



HOW TO NAVIGATE CHALLENGES TO MENTAL HEALTH DURING SHELTER-IN-PLACE



It is well-known and accepted that mental health and addiction issues can be challenges many face. Whether this is our own journey of challenges, or if we are the family/close friends of one afflicted, it feels that you don't have to look far to come across someone attempting to shoulder such challenges.

The 2018 National Survey on Drug Use and Health found that 67.1 million (1 in 4) Americans 12 or older were binge drinkers, 53.2 million Americans (19.4% of the US) 12 or older were illicit drug users, and that approximately 47.6 million adults (4.2 million adolescents) suffered from a mental illness.

With the recent mandated stay-at-home orders, mental health and addiction experts are unanimous in their concerns that these numbers will increase. This is because our world, our community in essence is experiencing a prolonged traumatic experience. A leading expert and researcher on trauma, Dr. Diana Fosha, explains trauma as being 'the experience of unbearable emotional suffering in isolation'. Dr. Fosha goes on to say that the healing of trauma essentially happens in one's undoing of their aloneness, which is to say isolation.

Sequestered in our respective homes, we are experiencing uncertainty, fear of the unknown, and social isolation from our normal routines and friends and family. Which is to say, we are all experiencing trauma at varying levels. The following are tips for how we can incorporate into

our lives what the research proves works to address challenges to our mental health.

5 Tips for Maintaining Sobriety and Mental Health

- Have a community of support. Seek help from a professional. Mental health therapists and psychiatrists have gone digital. Make sure to have as much digital face-to-face contact as possible with friends and family. Additionally, 12-step recovery groups are easily accessible via Zoom.

- **Have a spiritual practice.** Reconnecting with your faith, a meditation practice, walking outside, journaling. Seeking a way to determine 'HOW' you are to navigate this uncertainty. Recognizing that panic and anger will not help this, and to instead to feel empowered to get intentional with how you are showing up emotionally.

- **Keep to a daily schedule.** Finding a new normal routine and adhering to that. Have this schedule to make room for alone-time and exercise alone or with your family. Fresh air and outdoor time is a must.

- **Reconnect with yourself, loved ones, and your values.** This can be an opportunity to learn to reconnect with what is truly important to you. An opportunity to really identify or reconnect with your value system. Where there is crisis, those who really flourish are those who look for opportunities for transformation and resilience. Perhaps making and sharing a gratitude list with friends or within your family can be a practice.

- **Finding the courage to share honestly.** For those of us who believe that our safety and security is in being ok and having it all together, this pandemic is challenging that defense in an unprecedented way. In mental health and the healing from addictions, it is clearly known that healing ONLY happens by finding the courage to share one's vulnerabilities. It is in sharing our fears, our anxieties, our struggles that we can feel the most connected and supported by one another. And in this way, we also give others permission to share their vulnerabilities and fears.

-Alana Smith, LCSW, LCDC

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Tomball High School281-357-3220
Tomball Memorial High School.....281-357-3170

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NW Harris WCID.....281-376-8802

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DREAMS HAVE NO TRAVEL LIMITATIONS!



Our foreign exchange students have the dream to study in the US, and they HOPE that they can come this fall. Let's keep their dreams alive and show them they are welcome and wanted if it becomes possible for the come.

Now more than ever, is the perfect time to sign up to host an exchange student. Students from around the world are still holding onto their dreams of spending a year in the USA! Help make that dream come true today. It is true we cannot predict the future, but these students are hoping to be able to come in August. It would make them very happy to know someone here WANTED them.

Each of our students is fluent in English, comes with their own spending money and health insurance. Most importantly, they come with a dream to spend a year in the US so they can experience life as an American teenager!

STS Foundation accepts all of host families – from single parents, newly marrieds, empty nesters and same sex couples. In order to host, you would need to meet the following qualifications:

- Host must be 25 years or older
- Pass a background check
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- A safe and loving home

STS Foundation is a 501(c)(3) organization that places foreign exchange students with American host families. For more information about hosting, please contact me at 832-455-7881 PM me or email at vicki.stsfoundation@yahoo.com.

This too shall pass



The Donna Labbe' Team is committed to working with clients who need to buy or sell their home, during *and* after this uneasy time of social distancing. We continue to serve all of your real estate needs while maintaining safety protocols and conducting business through the use of our many virtual tools. We are here to help.

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Ocean Animal Word Search

Help *Ollie the Octopus* find the words listed below in the puzzle & circle them.

C	Z	V	U	H	F	H	S	H	A	R	K	J	I	N
A	Z	W	G	Z	S	S	I	C	I	O	A	T	T	M
N	E	E	H	L	C	I	L	T	U	Q	L	F	D	U
E	T	V	K	P	F	F	F	B	A	R	C	S	C	T
M	H	O	B	E	F	R	Y	V	G	D	U	G	W	G
O	T	J	B	K	A	A	N	I	G	P	R	I	W	B
N	J	G	A	O	R	T	I	I	O	A	H	V	K	D
E	J	O	U	G	I	S	P	T	H	S	E	A	J	F
S	D	B	N	L	X	X	C	M	I	P	I	O	G	A
Z	X	I	B	O	G	O	Q	F	Q	E	L	E	E	C
S	T	H	A	B	X	Z	Y	A	Q	L	L	O	L	X
S	B	V	I	S	H	L	C	E	E	R	N	A	D	L
L	Y	M	H	T	L	P	T	O	R	K	M	M	H	U
T	K	G	G	E	F	T	H	S	Q	U	I	D	Q	W
X	F	N	J	R	T	U	R	T	L	E	O	S	L	V

ANEMONE
CLAM
DOLPHIN
EEL
FISH

JELLYFISH
LOBSTER
OCTOPUS
SHARK
SQUID

OCTOPUS
STARFISH
STINGRAY
TURTLE
WHALE

CRAPE MYRTLE BARK SCALE



Crape myrtles are a popular landscape tree in parts of Texas, prized for their beauty. While this tree has been relatively maintenance free for years, that is no longer the case now that crape myrtle bark scale (CMBS) has been found in Texas.

Crape myrtle bark scales are small, wingless insects, pinkish in color and covered with a white, velvety covering. When you look at the bark of an infested tree, look for round to oval shaped white velvety insects. If you puncture one with a toothpick, it will exude a pink substance.

When inspecting crape myrtles for CMBS, look along trunks, limbs, as well as smaller twigs and branches found towards the top of the tree. You'll want to look for scale insects and sooty mold. Sooty mold is a black colored fungus that grows on honeydew; honeydew is an excretion from scale insects (and other small, soft-bodied insects such as aphids and mealybugs).

Heavily infested crape myrtles have CMBS that produce copious amounts of honeydew on the tree and surrounding area which leads to growth of sooty mold, turning landscape plants black. Infested crape myrtles produce fewer and smaller blooms which may be difficult to tell unless you have an uninfested tree to compare.

Only male crape myrtle bark scales fly. Others are dispersed by wind, birds, other insects, or landscape maintenance equipment to nearby areas. Long-distance transport occurs via infested material. Once CMBS are in an area, they can move onto to nearby trees.

Control options are varied for CMBS. There are lady bugs that eat CMBS, but this may take time for control as the ladybug population is tied to the population of insects they feed upon. Ensure that if you buy and plant crape myrtles, that you inspect them and not plant any infested trees, or you select a different species of tree or shrub for the landscape.

Pesticide treatment for crape myrtle bark scale can be done with either a contact spray or a systemic. Studies from TAMU discovered that contact sprays should be used when pest numbers are peaking (crawler/ nymph numbers peak mid-April through May), and two treatments should be done with the second treatment taking place 2 weeks after the initial treatment. Insecticides with bifenthrin as the active ingredient tend to work best.

Systemic treatments should be applied earlier, when the leaves are budding out. Systemics such as imidacloprid and dinotefuran are best used as a soil treatment in March so that they are taken up by the tree and in place for the crawler population in April-May. These products should be used when trees are NOT in bloom to protect pollinators.

For a video on how to treat crape myrtles for CMBS, you should go to this link:

<https://citybugs.tamu.edu/2018/08/28/how-to-treat-your-crapemyrtle-for-bark-scale/>

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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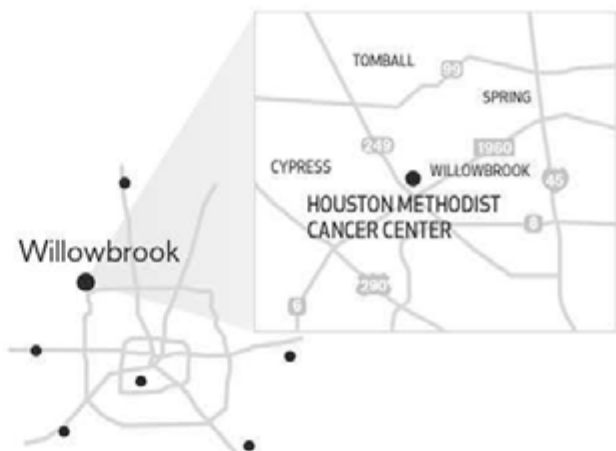
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