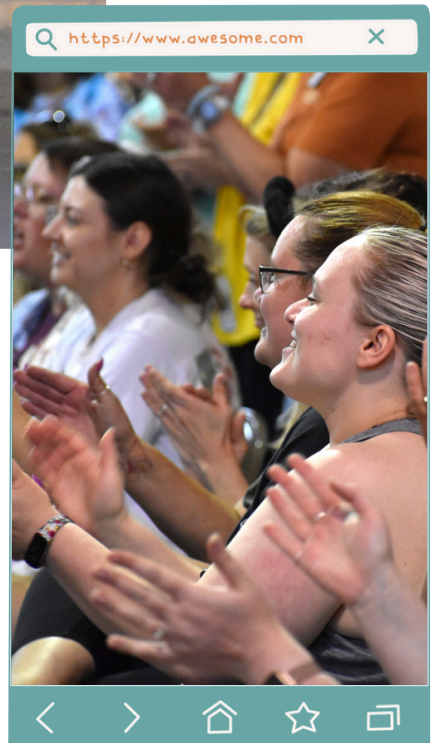
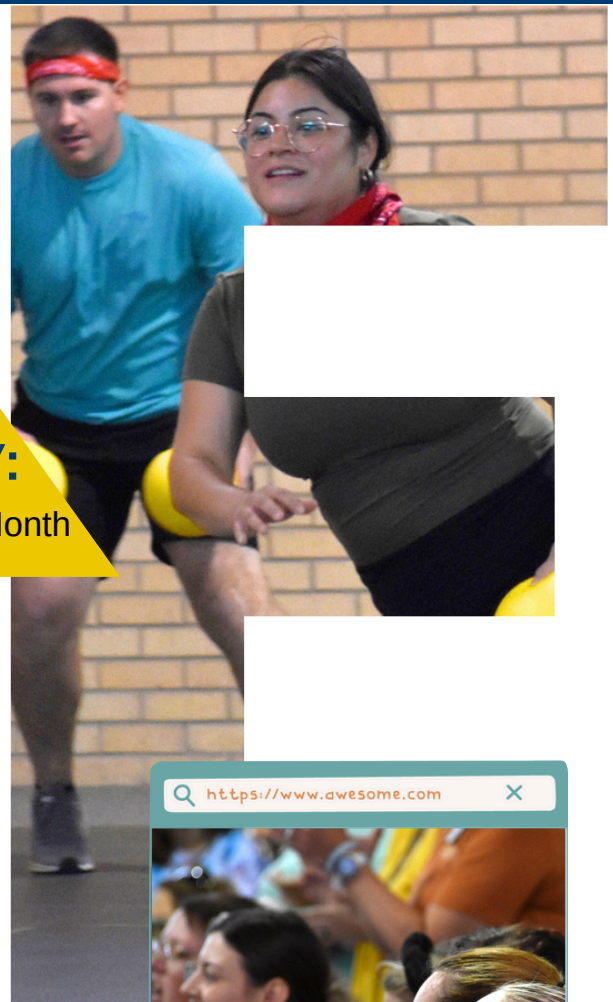


A PRAIRIE VIEW

Sharing Moments That Matter
Aug 2024



DODGEBALL, CREATIVITY, AND INCLUSIVITY:

A Celebration of National Minority Mental Health Awareness Month

Last month, we hosted an exhilarating Dodgeball Tournament that brought together staff members from various departments, our executive team, and some of the amazing residents from our PRTF program. The event was a vibrant display of teamwork and community spirit, expertly organized by our dedicated PRTF and Recreation staff.

The tournament wasn't just about fun and games; it was also a meaningful initiative designed to foster positive experiences for our residents and ensure their voices are heard. In line with our trauma-informed approach, we emphasize the importance of creating environments where cultural sensitivity and inclusivity are at the forefront.

To mark National Minority Mental Health Awareness Month, our residents proudly sported tie-dyed shirts they designed themselves, each emblazoned with the message 'Mental Health Matters.' This initiative not only provided a creative outlet but also reinforced the vital message that mental health is important for everyone, regardless of background or identity. The event was a resounding success, underscoring our ongoing commitment to inclusivity, support, and understanding within our community.

When You Need Someone to Talk To



It's more critical now than ever for eligible employees to remember they have access to an Employee Assistance Program (EAP) and to use it if needed for several reasons:

Increased Stress and Burnout:

Many employees are experiencing heightened levels of stress, anxiety, and burnout due to various factors such as job demands, economic uncertainty, and balancing personal and professional responsibilities. EAPs provide a valuable resource for managing these stressors through counseling and support services.

Mental Health Awareness:

There is a growing recognition of the importance of mental health in the workplace. With more open conversations about mental health and its impact on productivity and well-being, employees are encouraged to seek support when needed. EAPs offer confidential and accessible mental health resources, promoting a healthier work environment.

Work-Life Balance Challenges:

The blurred lines between work and personal life, especially with the increase in remote work and hybrid models, have made it more difficult for employees to maintain a healthy balance. EAPs can provide guidance, resources, and strategies to help employees manage their time and reduce the risk of burnout.

Mistreatment in the Workplace:

Unfortunately, some employees may experience mistreatment, discrimination, harassment or bullying in the workplace, which can severely impact their mental and emotional well-being. EAPs provide a confidential and supportive space for employees to seek help, discuss their experiences, and receive guidance on how to navigate these challenging situations. By utilizing EAP services, employees can access professional support to address mistreatment and advocate for a healthier and more respectful work environment.

Enhancing Overall Workplace Well-Being:

When employees use EAPs, it not only benefits them individually but also contributes to a more positive, supportive, and productive workplace culture. This can lead to improved morale, better teamwork, and reduced absenteeism, benefiting the organization as a whole.

EAPs offer a range of confidential services designed to support employees and their eligible dependents through various challenges. By taking advantage of these resources, employees can ensure they are supported both personally and professionally, contributing to a healthier and more positive workplace culture. Remember, reaching out for help is a sign of strength, and your well-being matters.



Life's not always easy. Sometimes a personal or professional issue can affect your work, health and general well-being.

When facing life's challenges, you often turn to family or friends for support. But sometimes that's not enough. Sometimes you need an experienced professional to talk with to know you're not alone.

Mutual of Omaha's Employee Assistance Program (EAP) assists employees and their eligible dependents with personal and job-related concerns, including:

- ✓ Emotional well-being
- ✓ Family and relationships
- ✓ Legal and financial
- ✓ Healthy lifestyles
- ✓ Work and life transitions

EAP Benefits

As an employee, or eligible dependent, of your company your EAP benefits include:

- ✓ Access to EAP professionals 24 hours a day, seven days a week
- ✓ Information and referral services
- ✓ Service for employees and eligible dependents
- ✓ Robust network of licensed and/or certified mental health professionals
- ✓ Three face-to-face sessions* with a counselor (per household per calendar year)
- ✓ Legal and financial resources
 - Online will preparation
 - Legal library and online forms
 - Financial tools & resources
- ✓ Resources for:
 - Work/life balance
 - Substance use
 - Dependent and Elder Care resources
- ✓ Access to a library of educational articles, handouts and resources via mutualofomaha.com/eap

**Face-to-face visits also can be used toward legal consultations. California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period per person.*

Highly Trained, Experienced EAP Staff

Our EAP staff members are all licensed, master's level Employee Assistance Professionals. They provide a solution-focused approach by assessing your situation and referring to the appropriate resources necessary.

What to Expect

When you call, you will speak directly to an EAP professional to receive **immediate support and guidance**.

You can entrust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. There is **no cost** to you for utilizing EAP services. If additional resources are needed, your EAP professional can assist by locating affordable solutions in your area.



EAP Consultation

Mutual of Omaha's Employee Assistance Program provides professional, confidential quality consultation, 24 hours a day.

- mutualofomaha.com/eap
- 1-800-316-2796

Reach out to **Luke Komarek** if you have a question about your benefits or EAP eligibility at komarekle@pvi.org.

Check out these gorgeous photos from Prairie View's Hillsboro location!

Case Manager Ann Carr and a client planted the vibrant flowers, while Patient Navigator Mary Johnson took care of the big square planter. The front flower beds always bring joy to clients and visitors alike.



PRAIRIE VIEW DEI TASKFORCE

The Prairie View DEI Taskforce's mission is to identify barriers to and advocate for the organizational development of inclusive practices in hiring, retaining, and advancing members of non-majority groups at all levels and to identify exclusionary factors that interfere with the quality delivery of trauma-informed services to all in need in the community.

Our work involves empowering individuals by valuing and honoring their unique qualities, including differences in age, gender, ethnicity, religion, disability, sexual orientation, educational background, and nationality.

The DEI Taskforce, in addition to addressing workforce diversity, is proactively committed to ensuring that all community members have access to trauma-informed services that meet their unique needs. We understand that exclusionary factors, such as cultural insensitivity or lack of accessibility, can hinder individuals' ability to seek and receive the care they deserve. Therefore, we actively and continuously work to identify and address these barriers, demonstrating our unwavering commitment to inclusivity.

Through ongoing collaboration, education, and advocacy, the Prairie View DEI Taskforce strives to cultivate an organizational culture where everyone feels valued, respected, and empowered to thrive. By fostering an environment of equity and inclusion, we enrich the experiences of our staff and clients and strengthen our ability to fulfill our mission of promoting mental health and wellness for all.

If you want more information or want to join the Taskforce, please get in touch with hollisar@pvi.org.

ADVENTURE COURSE & RECREATION THERAPY

A person wearing a red shirt, a white helmet, and a harness is climbing a wooden tower. They are holding onto a rope and a wooden beam. The background is a clear blue sky.

Experience transformational team building, communication, and leadership skill development, and empower yourself to reach higher than before. Find all of this and more on Prairie View's adventure course.

We believe that a team working together can achieve any result. Our certified and trained facilitators create a safe and positive learning environment, ensuring nothing less than a transformational experience.

Using 23 low elements and eight high elements on a safety-inspected challenge course, along with games and initiatives, we offer opportunities to practice more productive attitudes and behaviors.

Our Specialties

- Conflict Resolution
- Bully Prevention
- Cooperative Skills
- Fun
- Community Building
- Trust
- Healthy Risk
- Problem Solving
- Relationship Building
- “Out of the Box” Thinking
- Self-Efficacy
- Outcomes

Prairie View is skilled at matching activities to the needs and goals of the group in order to maximize the learning possibilities and lead to lasting results.

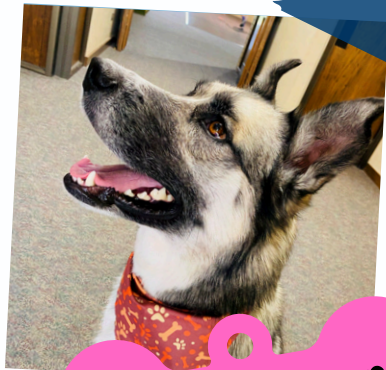
Our adventure course is open to the public for hourly, half- or all-day trainings.

More info available on our website at <https://prairieview.org/our-services/adult-services/recreation-therapy>.

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PRAIRIE VIEW IN THE COMMUNITY AND BEYOND



Bella's Corner

Hi there!

**Woof woof friends! It's Bella here,
your furry therapist at Prairie View!**

Can you believe summer is already coming to an end? I hope you all had a pawsome break, full of fun, play, and maybe a few belly rubs (my favorite!).

As you get ready to head back to school, remember that new adventures await, and learning can be as exciting as chasing a ball or finding the perfect stick!

Don't worry if you feel a little nervous—I know change can be ruff sometimes, but you're all so smart and strong! Remember to be kind, make new friends, follow your teacher's directions and always give your best. And if things ever get tough, just imagine I'm there wagging my tail and cheering you on!

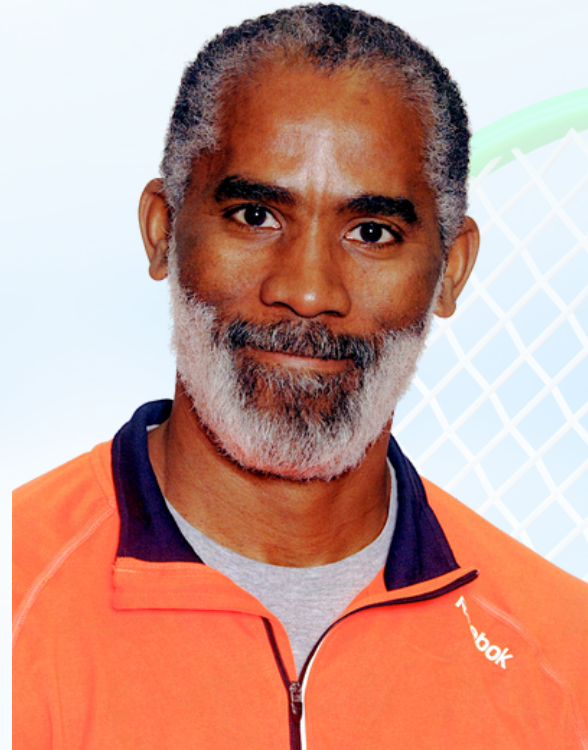
I'm proud of you all, and I'll be here waiting to hear all about your school adventures!

Wags and snuggles,
Love, Bella

P.S. To all of the teachers and staff...Thank you for your dedication and hard work. You're making a lasting difference and I love you all more than doggie treats!

EVERETT L. BRADLEY

This month, we are thrilled to introduce Everett Bradley, our Director of Recreation/Adventure, who has been a vital part of Prairie View for nearly 40 years! With his passion for outdoor adventures and dedication to enhancing the lives of those around him, Everett has played a significant role in shaping our community. Let's dive in and learn more about this incredible adventurer and his journey with Prairie View!



What inspired you to pursue a career in recreation and adventure therapy?

My older Brother was a Kindergarten teacher most of the year, every summer, he was an Adventure course facilitator at a YMCA camp in Michigan.

How did you get involved in Drum therapy, and what impact have you seen it have on clients?

When I first started here at PV, there was a young lady who was a therapist who played Drums with the A-Team (adolescents). I was amazed at how well they behaved with her beautiful drums and how everyone could contribute to the therapeutic music without previous music experience.

Can you share a memorable experience from your work that highlights the power of recreation therapy?

A young girl came to our fitness class and refused to lift weights or run the mile. She broke my clipboard into four pieces and said you can't make me do this. She fought it for two weeks. We kept inviting her to give it a try. Eventually, she came and slowly began participating, running and lifting. She was here for 9 months. After she was discharged, I received a call that said she wanted to come visit. I couldn't imagine why. When she arrived, she asked for a hug, gave me a new clipboard, and apologized for her behavior while here.

What are some unique rewards of working in recreation therapy?

I love the Ah-ha moments when people who are not typical athletes discover they can do stuff, too. Pickleball and Crate stacking are a few of my favorites, are you can really see this happen.

How do you stay motivated and energized in your role as the Director of Recreation/Adventure?

I worked for several years as a Mental health worker with both kids and adults and learned my days went easier and faster if I kept my client busy doing something. Playing cards, going on walks, flying kites, etc. it's the sitting that makes time here go slowly.

Continued on next page

Did you know?

Recreational therapy and drum therapy are impactful for several reasons:

- Promotes Physical and Mental Well-being: Recreational therapy engages individuals in physical activities that boost physical health while simultaneously reducing stress and anxiety. It encourages movement, which can release endorphins and improve overall mood, contributing to both physical and mental well-being.
- Encourages Self-Expression and Emotional Release: Drum therapy provides a unique outlet for self-expression and emotional release. The act of drumming can help individuals express feelings they may find difficult to articulate with words, allowing for a therapeutic release of pent-up emotions and stress.
- Enhances Social Connections and Teamwork: Both recreational and drum therapy often involve group activities that foster social interaction and collaboration. This helps build a sense of community and support, reducing feelings of isolation and enhancing social skills, teamwork, and empathy among participants.

By engaging the body and mind in creative and interactive ways, recreational and drum therapy offer holistic approaches to healing and personal growth.



EVERETT'S WHY



Every day is an Adventure!

You can drive your car to work or ride a bike. I skied to work twice last year. Dust off all the toys you put away and give yourself permission to play daily and weekly!

Music, golf, bike, motorcycle, dance, all that stuff you haven't done because you're an adult you used to love.

You have permission to play as an adult, and your stress level might just go down a bit!



WHAT'S YOUR WHY?

Discovering your "why" can be a transformative journey that brings clarity and meaning to your life. It is the foundation upon which you build your dreams, passions, and goals. Here's why you should seek out your "why" and let it guide you:

- Guides Decision-Making: Knowing your "WHY" helps you make decisions that align with your core values and goals, providing clarity and direction in both your personal and professional life.
- Boosts Motivation and Resilience: A clear "WHY" fuels your motivation and determination, helping you stay focused and push through challenges, even when the going gets tough.
- Encourages Growth: Understanding your "WHY" promotes personal and professional growth by guiding you toward experiences and opportunities that align with your purpose and values.

Embrace the journey of discovering your "why." It may take time and introspection, but once you find it, you will unlock a sense of purpose and fulfillment that will guide you through life's adventures. Let your "why" be your compass and inspire you to live a life of meaning and impact.



WHAT'S YOUR
WHY?



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Aug 2024



Click QR Code to see
job openings and to
APPLY NOW

WE'RE
HIRING



Mental Health First Aid - Spread the word!

Stay tuned to our Facebook page for upcoming adult and youth public classes! Don't miss out on our FREE Mental Health First Aid training—spaces will be limited! To learn more or schedual a class for your group call 316-284-6379 or email hollisar@pvi.org.



FREE MENTAL HEALTH
FIRST AID TRAINING

Donate NOW

You can help in many ways. Estate gifts create a legacy of hope for years to come. Annual and monthly giving help us provide for the ongoing needs of those we serve. Volunteering shows our patients that there are many who care about their success. Consider a recurring gift for year-round support. *Click [here](#) to donate now!*



Estate Planning

Leave a lasting impact on mental health by including Prairie View in your estate planning. Join us in creating a future where mental health is prioritized and stigma is erased. Start planning your legacy today! Contact Ashleigh Hollis, Development Coordinator at hollisar@pvi.org or call 316-284-6379 for assistance.

