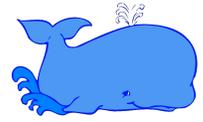


Melanie Baker  
Mental Health Chair  
mentalhealth@suffolkpta.org



### Report as of September 13th, 2022

Welcome to the 2022 - 2023 school year! We take a renewed focus on Mental Health and Wellness as a Whole Wellness Team of Suffolk Board of Managers, in which we look at the total wellness of the whole being.

The Substance Abuse and Mental Health Services Administration (SAMHSA) initiated the 8 dimensions of wellness, visualizing it as a wheel, that shows the interconnectedness of all the aspects of ourselves, and the value of improving our total well being to move towards resilience and triumph, protective factors, wholeness and away from trauma, mental health challenges, addiction.

Especially in light of September as Suicide Awareness Month, as survivors of the COVID pandemic, and the mental health fallout from the social isolation of the quarantine; let us embrace living full lives.

This academic year, we will focus on all 8 dimensions of Wellness. Check out this 3 min. video clip that introduces us to the 8 dimensions; <https://youtu.be/tDzQdRvLAfM>.

There will be some new challenges this year, as we embark on another level of Mental Health and Wellness. You will also hear more about our first Mental Health Summit where we addressed not only Mental Health and Wellness in the traditional sense, but the wider view of total wellness, tackling issues as complex even as Domestic Violence.

We have much in store for you this academic year, as we journey together to another level, to our next, as we move towards total mental health and wellness, in the framework of a holistic approach.

I invite you to do some more research on the holistic approach. I like the work of J. Flowers Institute, and the little assessments they share to invite a self exploration of where we may fall on the Wellness spectrum. Check their resource out here, <https://jflowershealth.com/about-us/>.

Here's to our new year, journeying towards total wellness, to holistic Mental Healthiness, in which we dig into root causes that keep us stuck in cycles of dysfunction, as we propel forward, to reach for our very best selves. In this our new year, we purpose to create lives of joy, with intentionality, we set ourselves for the pursuit to be [happy!](#)

