

THE TURNINGPOINTCT.ORG COLLECTION

| GROWING THROUGH IT | SPRING 2021 ISSUE |

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THE TURNINGPOINTCT.ORG COLLECTION

AN ONLINE PEER SUPPORT MAGAZINE FOR YOUNG PEOPLE IN CT

| GROWING THROUGH IT | SPRING 2021 ISSUE |

"GROWING THROUGH WHAT WE GO THROUGH"

A NOTE FROM THE EDITOR AND PROJECT COORDINATOR, ELLA MOORE



A year spent in the pandemic has challenged us all in unique ways. With the turn of the season we have the opportunity to thaw, take a moment to reflect upon all of the ways we have grown through this adversity and turn our focus towards the fresh start and hope that Spring offers

The TurningPointCT team of young people wanted to put together this second edition of our newsletter/e-publication to highlight the ways in which we have grown as an organization and celebrate all that we have individually grown through in the past year.

TurningPointCT.org is a peer run organization funded by the Connecticut DMHAS to provide teens and young adults with peer support and mental health resources. This means that everything on and associated with our project is made by and for young people in Connecticut who get what it's like to struggle with their mental health and/or substance misuse. Using our personal experiences allows us to model one method of recovery and offer guidance and support to empower others to find the right path to recovery for themselves.

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THE "GROWTH" OF TURNINGPOINTCT.ORG

BY ELLA MOORE

The Beginning

In 2009, a National Survey on Drug Use and Health: Mental Health Findings Report (SAMHSA 2010) showed that the rates of mental illness were highest amongst young adults ages 18-25 (30% for any form of mental illness and 7.3% for serious mental illness), yet young adults were found to have the lowest rate of use of mental health services (11%).

The issues of the transitional and developmental stage of individuation, stigma, risk of personal exposure, fear of bullying, hesitancy to engage in groups are all reasons why this age group might be reluctant to engage in services. This is also the age at which many major mental illnesses become evident or exacerbated. Services are often unavailable or not specific to the needs of this "transitional" demographic.

In 2012, the Connecticut Adult Mental Health Planning Council recommended that the additional Community Mental Health Block Grant funds be used to provide a technologically based approach to engaging youth and young adults in mental health services.

The mission was to design or adopt an electronic/virtual system that would assist youth/young adults to enhance their own mental health, and address mental health issues as they arise or develop in an anonymous and non-threatening venue.

- Provide information to youth/ young adults
- Reduce stigma
- Engage youth/young adults in mental health and/or addiction services
- Provide a venue for youth/young adults to connect with one another electronically
- Use peers where appropriate
- Provide for "off-line" clinical intervention or conversation where indicated, including referral to more traditional services

It was then turned over to a team of young people to brainstorm ideas for this new platform. Through the work of these young people and the input of many other young people across the state and professionals, TurningPointCT.org emerged!

You're Not Alone.



The Evolution

Once the specifics had been figured out and the website designed, all with the guidance and instruction of real young people, we arrived at an end product that looks pretty similar to how the site looks now. The fundamentals of the website have always been the same: an online place where you can chat with others to get the support you need. A Q & A Guide to figure out your options and get information about services to help you get well. New online content made by CT young people. A place to read personal stories of people in recovery and post your own.

Since its creation, we have been evolving as we have found new and creative ways to reach more young people in CT who need support, and alongside this, technology is constantly changing so we have had to adapt to fit the needs of young people. We have added a resource map, a podcast series, a place to share your own creative works, a SMART Recovery group in Norwalk, CT and countless other innovations. During COVID we even started Virtual Social Drop-In's, this Newsletter/E-Publication, a Discord server, and hosted several online internship programs.

One area we are always trying to gain visibility of is our social media where we share news, updates and content developed by us! We recently started a TikTok and I [Ella] posted a video of some of the "self-help" books I had been liking and it went viral with over 115K views! We had overwhelming support for the idea of a virtual book club and will be hosting one event monthly now. See our website for more info about how to register for the book club and to see the TikTok video! And, stay tuned to our social media to see all the ways we are evolving and growing.

DON'T MISS THESE UPCOMING EVENTS!

TURNINGPOINTCT

VIRTUAL BOOK CLUB

Organized By & for Young People in CT

FREE CLUB OPEN TO ANYONE IN CONNECTICUT AGES 14-29

- **SCHEDULE:**

- JUNE 17 - THE FOUR AGREEMENTS BY DON MIGUEL RUIZ
- JULY 15 - THE BODY KEEPS SCORE BY BESSEL VAN DER KOLK
- AUGUST 19 - ADULT CHILDREN OF IMMATURE PARENTS BY LINDSAY C. GIBSON



MORE INFO AT [HTTPS://TINYURL.COM/TURNINGPOINTCTSOCIALS](https://tinyurl.com/turningpointctsocials)

"LEARNING TO COPE WHEN THINGS GET TOUGH"

A WORKSHOP BY & FOR YOUNG PEOPLE IN CT
CREATED BY TURNINGPOINTCT.ORG

- **FREE, LIVE EVENT ON ZOOM & FB LIVE:**

- July 1, 2021 at 2 - 3:30pm
 - July 29, 2021 at 3 - 4:30pm
 - August 18, 2021 at 11 - 12:30 pm
- Learn Coping & Grounding Skills as well as hear from Ella & Kailey, two young adults who have struggled with their mental wellness & what they do to cope

REGISTER AT [HTTPS://TINYURL.COM/COPINGWORKSHOP](https://tinyurl.com/copingworkshop)



WELCOME OUR NEW (& RETURNING) STAFF!



Kailey MarcAurele - Social Media Assistant

Kailey joined TurningPointCT.org as the social media assistant in February of this year. Kailey is a young adult who is passionate about helping to end the stigma that surrounds mental health. She is a mental health advocate that is in recovery from several mental health conditions, including anxiety, depression, and complex post-traumatic stress disorder. She is also in recovery from unhealthy coping mechanisms.

Kailey graduated from Eastern Connecticut State University with a degree in New Media Studies in August of 2020. During school, she learned various skills such as graphic design, how to create audio pieces, how to create video pieces, and a lot of photography skills.

Most of Kailey's social media experience comes from working on her mom's blog Low Carb Yum. Kailey has been working for her mom since 2015. She helps with various tasks on the blog such as photographing the recipes, creating meal plans, creating content for social media, and scheduling content out.

Kailey is a very creative person and she uses art as well as music as a way to cope. She is very big into nature and wildlife photography, but she also loves to take portraits. Her favorite thing to capture when photographing people is their raw emotion. For this reason, candid photos are her favorite to take. She loves to connect with others who also love photography and the outdoors. Additionally, she likes to play the guitar, the piano, and the ukulele as well as sing to help decompress and relieve stress.

Contact: kmarcaurele@positivedirections.org



**Allison Kernan, AS, RSS, Recovery Coach
TurningPointCT - Peer Support Specialist**

Allison is a credentialed Recovery Support Specialist and Recovery Coach, serving CT youth and young adults. She specializes in providing peer support for recovery from trauma, mental health, and substance use disorders. She was drawn to this work due to witnessing and surviving trauma throughout her childhood, adolescence, and young adulthood.

Ally previously worked as the Project Coordinator of TurningPointCT and wrote the blog, "The Monkey on My Back." She has now returned after working as a Recovery Coach and Recovery Support Specialist. Through the TurningPointCT project, Ally works to improve peer support services in the state as a policy advisor and liaison to young adult treatment programs. She also offers direct peer support to youth and young adults on a limited basis.

She graduated Gateway Community College and received an Associates degree in Drug and Alcohol Recovery Counseling. She gained experience counseling through interning at CT Counseling Centers and working at Recovery Network of Programs. Ally continues to further her personal recovery through therapy, peer support, and meditation. She is a SMART Recovery Facilitator, Narcan Trainer, and is also a Recovery Coach Academy Trainer.

In her free time she enjoys spending time with her loved ones, her pets, and publishing her first book.

Contact: akernan@positivedirections.org



CHANGING SEASONS & BODY CONFIDENCE: SUMMER ADVERTISING

BY NINA MCINTYRE

As we approach summer and as we leave winter and spring behind, we see lots of changing colors-- and I don't just mean in nature. Have you ever noticed the way storefronts change in the changing of seasons? If you're not quite following me yet, let me set the stage:

It's the middle of January and your friends ask you to go shopping with them. You walk into the mall and you see all the stores that are the favorites of the girls your-age. Stores like Forever 21, H&M, Pacsun, American Eagle, etc. All the storefronts are filled with dark, muted colors that we associate with the winter season. For some, it might feel comfy, warm and welcoming, associating those colors with the big, fluffy sweaters, and wintry sweatpants and loungewear. For others, it might feel dark, gloomy and depressing-- take me for example, I hate winter colors and winter clothing, having to wear all those layers to keep warm makes me feel trapped. I'm even made fun of by my friends on a very frequent basis for constantly wearing "summer clothes" no matter the temperature. We will re-encounter that thought later in this piece.

Now flash forward five months and it's now mid-May. Those same friends want to take you on a summer shopping spree. You walk into that same mall, and you're met with a burst of colors. Bright, vibrant blues, pinks, yellows, and greens are seen in all the discount signs and storefront displays. Bikinis and beachwear are even displayed in some applicable store windows. For some, this might feel refreshing and exciting (myself being one of those people), seeing the lighter clothing and bright colors as a sign

of the weather warming up. For others, this might inspire anxiety. We will address this thought more in-depth later.

Anyway, now that you're following me in what I mean, let's talk about what those colors and displays do to us. Because it is now May, I'm going to focus on the Winter to Summer change. Colors like yellows and sky blues and pinks invoke thoughts of summer, and summer in turn invokes thoughts of the terms "hot girl summer," and "bikini season." For someone like me, that gets me excited, because in summer clothes, I feel very body-confident (which is why I can be seen in beachy crop tops all year long, as I said earlier) and that model of a person seems to be the model brands go for when advertising their summer season of clothes. Others might have a negative effect from the mention of the summer and the colors because it might invoke insecurity about wearing summer clothes in public.

In the end-- do the advertising companies have any say in how you feel about yourself? No. They are simply trying to have fun marketing to convince people to buy their clothing. As the summer approaches, what I want you to know is that no matter what the advertisements, social media, and societal norms say-- this summer, I want you to feel confident in your own skin, whether that complies with how the media portrays what a "summer outfit" should be, your summer-self should portray the most you that you can be!

CAMILLE'S STORY OF GROWING THROUGH HER MENTAL ILLNESS, AGE: 22

"...[I realized] that it is alright to go through things, but it is not alright to let the negative things kill me. I had to learn to grow and not let things hold me back from wanting to become successful and accomplish my goals"

WHAT HAVE YOU STRUGGLED WITH? WHEN DID IT BECOME TOO MUCH?

I have struggled with depression, stress, and anxiety. It became too much when I had started becoming suicidal and my mom wanted to take me out of school so I can focus on getting myself together.

WHAT KIND OF SUPPORT DID YOU GET AT FIRST? DID IT WORK?

My basketball coach seen that I was struggling and she set me up with a counselor instead of practicing and made sure that I set up appointments to talk to my counselor. It took some time to get used to talking to someone about my issues, but it was very successful.

WERE THERE ANY TURNING POINTS WHERE THINGS REALLY STARTED TO CHANGE FOR THE BETTER?

There were turning points where things started to become better. I realized that I needed to gain more confidence and be myself. I will eventually have to live for myself and do what is best for me. I became more outgoing and made lots of friends who actually care about me.

WHAT'S YOUR LIFE LIKE NOW? WHAT HAVE YOU BEEN ABLE TO ACCOMPLISH, AND WHAT ARE YOU WORKING TOWARDS?

My life is completely different. I want to be able to help others who have been through or currently going through personal issues



that are mentally draining. I have been able to accomplish the goal of getting over my fears, graduating from college, and breaking out of my quiet shell. I want to be able to help guide others down a positive path instead of a negative one.

WHAT WOULD YOU SAY TO PEOPLE WHO ARE HAVING A TOUGH TIME? WHAT'S HELPED YOU THAT YOU WISH YOU HAD KNOWN EARLIER?

I would tell them to "grow through what you go through." This is a quote that I live by. It helped me realize that it is alright to go through things, but it is not alright to let the negative things kill me. I had to learn to grow and not let things hold me back from wanting to become successful and accomplish my goals. Never let someone see you down, always walk tall, talk tall, and stand tall.

WANT TO SHARE YOUR OWN STORY AND HEAR FROM OTHER YOUNG PEOPLE? CHECK OUT "OUR STORIES" ON:

WWW.TURNINGPOINTCT.ORG/OUR-STORIES

TURNING POINT CT.ORG Guiding the search for mental wellness

Login | Map | Forum | About Us | Select Language ▼

NEED HELP NOW? 1-800-273-8255 | TXT "CTL" TO 741741

Q&A Guide | **Our Stories** | Media | The Facts | Resources | Map

Our Stories

Check out stories from young people across the state. We've been there—and look how far we've come!

SHARE YOUR STORY

- T.P.'s Story of Learning the Importance of Self Care (Age: 21)
- Nina's Story of Learning Self Love and Confidence
- Jenna's Story of Self Acceptance and Overcoming Anxiety
- Serena's Journey to Self Love

HOW TO HEAL AN (EMOTIONAL) WOUND

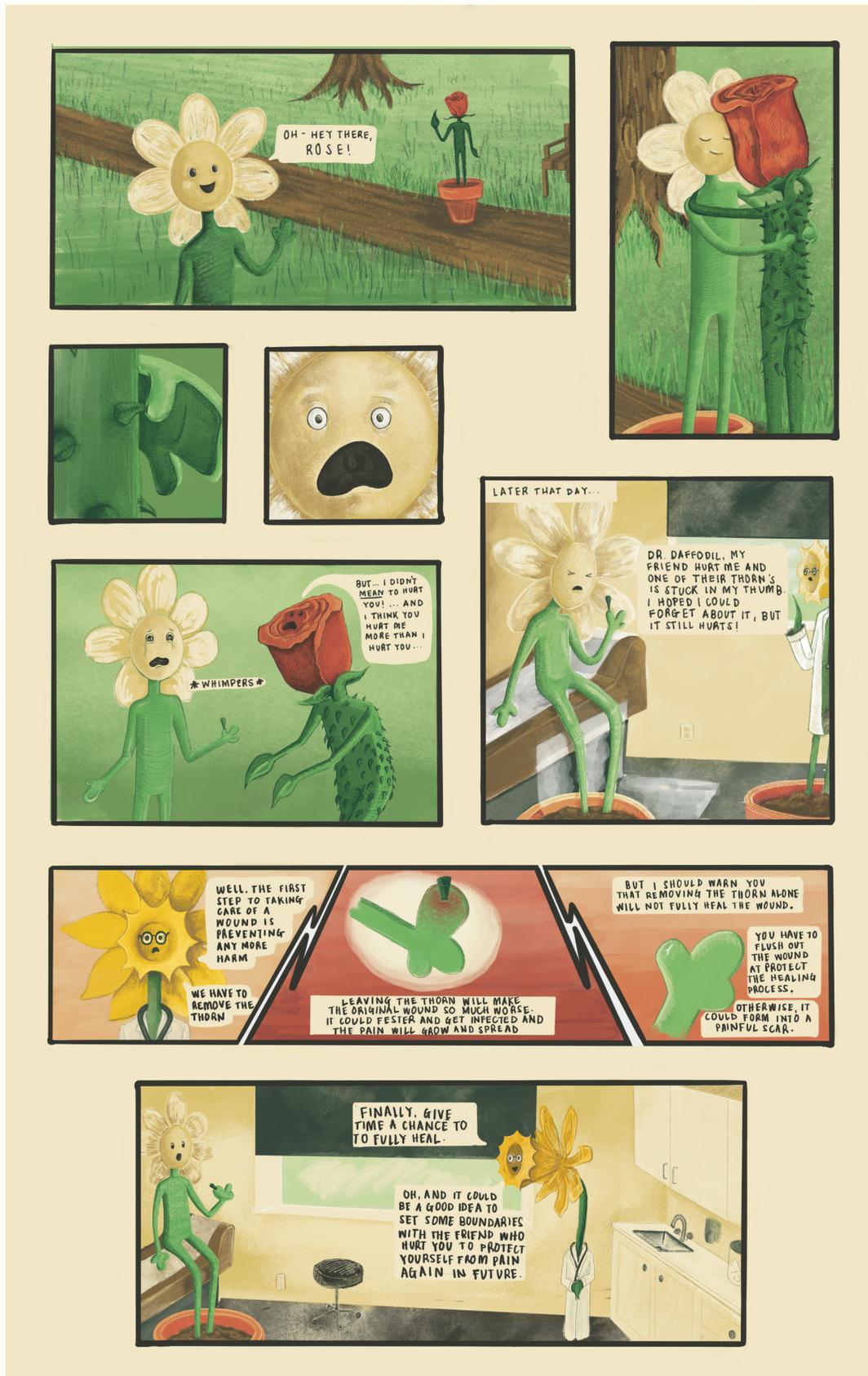


ILLUSTRATION BY ELLA MOORE

(EMOTIONAL) WOUND CARE GUIDE

BY ELLA MOORE

I think that the beauty of human relationships (friendships, romantic relationships, familial relationships, etc...) is that completely different individuals can come together and their unique strengths and weaknesses balance out in a way that they become stronger together than apart. We instinctively crave this since humans are social creatures and this desire for connection and relationships is literally written into our DNA. However, the implicit exchange for intimacy is vulnerability, so the stakes for getting hurt from the relationship than from a stranger are much higher. So what can we do if someone we trusted hurts us, either unintentionally or intentionally? What if this person does not want to resolve the situation or cannot be reasoned with?

I recently ran into this experience where someone else's mental health triggered my own mental health and it caused the breakdown of a friendship and I got hurt in the crossfire. This situation was incredibly reminiscent of a similar experience of getting hurt by someone close to me in high school, with the fundamental fear and trigger being perceived rejection. Both times I was unable to receive closure or accountability from the other person and this sends me reeling! I hyper-fixate on it for months, even *years* after it, and during the time I didn't have as many healthy coping skills at my disposal, I would lash out to make them feel bad for the pain they have caused and to get a reaction. Now I know this is only giving that person what they want, which is to know that they have caused pain and internal/external chaos. I don't like to give into this urge as easily as I did when I was 16. I wanted to take an active role in processing this so I can move on from it in a healthy way and not let it derail my recovery, but I was at a loss as to how to start to heal from it

At around the same time as the second incident, I coincidentally started seeing a therapist again for the first time in a few years. I lamented to her about the situation and the pain it caused and the way I was still so hung up on it, and she offered her first solution in such simple terms that I felt compelled to share them with you all too.

She compared an emotional wound to a physical one and gave me some basic steps based on this concept to help myself heal from an event or person that caused emotional pain:

1. Assess the seriousness of the "injury"

- Like physical injuries, emotional injuries can need more professional treatment and there is no shame in that!
- I sought out extra guidance from my therapist and my psychiatrist, and I even reached out to the Crisis Text Line (TEXT 741741) because it was something I didn't feel equipped to deal with on my own.

*** If you feel able to address the "injury" by yourself, the following steps can provide a guide for heal from an emotional wound ***

2. Remove the thing causing the pain, like the thorn or a splinter, so it can stop doing any more harm.

- Remove the person (permanently or temporarily) or remove yourself from the environment that is causing harm (permanently or temporarily)
 - If you don't remove the "thorn", it has the potential to get infected or become a more serious injury than the initial jab.
- Enforce boundaries to restrict access to you:
 - "I need to take a week or so to process this so I am going to block you until then, I hope you can respect this."
 - "I feel hurt by X action. I need you to respect that I need some physical distance from you for X until I feel better/safe/understood."

3. Wash out/clean the wound

- Taking out the "thorn" is a good first step, but without washing out the pain and taking the appropriate self-care steps the wound will not heal properly and could turn into a painful emotional scar.
- Unprocessed "bad" feelings can lead to resentment and general fatigue.
 - It is better to cleanse yourself of as much as you can so it doesn't fester like a real wound would.

CONTINUED...

- Let all of the “bad” emotions (there are no bad emotions, just unwanted feelings) flow out:
 - Be angry, be mad, cry, scream, vent, b**ch, grieve, or whatever you are feeling that you may be judging yourself for.
 - (As long as it is not hurting yourself or others)

4. Bandage / protect the wound

- Even after you have taken care of the initial injury, the healing process can still be interrupted or impacted by the actions of others.
 - It’s important to keep the wound clean from any toxic people or stressful situations that can worsen the initial injury.
- Practice a lot more self-care and self-compassion during this time to prevent any internal damage and provide a buffer for any outside influence that could make the pain worse.

5. Let time start to repair the intensity of the pain

- It won’t ever fully go away, at least not cognitively because we can remember it happening and we can remember the pain it brought us in the moment.
- HOWEVER, it does not need to continue being painful after we have extracted all of the healthy lessons we can learn from something like this
 - “This person is reacting more to their internal sense of chaos than anything I have done to deserve or warrant being treated badly,” “I deserve to be treated with respect,” “I need X from a relationship with someone to feel safe” ... etc...
- Slowly but surely the pain does dull and hopefully the conflict can be resolved, but even if it doesn’t you know that you have the strength and tools to get through it.

This formula is not guaranteed to provide a complete fix every time, however it does provide the framework to start some healthy healing.



Q&A WITH KAILEY

Describe the ways you have grown since the beginning of the COVID-19 pandemic. (Think about things you have been able to do that you wouldn't have ordinarily, ways you have overcome personal struggles, etc.)

I think I've definitely had more time to do things for me during the pandemic. When the pandemic started, I was in my senior year of college and also working my job at an audiobook company. I had to start doing school virtually, which was definitely an adjustment, and my job also closed down so I was out of work and I had to figure out unemployment. I had all this time to myself that I had never had before because I had been so used to school and work taking up most of my time.

Honestly in the beginning I fell into a really deep depression and I wasn't really getting out of bed or eating. I had been using the go go go lifestyle where I filled my time with work and school to kind of not be alone with myself. Distraction was my way of (not) dealing with my depression and anxiety so when I couldn't go to work or school, I crumbled. Eventually, I told myself that had to stop letting myself stay in bed and that I had to start eating. I have no idea how long the unhealthy habits actually went on, but I know I was just in a really dark place. Finally, I forced myself to leave the house to go for a hike (because doing outdoor things was actually within reach during the pandemic). After that first hike, I got really into hiking and I was going out pretty much every single day with my camera. My photography has really gotten better because I've had time to actually do it. I got really into long exposure shots of waterfalls so at one point I was hitting all of the waterfalls in Connecticut.

CONTINUED...

Later, I got really into bird photography because bird watching was something I could do from the comfort of home. I ended up investing in a super telephoto lens to photograph birds. I am now known as a crazy bird lady and known for my bird photos. I've joined more bird Facebook groups than I can count and it's my way of connecting with people who also enjoy birds as well as learning from the others that are in the groups.

Another new thing I started doing during the pandemic was actually starting to cook. Cooking was something that I just never had the time or energy to do before (I was lucky my boyfriend would have meals ready for me when I would get home from work and school). I love looking for recipes online to try and I also love the Tasty app.

As far as school went, I really was doing the bare minimum and I was spending a lot of my time outside and hiking. Sometimes I would have to set rules for myself like "you can't go for a hike until you do your audio project for the week" and of course I was doing all of my assignments at the very last minute despite having all the time in the world because I wasn't working. Finishing up that semester was definitely rough.

In terms of work, I was so stressed out about not having a job because obviously I had bills. In the beginning, unemployment and stimulus checks were very backed up so in my mind, that just was not something that I could rely on. I had been reselling clothes since 2015 very casually, but since I was really stressed about money, I decided to try and do it more seriously to support myself while I waited for unemployment to come through. I invested in a class that taught the ins and outs of selling on Poshmark and I was actually able to support myself that way and sell a lot of clothes I had listed for years just by learning how to make them more searchable with the course. It was the most I had ever made with selling clothes and that's still something I am doing to this day.

My job I had been working at the audiobook company ended up never opening again. It was really hard for me to accept because they had offered me a full-time position that I was

supposed to start once I graduated college. It was devastating and I was stressed out about having to find a post grad job in this super weird pandemic world where so many people had already lost jobs and in a world where so many businesses are closing. I was extremely discouraged. I applied for an insane amount of jobs and I just got nothing. After not hearing back on anything, I gave up. I ended up working staying working my mom, which I had been doing VERY part-time through college. I upped my hours working on her blog to make it viable for a main income. In February, I was hired to be Turning Point CT's social media assistant. I hadn't applied to a job in at least half a year, but the job really spoke to me and I went for it, which for me was a huge deal because I really just had so little confidence in myself in terms of finding a job that wasn't with my mom. I couldn't be happier that I went for it because I am so happy with what I'm doing.

What are you still learning?

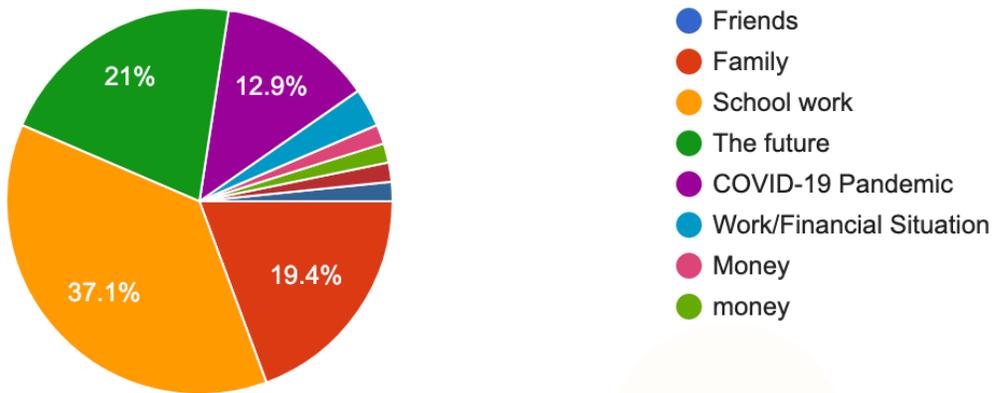
I'm still learning how to adjust to being at home all the time and having a super flexible schedule. It's so easy for me to tell myself, it's nice out today you can put off your work today and catch up tomorrow, but obviously, sometimes work needs to be the priority. I'm still learning to find balance, which is something that I've always struggled with. At least pre-pandemic, I had structure because of work and school, those alone kept me on a schedule. The problem before though was the schedule I had was so jammed packed I left no time for myself. Sometimes I feel like I am trying to play catch up with myself because everything used to be about work or school for me so that's why I want to do things for myself and get outside just because I actually have the freedom to do that and the time. I just really need to be better about balance. I need to find a better balance of work and play.

SPRING-2021 COVID SURVEY RESULTS

A year in the COVID-19 pandemic has taken its toll on us all. This survey was designed to gather real data about how teen and young adult mental health has been effected by one year spent in the pandemic. 62 young people all over the state responded, here are the results:

We asked...

Think about your life: **What makes you the most stressed?**

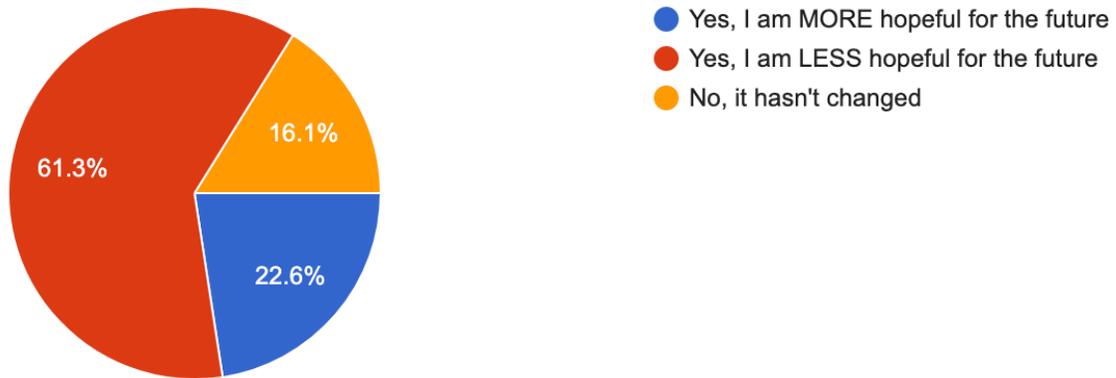


With 74% of participants responding that their mental health has gotten worse over the past year, **what part of the COVID-19 pandemic has effected your overall mental health the most?**

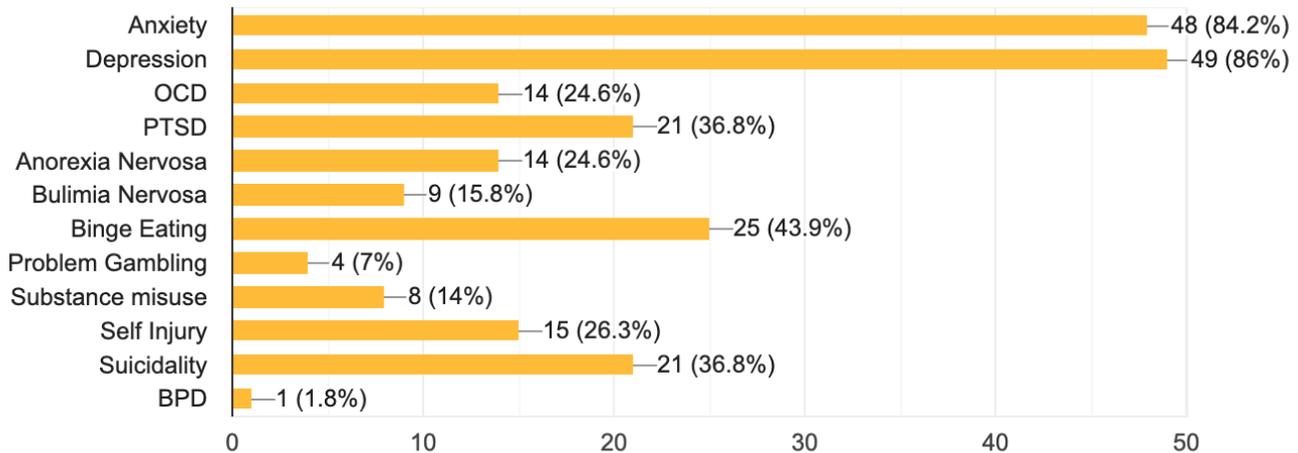


SPRING-2021 COVID SURVEY RESULTS, Continued...

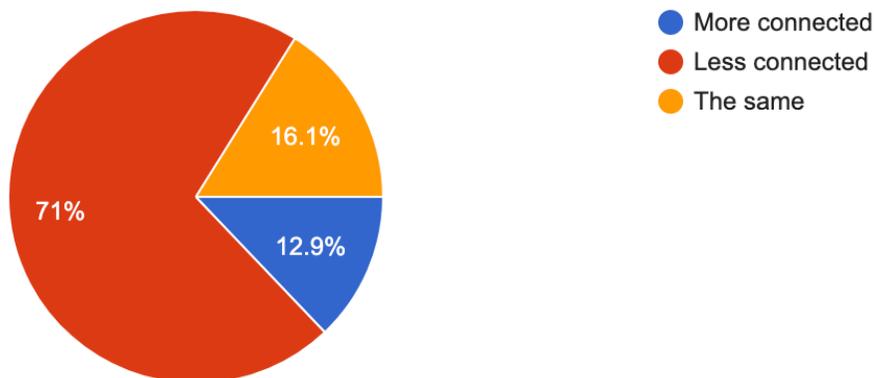
Since the COVID-19 pandemic, has your hope for the future changed?



Which of the following mental health conditions / behaviors have you experienced in response to the COVID-19 pandemic? (Check all that apply)

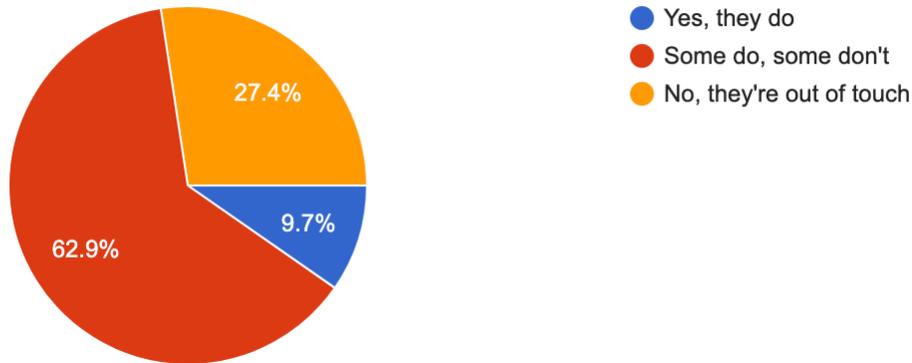


Do you feel more or less connected with your friends / community since COVID began?



SPRING-2021 COVID SURVEY RESULTS, Continued...

Do you think teachers and other school employees understand the mental health needs of their students during COVID?



If you answered no, give an example of what you would want teachers and other school employees to understand about the mental health needs of students during COVID?

"Students are TIRED students mentally are drained and exhausted. Students need teachers to be more understanding and not wonder why we aren't doing so well grades wise. We aren't doing well because WE are not well"

"That this pandemic is causing a REAL problem with students mental health, they aren't just lazy"

"When you notice a good student doing worse on their assignments, don't make fun of them or tease them about it, because there can be something seriously wrong in their life and they are trying to push through and you are not helping. Instead, ask if something is going on, and possibly give them a little slack to get through, or give an extension on the work. Something other than just criticism"

"People can function normally when they are on medication"

"That we are trying our best. Sometimes assignments are later, sometimes they aren't done at all. We're all struggling, and some things aren't priorities to some people. But we are all trying are best. They need to think that is good enough"

"Relax the workload. have mental health talks/ awareness. tell students they can be heard. tell students they are there for whatever they need besides school work"

IN A CRISIS?

- **National Suicide Lifeline (24/7)**
 - 800-273-TALK (8255)
- **Crisis Text Line (24/7)**
 - Send text to 741741
- *** CT ONLY ***
 - **Mobile Psychiatric Crisis (24/7)**
 - DIAL 2-1-1, OPTION 1
 - **Kids in Crisis (24/7)**
 - (203) 661-1911

NAMI YOUNG ADULT CONNECTION

- (Contact Val for meeting passwords: vlepoutre@namict.org or call 860 882-0236)
 - **Young Adult Connection Community Check-In**
 - Monday - Wednesday - Friday 3:30PM (EST)
 - **Mending Minds: Student Community Check-In**
 - Monday 7:00PM (EST)
 - **Rainbow Connections - an LGBTQ+ Community Group**
 - First and Third Tuesdays 6:00PM (EST)
 - **Creative Expressions Group**
 - Second and Fourth Tuesdays 6:00PM (EST)
 - **Self-Discovery: Young Adult Connection Community Group**
 - Thursday 6:00PM (EST)
 - **Out of the Abyss: Young Adult Online Adventure Program**
 - Thursday 7:30PM (EST)
 - **Young Adult Game Night**
 - Friday 6:00PM (EST)
 - **Coffee Break**
 - Every Fourth Saturday 1:00PM (EST)

WAYS TO GET INVOLVED

- **TurningPointCT Contributor**
 - Submit Art, Poetry, Podcasts, Videos, Volunteer & Intern with us!
 - www.TurningPointCT.org
- **CT Youth Leadership Project**
 - <https://www.ctylp.org/>
- **MyFriendAbby Youth Committee / Grant Projects**
 - <https://www.myfriendabby.org/>
- **SMART Recovery (Free Peer Support & Skills Building)**
 - <https://turningpointct.org/SMART/>
- **Recovery Support Specialist Training**
 - <https://advocacyunlimited.org/program/rss-training/>
- **Recovery Coach Training**
 - <https://addictionrecoverytraining.org/recovery-coach-academy/>
- **NAMI Connecticut Young Adult Connection Facilitator Training**
 - <http://ow.ly/d1co50Be5ozNAMI>
- **End The Silence (ETS) Training**
 - <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence>

NEED TO TALK?

- ***CT ONLY***
 - **Young Adult Warmline (Mon-Sun 12-9pm)**
 - 1-855-6HOPENOW
 - **Peer Support with Ally**
 - Tuesdays 9-11am (other times available upon request)
 - **Call / Text : (203) 858-1819**
 - **Chat with us on DISCORD**
 - Contact Ella for the invite link:
 - Text DISCORD to (203)-561-2167

ARE YOU INTERESTED IN BEING
FEATURED IN OUR NEXT NEWSLETTER /
GETTING INVOLVED IN THE
TURNINGPOINTCT.ORG PEER PROJECT?

TEXT OR EMAIL ELLA FOR MORE INFO:

(203) 561-2167

EMOORE@POSITIVEDIRECTIONS.ORG

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