

Today I Thrive



Mental Health Newsletter for All

Winter 2018

First Lady of NYC Chirlane McCray

Welcome to ThriveNYC's seasonal newsletter! This is your way to stay informed on Thrive happenings and how you can be a part of it - because mental health and wellness is everybody's business! Two years since we launched ThriveNYC we are making it much easier for people to get the help they need, no matter who they are or what neighborhood they live in - and we have so much more to do together! Whether you work or volunteer, or you or a loved one receive training or treatment through Thrive programs; or if you have become or are thinking of becoming a First Aider by taking the free Mental Health First Aid class, as I have, you are a part of the Thrive family. We are all in this together!



Deputy Mayor Richard Buey

ThriveNYC was launched more than two years ago to transform the City's approach to mental health. Today, 98% of the 54 initiatives are providing services and trainings throughout the five boroughs. More New Yorkers are stepping out of the shadows and coming forward to seek help and support. It has been my great pleasure to have been a part of this revolutionary effort and I am grateful to First Lady Chirlane McCray for asking me to lead its implementation. As I move on in my career, I know that ThriveNYC is in good hands. The work to improve the system of care for those who experience mental health and substance use challenges will continue, and strengthen. This Newsletter will help to keep us informed and connected to our collective progress.



Mental Health First Aid (MHFA)

Trained MHFA over 40,000!

After participating in a Mental Health First Aid (MHFA) training, Amy reached out to her instructors and thanked them for opening her eyes to the fears that were preventing her from reaching out to her brother, who has a long history of severe mental illness.*

The training helped Amy let go of her old views and taught her the importance of listening in a nonjudgmental way. In her MHFA course, Amy learned about the importance of self-help and other support strategies that she was able to recommend as a supplement to the professional mental health services her brother is receiving.

**Not her real name*

ThriveNYC Events

Upcoming Public Mental Health First Aid Trainings at DOHMH (42-09 28th St, Long Island City, NY 11101)

- 1/31: 9:00am-5:00pm
- 2/5: 9:00am-5:00pm
- 2/7: 9:00am-5:00pm
 - Sign Up at: <https://mhfa.cityofnewyork.us/>

Theater of War performance "A Streetcar Named Desire," through the Dept. of Veterans' Services (Medgar Evers College, Brooklyn)

- 2/1: 5:00pm-7:00pm
 - RSVP: <https://tinyurl.com/tow-streetcar>

Career and Volunteer Opportunities

Social Workers

- Dept. of Homeless Services Client Care Coordinator
- <http://www1.nyc.gov/assets/home/downloads/pdf/jobs/DHS-Client-Care-Coordinator.pdf>

Volunteer

- Friendly Visiting Program
- <http://www1.nyc.gov/site/dfta/volunteering/volunteer-resource-center-opportunities.page>

Upcoming Outreach Events

Have you taken MHFA? We would love to hear from you! We will discuss how you have utilized skills you received during the Mental Health First Aid training. Please join us on one of the following dates and follow the link for more information.

- 1/25: 6:00pm-8pm
- 2/10: 3:00pm-5:00pm
- <http://our.cityofnewyork.us/page/s/thrive-nyc-meet-up>

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Photo Highlights



Thrive Outreach team members tabling at a community event.



Participants in a Mental Health First Aid Training

NYC Well

NYC Well is New York City’s one-call, one-click connection to mental health and substance use care. By calling 1-888-NYC-WELL, texting “WELL” to 65173, or chatting online at nyc.gov/nycwell, New Yorkers can speak directly with a trained counselor to get immediate support or be connected to affordable, longer-term treatment options that best meet their needs. NYC Well is a completely free and confidential service available to anyone 24 hours a day, 365 days a year.

Since its launch in October 2016, NYC Well has received nearly 250,000 calls, texts and chats – exceeding initial projections and expectations by almost 25 percent.

Success Story

When Alex* arrived in New York City from the Southwest after his family rejected him because of his gender identity, he was homeless and at risk for poor behavioral health outcomes. Alex heard about DYCD-funded programs and visited the Uptown Drop-In Center for service. He was connected with a safe place to stay. Over time, Alex developed relationships with a number of staff members, including a therapist, who is supported with funding through ThriveNYC. Through this relationship and ThriveNYC services, Alex engaged in new and healthier forms of self-care.

* Name has been changed

Peer Support Specialist Training

Peer Support Specialist training initiative: Drawing from both lived experience and specialized training, Peer Support Specialists have a unique ability to engage people whose needs might not be fully recognized and understood by the traditional health care workforce. Since trainings began in October 2016, more than 300 peers have graduated from programs that will help them obtain the New York State Peer Support Specialist Certification. The City has also established a Peer Consortium to identify new ways Peer Support Specialists can help strengthen and energize the mental health workforce.

Workplace Wellness Links

ThriveNYC	nyc.gov/thrivenyc
Mental Health First Aid	mhfa.cityofnewyork.us
NYC Well	nyc.gov/nycwell
Cities Thrive	nyc.gov/cititesthrive
Thrive Learning Center	nyc.gov/thrivelearningcenter