

# PATH 2 PARENTING NEWSLETTER

OCTOBER EDITION

## FALL INTO SOMETHING NEW

The days are getting shorter and the weather cooler, but PATH is full steam ahead. Be on the lookout the next couple months for information about all the events PATH has planned. We have a winter gala, blood drive, along with our regularly scheduled Lunch Tables, and much more!



## MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy October -

This month brings awareness to several topics that face all of us, including our kids. October is National Breast Cancer Awareness month, it is National Mental Health Week, Red Ribbon Week and more. Breast Cancer is something near and dear to me; my mom passed with breast cancer after fighting for over 8 years. Get regular checkups! Encourage those you love to be tested and get regular checkups. Early detection can save a life.

Mental Health is something that we all need to be more aware of and we need to break the negative stigma associated with those who have mental health struggles. It's okay, to not be okay. I hope you've been following our Facebook posts throughout September as we focused on Suicide Awareness and Prevention.

Red Ribbon Week; bringing awareness of drug and alcohol use disorders. It's interesting that these two events occur during the same month. Growing up can be a difficult process for many teens. As the adolescent brain develops it is working to figure out, "Who am I?" Developing a positive self-image can be a daunting task in the face of peer pressure, school, parents and social media. A growing number of teens struggle with depression, stress and anxiety. There are many reasons teenagers use drugs or alcohol for the first time. Some of these teens will have used out of curiosity, for others it will be the result of peer pressure. But for some teens their choice to use drugs or alcohol will be a way to self-medicate the overwhelming stresses that come with adolescence. The rule of thumb is that almost half of kids with mental health disorders, if they're not treated, will end up having a substance use disorder.

Seeking treatment for mental illness or substance use disorders can be a scary and overwhelming experience. Take courage; you are not alone. With appropriate treatment teens can learn healthy coping mechanisms for negative thoughts or feelings in order to live long, healthy, and positive lives. For more information and helpful resources visit our website at [www.PositiveTeenHealth.org](http://www.PositiveTeenHealth.org).

We're here to help -

**Donna Golob**  
Executive Director

Thank you for your support. To help us continue our mission, consider [donating](#) to the cause.

# PATH UPDATES AND ANNOUNCEMENTS

## Staff Spotlight!



Ke Anna Lott

As the Horizon Team Lead Educator, Ke Anna is and has always been a great leader. She has a way of making her team and fellow coworkers feel calm and prepared for whatever challenges they may encounter. Ke Anna goes above and beyond to make sure all of the documentation and projects are fulfilled. She brings her positive energy and expertise into every classroom that she enters. The students love to be in Ke Anna's presence and are always excited to hear her teach. Ke Anna's impact is undeniable. You can

tell that she has a passion for youth and making a difference in their lives. We would like to honor Ke Anna for being an awesome example for other educators and students!



## LUNCH TABLES

We had a great Lunch Tables event with Eric Evans last month! If you weren't able to experience the session live, the recording is available on our [Lunch Tables](#) page.

Join us on October 27th for "Catch My Breath" with Carolyn Higgins. This vape prevention presentation will be a must-see for any parent or youth-service professional! In order to register or find out more, visit the [Lunch Tables](#) page on our website.

## PATH PARTICIPATES IN CHARITY WALKS

PATH had the opportunity to participate in two local fundraisers to raise awareness and money for suicide awareness and prevention.

On September 12th, PATH staff came together to walk at AFSP's Out of the Darkness Walk in Chesterton, IN. This day was a true celebration of life and memory. At this event, PATH staff had the opportunity to share informational pamphlets with participants at our booth.

On September 25, Calumet Park Cemetery hosted the Light the Darkness 5k Run/Walk in Merrillville, IN. This event brought together athletes and those who have been affected by suicide. PATH had a booth, shared our local youth mental health efforts, and welcomed others to share their stories with us.

We are here to help. Help and hope is always out there.  
National Suicide Prevention Lifeline: 1-800-273-8255  
Crisis Text Line: 741-741

## UPCOMING EVENTS

### RED RIBBON WEEK

Check out our socials for information about this drug prevention program.

### PRESCRIPTION DRUG TAKE BACK DAY

Mark your calendars for October 23rd and [learn how you can get involved](#).

### GIVING TUESDAY

Consider supporting PATH on this #GivingTuesday, coming Nov. 30th.

### BLOOD DRIVE

We're hosting a blood drive on Dec. 9th! Stay tuned for more information.

### WINTER GALA

Our upcoming winter gala is 2-22-2022. Full details coming soon!

# PROGRAM UPDATES



It was a pleasure to serve Griffith Middle School. We have finished up our first in person school since the pandemic. We have truly missed being in person with our students and we are so happy to have served such a great school like Griffith Middle School. For the next few months the Horizon team will be looking to serve some of our Charter schools in Gary, IN.

**Ke Anna Lott**  
Horizon Team Lead



LivTrue is getting ready to have an incredible school year with our future mentees. We are almost ready to begin, and we are looking forward to many great sessions and lessons soon!

**Payton Smith**  
LivTrue Coordinator



Positive Potential is working on updates to the curriculum. We are striving to continually improve our slides and keep our statistics up to date.

**Jasmine Lindsey**  
Positive Potential Team Lead



School and programming are moving right along as expected. Currently, we are serving River Forest High School. It's been amazing to be back in the classroom engaging with students face to face. We are in the process of scheduling several other schools hopefully for the month of October. This is exciting for us considering our first year was all virtual. We are looking forward to this school year and the new students and schools we will be serving.

**Jason Kegebein**  
Love Notes Team Lead



September has been a busy month! We have been working on our curriculum and aligning all the pieces we use as educators and with our students. We are excited to wrap this project up this month.

**Stephanie Lenkos**  
RELENTLESS Team Lead



Team Remix is taking our programming to local area charter schools! We're excited about bringing instruction to the students where we can hopefully continue to make an impact on those we serve!

**Jeremias Alicea**  
reMIX Team Lead

To learn more about our programs, visit our website at [positiveteenhealth.org](https://positiveteenhealth.org)

# RECOMMENDED READING

To continue reading, head over to the [blog](#) on our website.

## PARENTING CORNER:

In her [article](#) for PATH, Lisa Raftery discusses balancing the giant mountain of responsibilities that a parent has while remembering to take the time to savor the moment. She explains where and why to focus your energy as a parent and how this has a long-term impact.



When life feels overwhelming, please pull yourself out of your own situation and consider, How would I relate to another mom, dad, or guardian in my situation? Then be as kind to YOURSELF as you would be to others!

## BULLYING & BYSTANDERS

In this [blog post](#), Marion explains what bullying is, what different forms of bullying can look like, and highlights statistics related to bullying and suicide. She also helps parents understand what could be causing a disconnect between adults and children.



The unfortunate reality is that bullied children are two times more likely to attempt suicide and eight times more likely to have suicidal ideations.

## IN THE KNOW: RESOURCES OUR STAFF LOVE

Mental Illness Awareness Week takes place the first week of October every year. Adults and youth alike suffer in silence with mental illness, which makes it vitally important that we educate ourselves on the topic in order to identify and help those in need. [This article](#) is a good start in learning about depression, an issue that affects millions of our teens every year.

## Contact us:



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## SUPPORTER SPOTLIGHT

For those we support and for those who support us

A big thank you to Kathy Bingham, owner of Kathy's Tax & Financial Services, for supporting PATH by becoming a Friendship Circle partner.

This support helps provide SEL services for our Horizon program and allows us to continue to positively impact youth across Northwest Indiana.