



# The Dreamer's Journal

## OCTOBER 2022

Dream Big could not have done it without you all! We would like to recognize all of our supporters and hope to continue to count on you all to bring out our mission!

# Thank you!

## Newsletter Highlights

MENTAL HEALTH AWARENESS DAY!

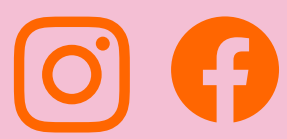
DREAM BIG SPOTLIGHT: NORTH TX GIVING DAY THANK YOU

MARK YOUR CALENDARS: DREAM BIG EVENTS THIS MONTH

ANYTHING IS PAWSIBLE

## Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



- Kay Higgins
- Victoria Jara
- Rane Wallace
- Lisa Saucedo
- Carolina Morales
- Susie Olmos
- Elizabeth Lascano
- Juan Macias
- Karen Schroder
- Tracy Williams
- Sandro Garcia
- Sergio Lopez
- Lizdelia Flores
- Kim Hurd
- Lovia Boche
- Cynthia Lopez-Shoney
- Maria Mason
- Alba Vazquez
- Sandra Gutierrez
- Maribel Reta
- Breanna Khorrami
- Santiago Pinon
- Maria Ramirez
- Claudia Martinez
- Linda Ochieng
- Victor Olivas
- Nadia Arriaga
- Lupita Macias
- Joseph Romero
- Lucia Macias
- Rose Mary Alvarez
- Ariel Hernandez
- Margarita Carrillo
- Joe Moron
- Maria Phillips
- Jodiene Bryce
- Gus Pena
- Amy Columbus
- Courtney Guhl
- Jennifer Rodriguez
- Gabriela Garcia
- Buster
- Sandra Rapp
- Christopher Gagg
- Marissa Carrera
- Mila
- Angel
- Benbrook Ace Hardware
- Ramesh and Kalpana Bhatia Grant
- Rockwood Medical Clinic, Dr. & Mrs. Alex Guevara
- Sandy and Fabio Hernandez
- Melissa Austin-Weeks
- Manuel & Monica Rodelo-Lopez
- Suzana Delgado-Gray
- Angeles Gonzales
- Maricela Tobias Munoz
- Casa Azul
- Terra Therapies



# Thank You

**For Donating on  
North Texas Giving Day!  
Together we raised  
**\$6655.00!****

*"There is no exercise better for the heart than  
reaching down and lifting people up."-J.H.*

**Thank you  
to our sponsors!**

*Dream Big PSP is grateful to our sponsors for the  
extra support and encouragement to reach our summit.*

Benbrook Ace Hardware – Pre NTGD Event – \$1100.00

Rockwood Medical Clinic – Matching Donation – \$1000.00

Terra Therapies Raffle & Matching Donation – \$660.00

Ramesh and Kalpana Bhatia Grant – \$250.00

# MENTAL HEALTH AWARENESS DAY

By: Carolina Morales, LPC

Bringing awareness and reducing the stigma surrounding mental health starts with YOU! Dream Big has challenged everyone through social media to take care of their mental health with the following tasks:

FIND SOURCES OF MOTIVATION

EXERCISE

EAT HEALTHY

LEAN ON YOUR SUPPORT SYSTEM

FIND YOUR HAPPY PLACE

CREATE GRATITUDE LISTS

SHOW KINDNESS TO OTHERS

These are only a few ways to prioritize and improve your mental health, but we encourage you to continue to learn and educate others. Enjoy reading and sharing these mental health facts. Educate someone, and help others prioritize their own mental health!

## Mental Health Facts:

20% of kids ages 13-18 live with a mental health condition

50% of all mental health conditions begin by age 14 and 75% by age 24

1 in 4 parents find it difficult to get their child mental health services

The average delay between onset of symptoms and intervention is 8-10 years

**NEARLY 50 M** OR 19.86% OF AMERICAN ADULTS EXPERIENCED A MENTAL ILLNESS IN 2019.

**4.58%** OF ADULTS REPORT HAVING SERIOUS THOUGHTS OF SUICIDE. THIS HAS INCREASED EVERY YEAR SINCE 2011-2012.

**24.7%** OF ADULTS WITH A MENTAL ILLNESS REPORT AN UNMET NEED FOR TREATMENT. THIS NUMBER HAS NOT DECLINED SINCE 2011.

**15.08%** OF YOUTH EXPERIENCED A MAJOR DEPRESSIVE EPISODE IN THE PAST YEAR.

**OVER 60%** OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE ANY MENTAL HEALTH TREATMENT. EVEN IN STATES WITH THE GREATEST ACCESS, **NEARLY 1 IN 3** ARE GOING WITHOUT TREATMENT.

**MORE THAN HALF** OF ADULTS WITH A MENTAL ILLNESS DO NOT RECEIVE TREATMENT, TOTALING OVER 27 MILLION U.S. ADULTS.

**10.6%** OR OVER 2.5 MILLION YOUTH IN THE U.S. HAVE SEVERE MAJOR DEPRESSION. THIS RATE WAS HIGHEST AMONG YOUTH WHO IDENTIFY AS MORE THAN ONE RACE, AT

EVEN AMONG YOUTH WITH SEVERE DEPRESSION WHO RECEIVE SOME TREATMENT, **ONLY 27%** RECEIVE CONSISTENT CARE. IN STATES WITH THE LEAST ACCESS, ONLY

**11.1%** OF AMERICANS WITH A MENTAL ILLNESS ARE UNINSURED, THE SECOND YEAR IN A ROW THAT THIS INDICATOR INCREASED SINCE THE PASSAGE OF THE AFFORDABLE CARE ACT (ACA).

**14.5%**

**12%** RECEIVE CONSISTENT CARE.

**8.1%** OF CHILDREN HAD PRIVATE INSURANCE THAT DID NOT COVER MENTAL HEALTH SERVICES, TOTALING 950,000 YOUTH.

# DÍA DE SALUD MENTAL

By: Carolina Morales, LPC

¡Reducir el estigma que rodea a la salud mental comienza con USTED! Dream Big ha desafiado a todos a través de las redes sociales a cuidar su salud mental con las siguientes tareas:

ENCONTRAR  
MOTIVACIÓN

EJERCICIO

COMER  
SALUDABLE

USAR CÍRCULO  
DE APOYO

ENCUENTRA TU  
LUGAR FELIZ

HAZ LISTAS DE  
AGRADECIMIENTOS

DEMUESTRA NOBLEZA  
HACIA OTROS

!Estas son solo algunas formas de priorizar y mejorar su salud mental, pero los animamos a que continúe aprendiendo y educando a otros. Disfrute leyendo y compartiendo estos datos sobre salud mental. ¡Eduque a alguien y ayude a otros a priorizar su propia salud mental!

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# The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.  
Title originated from Melissa Reeves Austin-Weeks.

## Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

## SUPPORT DREAM BIG

There is more than one way to support Dream Big, PSP  
Check out our website for more information

<https://dreambig-psp.com/donate>



### Tips for DST in fall

**Try light therapy.** Sitting under special lights<sup>1</sup> in the morning can help your body adjust.

**Continue waking up at the same time.** You'll be tempted to sleep in for the first few days. Try not to<sup>2</sup>.

**Go to sleep early the night before.** Turn down the lights, block the window, shut off your phone and lower the heat to create a powerful sleep environment<sup>3</sup>.

1 <https://omronhealthcare.com/2018/02/4-cures-cabin-fever-winter-fall/>  
2 <https://www.aarp.org/health/healthy-living/info-2017/daylight-savings-time-fd.html>  
3 <http://abcnews.go.com/Health/tips-fall-back-daylight-saving-time-2014/story?id=26602222>

Credit to Omron Healthcare Inc.



# NORTH TEXAS GIVING DAY 2022



# DREAM BIG SPOTLIGHT

# THANK YOU!

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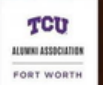


# Upcoming Events

## Coat and Shoe Drive To Support Dolores Huerta Elementary School

Help Dream Big and the TCU Alumni Association collect coats and shoes for Dolores Huerta Elementary School

Drop off stations at Dream Big or the Dee J. Kelly Center now until 10/14

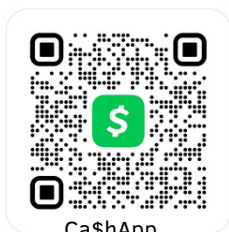


### 12 DAYS OF CHRISTMAS

TICKETS WILL GO ON SALE ON 11/15/22. STAY TUNED ON OUR SOCIAL MEDIA FOR MORE UPDATES ON THE PRIZES AND RAFFLE TICKETS!

Dream Big is also collecting \$10 and \$20 gift cards for the teachers!

TRANSFORM A LIFE WITH YOUR CONTRIBUTION



Ca\$hApp  
\$DreamBigPSP



ZELLE  
Dream Big-PSP



Venmo  
@Dream-Big-PSP



# Anything is Pawsible

BY ANGEL THE DOG

Angel says:

**"A high paw to you for being awesome! We can't help people without your support."**

***"¡Una pata alta para ti por ser asombroso! No podemos ayudar la gente sin su apollo."***



A stress-reducing moment for self-love, growth, & rewiring the brain.  
Enjoy!

## Mindful Journaling

**Q. Create a happy list. Write out a list of activities or places that lift your mood.**

**P. Crea una lista feliz. Escriba una lista de actividades o lugares que mejoren su estado de ánimo.**

Hand-drawn journaling template with a grey background and white horizontal lines for writing.

### Diario consciente

Un momento para reducir del estrés para el amor propio, el crecimiento y la reconfiguración del cerebro. ¡Disfruta!

### The Dreamer's Journal

**Editors & Content Designers**



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Helping People Along Their Healing Journey

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