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319-294-3527

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319-277-1936

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319-248-0270

DAVENPORT
563-823-0920

DUBUQUE
563-239-1994

COMFORT CARE CHATTER

June Birthdays

Happy Birthday to YOU!

Chelsey M.	HCA IP	6.9
Lameesha H.	HCA CO	6.11
Melissa B.	HCA DV	6.14
Karen B.	HCA CR	6.21
Linda C.	HCA CR	6.27
Sarai C.	HCA CO	6.30

June 2019 Issue

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REMINDER

CLIENTS & COMFORT CARE
STAFF, PLEASE REMEMBER
TO CALL THE OFFICE
WHenever YOU HAVE A
SCHEDULE CHANGE!

This Month's Health Update comes to us compliments of the "Corridor Business Journal."

Mental health a critical consideration for society

In this month's health care column, UnityPoint Health - Cedar Rapids President and CEO Michelle Niermann discusses the importance of mental health in your overall well being.

In May, we recognized Mental Health Month. Mental health remains a topic of critical importance in our country. Consider the following statistics:

- One in five adults in the United States live with a mental illness - roughly 18.9 percent of the population or 46.7 million adults. Yet only 42.6 percent receive mental health services.
- Mental health conditions are more common than arthritis, heart disease, cancer or diabetes.
- An estimated 11.2 million adults - roughly 4.5 percent of the U.S. population - live with a serious mental illness (SMI) such as schizophrenia, bipolar disorder or major depressive disorder. Of these individuals, only two-thirds receive mental health services.
- One in 10 children will experience a mental health condition, while one in five will develop a serious emotional disturbance (SED) that interferes with their ability to function at home, in school and in the community. Sadly, less than 40 percent of these young people receive treatment.

These statistics illustrate the need to continue efforts to increase awareness of the prevalence of mental health conditions, eliminate the stigma that still surrounds mental health treatment, develop prevention and early intervention strategies, create additional access to treatment - especially community-based treatment options - and enhance the use of evidence-based treatments. Prevention works, treatment is effective and people recover.

Niermann, Michelle. " > Mental Health: A Critical Consideration for Society Published on June 3, 2019 Mental Health: A Critical Consideration for Society." *Corridor Business Journal*, www.corridorbusiness.com/mental-health-a-critical-consideration-for-society/.

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

tfeltes@comfortcareia.com

