



UPHOLDING
MENTAL HEALTH



A NOTE FROM THE CEO

Yesterday was the summer solstice, and normally we would be in the midst of the sunny, hot summertime here in the south. Instead we've been locked in a rainy season that makes me wonder if I went to sleep in Columbia and woke up in Seattle. Needless to say, the clouds and rain, along with the lack of sun, have created quite a gloomy time for many of us – me included. Which has gotten me thinking about how Mirci can share more of our expertise in upholding mental health with folks across the midlands.

In fact, during the month of May, Mirci was chosen as a partner spotlight agency by Richland County. As a partner agency, two of our expert behavioral health team leaders provided two Lunch & Learn sessions for over 80 county employees on mental wellness practices. Clinical trial evidence supports the effectiveness of practicing mindfulness in reducing stress and anxiety, managing pain, reducing hypertension, and even improving depression and insomnia.

There are lots of simple ways you can practice mindfulness each day. If you happen to have a smart phone or a sports/fitness watch, there are likely already apps available to you to begin a mindfulness practice as simple as guided breathing.

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You might also just slow down and see the things around you. Use all of your senses to enjoy your environment – sight, sound, touch, taste and smell. Look for and find joy in simple pleasures throughout your day.

One of my very favorite practices is to “give yourself grace”. Treat yourself like you treat important people in your life. If you'd like to begin more of a planned practice of mindfulness, visit calm.com or download one of these apps today:

Breathing

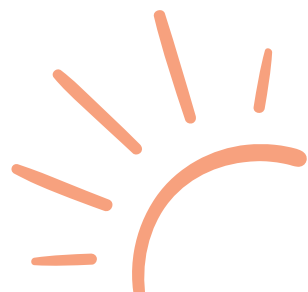


Mindfulness



Now I hope you have a wonderfully relaxing summer, and take good care of yourself.

Julie Ann Avin
President & CEO



A DIGNIFIED DEPARTURE

One of our clients passed away last month, which is always a difficult thing and hard to put into words. The impact is even stronger when that person had engaged with staff for years - as most Mirci clients do. She gained housing through our program and accessed healthcare services more easily thanks to the assistance of her previous case manager.

This individual had such a determined and unique spirit. She always gave compliments to others and exuded a sense of genuineness in every situation. Sadly, I only knew her when she was sick.

Having just begun treatment for a terminal illness, my time with her was spent helping coordinate access to healthcare including transportation arrangements, scheduling and communicating with providers who helped outside and inside the home, and providing the therapeutic space for her to process the tumultuous experience she was having.

It wouldn't be possible to paint this story in an entirely positive light - living with a terminal illness comes with a heavy burden to bear. Just the difficulty of managing basic tasks was exasperating for her, and the "What will happen next?" thoughts were always present.

However, the supports this individual had in place made a world of difference. Being able to have a place of her own; a quiet spot to sleep and rest to find the strength to face the next day is something she did not take for granted. The smile on her face when planning how to decorate her apartment showed that finally, this was a place of her own.

Being in touch with family and coordinating visits with them helped immensely too. She was always excited to show me pictures of her grandchildren and what was going on in their lives. Access to Mirci services, along with the support of her family, provided this client with hope and light while handling the many challenges of her condition toward the end of her life.

Frankly, I'm unsure what this process would have been like had she not been able to easily communicate with her physicians or without the prompt attention to the various needs she had.

This is what Mirci seeks to provide for individuals who may have gone a long time without that sense of stability. This client could never fully express how much she loved her apartment, and how much she loved communicating with her children and grandchildren. A sense of "normalcy" to focus on while experiencing so much uncertainty was something I was happy she could experience.

Providing the wraparound services needed to maintain healthy, independent lives is the Mirci way. Continuing that care to provide our clients a dignified departure allows all of us a sense of peace and purpose.

*Story by: Josie DeShong
Mirci Mental Health Professional*



GRANTS & GIFTS

Our sincere thanks to these foundations for recent grants awarded to our agency, and to all donors, for your steadfast support of the Mirci mission.



ENERGIZING EVENTS



Richland County Council presents Mirci with a resolution during Mental Health Awareness Month.



52 Windows - An Evening of Art photos are available for free download here:



Mirci staff enjoys a group outing at Segra Park to cheer on the Fireflies.



Our annual wine pairing event, Merry Mirci Holiday, will be held Thursday, November 30.

Look for more details coming this fall!



THE FUTURE IS FEMALE

We are thrilled to announce the development of Millwood Pointe, a 10-bedroom home for young adults identifying as female who qualify for our Transitional Living Program.

There are many ways to support this impactful project. To inquire, please contact Anita Floyd, Mirci Chief Operations Officer, at afloyd@mirci.org.



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Tax information: Under IRC Section 170, individuals giving to a 501(c)3 organization that is a public charity (e.g. Mental Illness Recovery Center, Inc.) may deduct contributions representing up to 50% of the donor's adjusted gross income if the individual itemizes on his tax returns. Corporations may deduct all contributions to 501(c)3 organizations up to an amount normally equal to 10% of their taxable income.