



MYHEALTH FOR TEENS & YOUNG ADULTS

September 2024 Newsletter



What is New at myHealth

- **Mirror Ball 2024**
- **Meet our new myHealth team members**

What's Happening Now

- **School-based Clinic at Hopkins West Middle School**
- **September is National Suicide Prevention Month**



Come join us at myHealth's annual fundraising Mirror Ball on September 27th! This year we will be highlighting the work myHealth does connecting teens to healthier futures.



Evening details

When:
September 27th, 2024
6 PM - 9 PM



Register Here!

Where:
Metropolitan Ballroom
Gala Ticket Price
\$125 / Person
\$1250 /Table

Sit-Down Dinner



Live and Silent Auction



Lots of Fun!



Cocktails



Clinic Services at West Hopkins Middle School

Services Provided

Parental consent is required for all services.



Vaccines



Asthma Care



Sports Physicals



Child & Teen
Check-ups



Acne/Rash Care



Vaping Cessation



Minor Injuries



EpiPens

Why Miss Work or School?

Whether you are insured or uninsured, you are invited to sign up your students for convenient medical care.

Information

School is back in session! Whether your child needs a sports physical or a needs vaccine updates, myHealth has resources for you! If your child goes to West Hopkins Middle School, you can utilize the in-school clinic that myHealth offers!

When: Every **Thursday 9:30 AM-11 AM** at Hopkins West Middle School. Same or next week appointments are usually available. No need to wait months to get care for your child!



By Appointment Only

952.474.3241



September is National Suicide Prevention Month

Everybody deserves to lead a happy and healthy life.

Suicide Prevention Month is a time to raise awareness to this important crisis. Bringing awareness and providing resources to get help are important ways to help support youth and young adults. Life is hard, but there are resources to help heal and lead a healthy life.

You are never alone.

Ways to Practice Self-Care

Movement

Moving your body releases dopamine and endorphins. Movement also dissipates adrenaline and cortisol, which are stress hormones. It is recommended to move your body 4 times a week for 30 minutes.

Set Healthy Boundaries

Be aware of your limitations and advocate for yourself. It is your right to say "no" to things that overextend yourself.

Make Time for Supportive Relationships

It can be healing to spend time with people who support, care, and love you as you are.

Nourish your Body

Around 90% of serotonin is made in your gut. Without proper nourishment serotonin diminishes. Make it a habit to eat a balanced breakfast. This will also boost your hormones.

-National Institutes of Health

Resources

Crisis Hotlines

988 Lifeline hotline ... Call or text 988
The Trevor Project ... 866.488.7386

If you or a loved one are at imminent danger call 911

Seek Professional Help

There is no shame in asking for help. Everyone needs help sometimes! Professionals are trained to help support and give guidance to help you navigate life's hardships.

myHealth offers Mental Health Services to teens & young adults.

myHealth Counseling Services ... 952.474.3251

Meet Our New Staff

Emily Schilling *(She/Her)*

Emily is a new front desk person. She is a person of many attributes which is why she is also a new Lab Assistant! We know she will do great in her position. We welcome her with open arms and are happy she is a part of the team!

Talsi Tice *(She/Her)*

Talsi is the new Clinic Health Mentor at myHealth. She will be providing reproductive health and well-being education at the myHealth Clinic. She can meet with individuals one-on-one to provide a plethora of education. We are excited to have her!

Kara Fyfe *(She/Her)*

Kara is our staff nurse and the Vaccine Coordinator. She is an incredibly hard worker. Working to meet every client's needs. She has been a part of the myHealth team for a few months. We are very thankful for her and her support on the clinic team at myHealth!

Lillie Albright *(She/Her)*

Lillie is the new Health Mentor at Hopkins West Middle School. As the school year starts, she is very excited to provide education and one-on-one support to the kiddos at West Middle School. We know she will do wonderful things!

Ben Herstig *(He/Him)*

Ben is the new Health Mentor at Hopkins North Middle School. This is the first time there will be a Health Mentor at North Middle School. MyHealth is very excited to see the amazing things Ben does there!

Hadeel Bynat *(She/Her)*

Hadeel is one of our new Mental Health Counselors. She has a LADC. Hadeel provides high quality counseling to clients at myHealth. We are very happy to have her on the team to help support teens and young adults through life!

Bre Smith *(She/Her)*

Bre is the new Market Coordinator and works at the front desk. She has a bright and bubbly personality and is always excited to help our clients out in any way she can! She is a wonderful addition to the team!

myHealth is very happy and excited to have these new members on our team! We know that each one of these folks will support myHealth's initiative of supporting young peoples' health and well-being.



Did you know...

myHealth for Teens & Young Adults is one of only three low- or no-cost clinics for adolescents in Minnesota. Youth ages 18–23 make up the largest uninsured demographic. We're the only adolescent-focused clinic in a 1,200-mile region. We never turn anyone away due to inability to pay. For over 50 years, myHealth has provided essential services: medical and dental care, mental health counseling, education outreach, parent services, and nurse home visits for pregnant and parenting teens.

Every year, we offer free healthcare to over 300 young people. Your support ensures we can continue these vital services. Make a difference today: [Donate here](#)

Land Acknowledgement

myHealth for Teens and Young Adults is located in Hopkins, which is the traditional, ancestral, and contemporary lands of the Wahpekute (Dakota) and Očhéthi Šakówiŋ (Sioux) peoples. Our ability to work in this place is made possible by a long history of colonialization, violence, and forceful assimilation. We want to extend our gratitude and appreciation to these tribes. While honoring them won't change the past, we believe it is a small part of the work needed to create a better future for indigenous peoples like the Wahpekute and Očhéthi Šakówiŋ.