

THE PRAIRIE PRESS

May 2025



SELF CARE TIPS

FOR MENTAL HEALTH AWARENESS MONTH

Try to...



Prioritize Sleep

Quality sleep is essential for physical and mental health. Aim for 7-9 hours of sleep each night and create a calming bedtime routine. Limit screen time before bed, and try incorporating relaxation techniques like reading or deep breathing

Stay Active

Regular physical activity boosts mood and energy levels. Whether it's a walk, yoga, or a workout, find something you enjoy and make it part of your routine.

Set Boundaries

Protect your energy by setting clear boundaries with work, social commitments, and technology. Saying no when you need to can help reduce stress and prevent burnout.

Practice Mindfulness

Take a few moments each day to be present. Mindfulness practices like meditation, journaling, or simple deep breathing can help reduce anxiety and increase your sense of calm..

Nourish Your Body!

Eating a balanced diet is one of the most effective ways to maintain both physical and mental health. Fueling your body with nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins can improve your mood, boost energy levels, and strengthen your immune system. Remember to stay hydrated and listen to your body's needs—taking time to eat mindfully can help you feel more connected to what you're putting into your body.



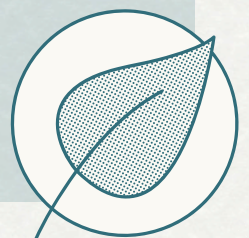
Important Dates

Mother's Day

May 11th

Memorial Day

May 26th



Prairie View

PRAIRIE VIEW'S 71ST ANNUAL GALA



71 Years of Impact: Lights, Camera, Advocacy!

Prairie View proudly celebrated **71** years of compassionate behavioral health care at this year's gala, where over 200 guests gathered for a night of storytelling—Hollywood style! The evening featured a lively silent auction, incredible music from the WSU Jazz Quartet, and plenty of laughter with comedian Moody McCarthy.

Just as great films foster empathy and understanding, our mission is to break down stigma and ensure no one struggles alone. This night was about honoring the strength of those who seek help and the dedication of those who provide it. Thank you for being part of our story!



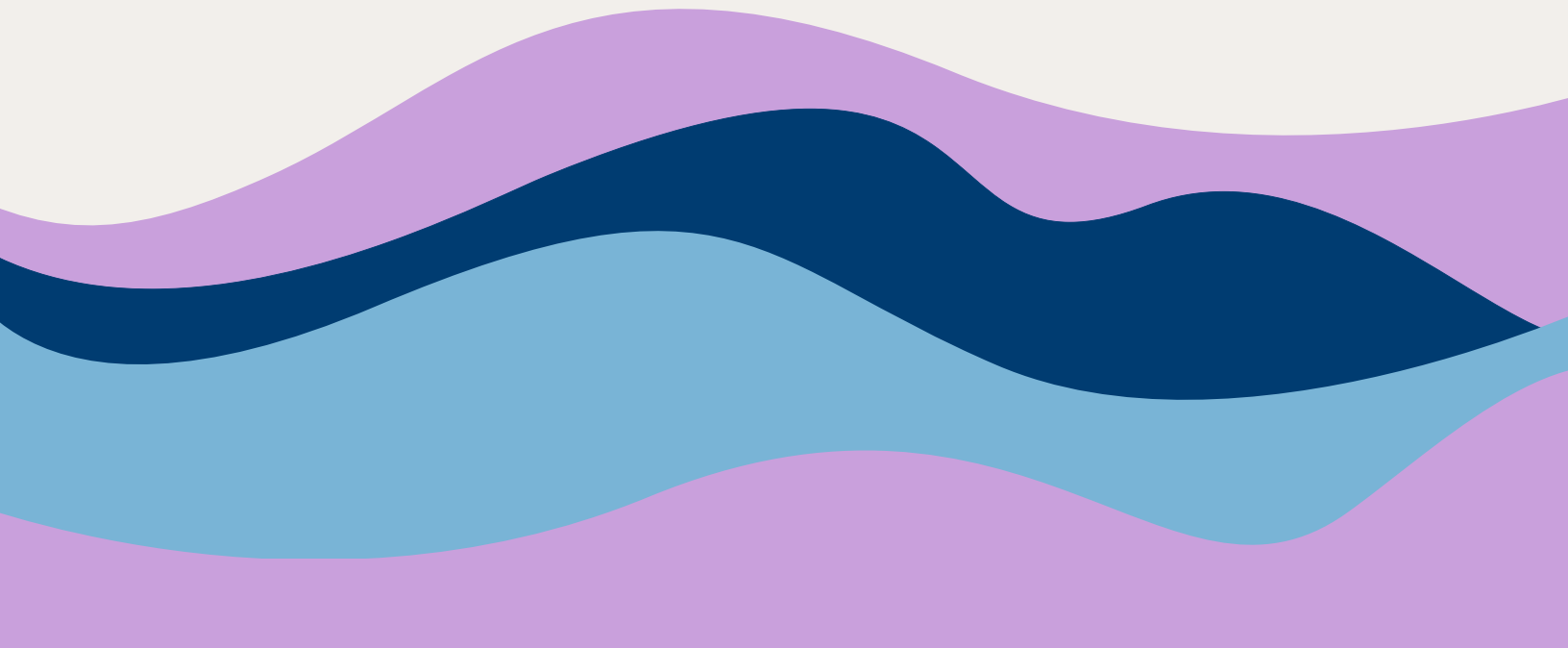


Same-Day Mental Health Services

Monday-Thursday

8 a.m. - 2:30 p.m.

prairieview.org



Pet of the Month



PIRATE!

Introducing Pirate, Madison Seery's adorable (and clearly adored) cat!

Favorite Activity:

Playing fetch with his toy mouse

Think your pet deserves to be Pet of the Month?
Send their cutest pics to Whitney at woodwardwf@pvi.org!

Patrick attended
the PIO meeting
with Trooper Ben
presenting



Aaron and Luke
showing off their
recruitment game
(and Mokuru skills)
at local job fairs

Michael models
our new branded
tablecloths at
Newton Open
Streets!



EMPLOYEE SPOTLIGHT



Kaleb Clark

TECHNICAL SUPPORT SUPERVISOR

KALEB'S JOB RESPONSIBILITIES:

Leads the technical support team and IT operations—with a dash of media production on the side.

WHAT IS A QUESTION KALEB RECEIVES A LOT?

Q: What changes are coming?

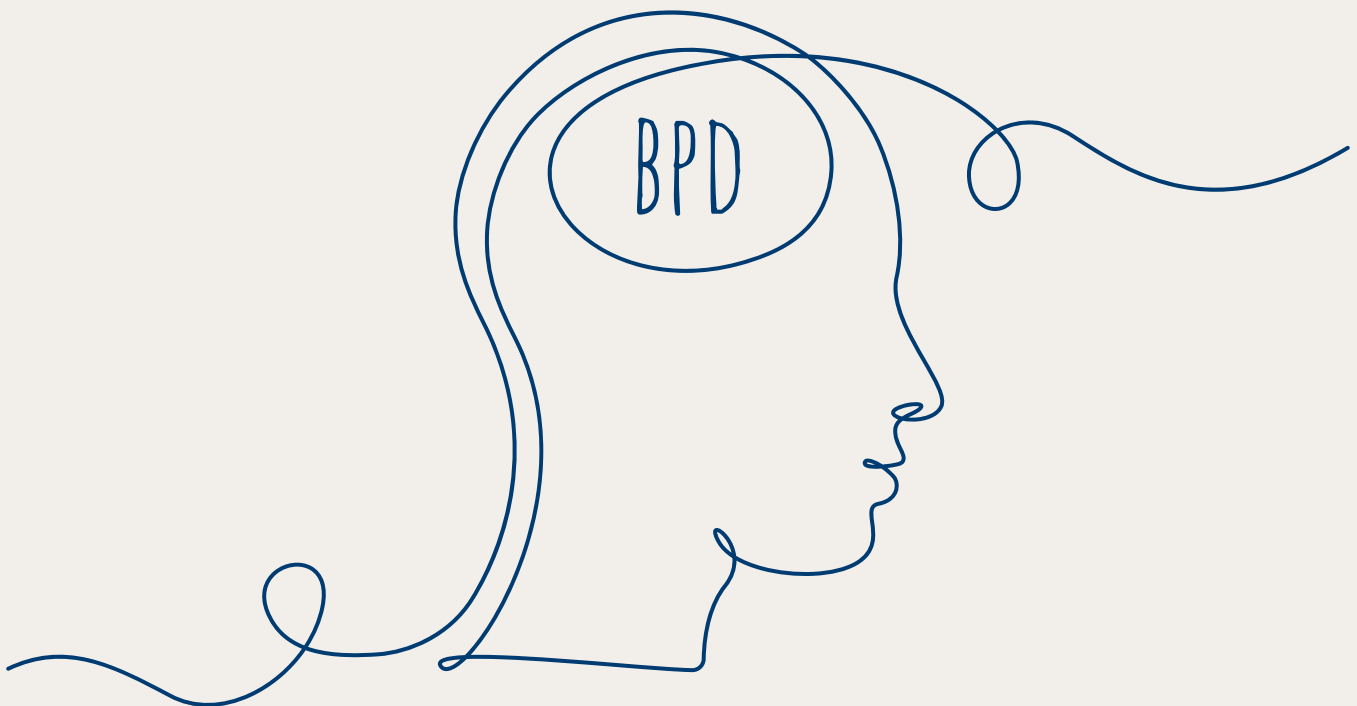
A: I will spare everyone the technical details, but the amount of change coming in the next 18 months will be a challenge, but a welcomed challenge to our department under Michael's stewardship.

WHAT TV SHOW/PODCAST/BOOK ARE THEY CURRENTLY OBSESSED WITH?

I oscillate between television, books and podcasts too frequently for specifics, but it may come as no surprise to anyone at Prairie View that I am an enormous stand-up comedy fan. I also enjoy audiobook memoirs, books or articles about culture, world history, theoretical astrophysics, Stoic philosophy, chess, and the fusion of data analysis with professional sport.

BORDERLINE PERSONALITY DISORDER AWARENESS MONTH

Borderline Personality Disorder (BPD) is a mental health condition that affects emotional regulation, relationships, and self-image. People with BPD may experience intense mood swings, fear of abandonment, impulsivity, and difficulty managing emotions. With therapy, support, and coping strategies, individuals with BPD can build stability and lead fulfilling lives.



INFLATABLE

COSTUME

RUN!

Prairie View staff took to the gym for a hilarious inflatable costume obstacle course, racing through challenges and sharing plenty of laughs. A big thanks to all who joined the fun!



DAY OF GIVING

JUNE 6TH



DONATE NOW

