

Welcome to our fall convention of the WHA Partners. Our theme for the convention is the Power of Unity. As your state Community Health Educator this theme is so important to the work we do as an organization at the state, district, and local levels. The power of all of us working together and using each other's gifts and resources is more powerful than anything we could create individually.

Our community health focus for this year is Mental Health. We have been covering this topic in the past with focus on what mental health is, severe mental health disorder characteristics, symptoms, and treatments, and effective mental health self-care habits.

At the 2025 spring WHA board meeting we shared the goals for our Mental Health focus. (These goals are outlined in detail on the WHA Partners website, under Community Health Education tab.) They are as follows:

1. To educate the Membership on self-care/coping strategies and mental health.
2. To educate the Membership on connection and community in mental health.
3. To educate the Membership on child and adolescent mental health issues.
4. To educate the Membership on resilience/recovery and accessing and advocacy to mental health.

We have been working since our spring board meeting on our first goal. Self-care and coping strategies should play a permanent role in encouraging development of ways to improve our own mental health. Finding practical ways to equip people with tools they need to manage their own mental health. The topics that have been shared on the website and through the WHA Reaching Out newsletter thus far have been Stress Management, Self-Care, and Sleep Quality.

The new articles being shared for the convention are Mindfulness, Journaling, and Developing Healthy Habits and Routines. All things we can all use to help us manage our own mental health and stressors we face.

May is celebrated as Mental Health Awareness Month-a calendar was shared in the newsletter and on the website for activities to perform each day during May. Even if you did not do them during May-try them for another month. They are so easy and fun -I found myself smiling and enjoying many of them. Please ask your districts and local organization did they try them, did they find them enjoyable, did they bring some peace and happiness? As always please share ways the information was useful.

Please help us share with our district and local organizations information that is available and center our conversations during our meetings to focus on our Community Health topic and information. Ask how people are using the information, is it helpful, is there something more on a topic that is needed?

I am always available to listen, to assist in finding answers to questions, or open to input.

The power of WHA Partners power is in our unity and working on topics that help us improve ourselves, our communities, and the work of our local health care entities.

Be Well-
Donna Nelson
State Community Health Educator

*Attached articles; Mindfulness, Journaling, and Developing Healthy Habits and Routines.