIDS/HIV information in both English and Spanish.
- Include health awareness in Christian Education ministries.
- Provide parents/caregivers communication tips for how to have "hard conversations" with their children about sexual practices (sex conversations are often hard for families, especially Christian families). Highlight risk factors (peer pressure, drug use and needle exchanges as risk factors).

Media:

LatinX AIDS Awareness Day (Latinx health workers talk stigma of AIDS in community)

<https://youtu.be/CYfzZahVXxY>

Fact Sheets:

National Latinx AIDS Awareness Day

<https://nationaltoday.com/national-latino-aids-awareness-day/>

Ending HIV Image (Flyer/Poster)

<http://nlaad.org/wp-content/uploads/2019/08/poster-nlaad-2019-tabloid-english.pdf>

HIV/AIDS in the U.S. Factsheet (English & Spanish)

<http://nlaad.org/wp-content/uploads/2017/08/infographics-nlaad-1-latinos-hiv-2017.pdf>

<http://nlaad.org/wp-content/uploads/2017/08/infographics-nlaad-2017-latinos-hiv-spanish.pdf>