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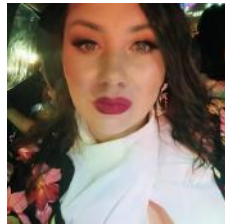
CASE Training

Shriya Raja

Anger is an emotion that has always been stigmatized. Those who get angry are considered temperamental or wrong. However, there isn't a single human that hasn't gotten angry. It's second nature to feel angry when you have been violated or disrespected. In the CASE training conducted by Lori Hoff, the CEO of OMI, we discussed the catalyst behind anger. What emotions lie behind the veil? The CASE trainees had the opportunity to share their stories. Rather than being centered around the trainer, CASE focused on the trainees and their experiences/takeaways. The training was filled with 12 people from diverse backgrounds that provided insights on life experiences and how to support youth with good mental health. They talked about being vulnerable, creating a safe space and encouraging our youth to overcome self hatred that is birthed by broken families and social media. It was truly inspiring to see what everyone had been through and how they survived these life-changing incidents. Overall, the CASE training program is an enlightening event that everyone should experience. [Check out our video to learn more!](#)



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*Collaborating
Voices
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Thankfulness This Fall

Chastynnee Bacey

Have you ever thought about how showing gratitude can actually help improve your mental and overall health? Being thankful doesn't mean ignoring challenges, but it can boost the neurotransmitters that affect your mood. Showing gratitude can also improve your self-esteem as well as sleep quality. Lastly, it can also help with our physical health. Having the attitude of gratitude can be encouragement to make healthier choices. Overall, showing gratitude can make us happier individuals. If you don't know where to start to develop a sense of gratitude, start by making a gratitude list or even keeping a gratitude journal. Take a few moments at the beginning or end of your day to write down a few things you're grateful for. You can also write a thank you note to someone. This can be a simple thank you for a recent favor or just for being a big part of your life. No matter which method you try, the important thing is to be thankful! Your mental health could be depending on it!



Mental Health in Native Americans

Saanvi Maskara

November is Native American Heritage month. Mental health is a serious issue. According to statistics conducted, the suicide rates of indigenous people are 5 to 7 times higher than non-indigenous youth. The reason behind this large number is partially due to the history they have. With historical trauma regarding family being killed, being stripped of their resources, and etc. - a lot of their culture has been stripped from them which has caused high rates of poverty and self-destruction. In turn this leads to a negative effect to their mental health. To combat these effects however, they are exposed to several mental

health related services and medications which help them. It is important to seek help during circumstances like this because it is very difficult to overcome them without support!



PRESIDENT'S NOTE

This month we celebrate being thankful. I have so many things to be thankful for, but I am extremely thankful for the 12 people that took our CASE Training, so they can go into their communities and help heal trauma and promote healthy relationships for our youth. I love to empower others to bring good change!! Our youth need a safe space to share and grow, and us, as adults, sharing our experiences and being vulnerable is just what the doctor ordered - Dr. Kathy, that is, when she said "Absolutely needed! Having students reflect on our past and use what we're missing to bridge the gap to help our youth. The training is priceless that every program must have. Let's continue to be transparent."



Activity Page: Thanksgiving Trivia

Fareeha Mohammad

1. Which US president was the first to formally pardon a turkey?
2. How long is the Macy's Day Thanksgiving Parade route?
3. When was Thanksgiving officially declared as a national celebration?
4. Which state produces the most cranberries?
5. Which president refused to celebrate Thanksgiving as a national holiday?
6. What state raises the most turkeys?
7. Apart from Black Friday, what other holiday occurs the day after Thanksgiving?
8. What state consumes the most turkey every Thanksgiving?
9. How long did the first Thanksgiving last?
10. What Christmas song was initially meant to be a Thanksgiving song?



1. John F Kennedy

2. 2.5 miles

3. In 1789 (by George Washington)

4. Wisconsin

5. Thomas Jefferson

6. Minnesota

7. Native American Heritage Day

8. California

9. 3 days

10. Jingle Bells

Answers: