

OCTOBER
WELLNESS
DIGEST



Oh my gourd, it's October already?!

Be-leaf it or not, it's already October! This month the weather will cool down even more, leaves will change color, and we'll see spook-tacular Halloween decorations go up! Chard, cauliflower, turnips, and persimmons are all in season.

If you are a parent or a teen, we hope you are settling into a good routine now that school has been in session for a few months. **Read through** our newsletter for a **program spotlight** where we'll introduce the work we do with teens, a **wellness tip**, as well as **an important** upcoming event for teens and parents!

PROGRAM SPOTLIGHT: OUR WORK WITH TEENS



About Our Teen Programs

Teen Council: Our dynamic staff of youth developers is guided by the organization's diverse, countywide Teen Council. Trained Teen Council members run empowerment clubs on their school campuses, provide peer to peer counseling and referral, promote volunteerism and, most importantly, offer their insights, observations and unique perspectives to the organization's ongoing program development with a focus on caring for self, others and the community.

Follow our teens [here!](#)

Wellness Cafes: Teen Wellness Cafes are discussion groups held at NVUSD middle and high schools that open the conversation about students' mental health challenges, ask what they need to feel more supported, teach coping tools, and provide connection to resources and supports including peer-led prevention work and school-based therapy with our clinicians. We engage over 2,000 youth in Wellness Cafés every school year, which have encouraged teens to become catalysts for change in their schools

Resilience for Youth: Created by the authors of the evidence-based WhyTry program, Resilience for Youth (RFY) is a six-week evidence-based curriculum that teaches critical social emotional skills and helps young people foster resiliency. RFY has demonstrated outcomes for middle school students including improved academic achievement, decreased behavioral issues and improved self-concept.

[Learn more at WhyTry.Org](#)

Empowerment Clubs: We support Bring Change to Mind student-led clubs on our middle and high school campuses with the goal of empowering students to educate one another and their communities about mental health and to create a culture of peer support within their schools. Through our clubs, teens use their natural creativity, passion and empathy to lead honest, open discussions that reduce shame and silence around mental health and to organize school-wide activities that encourage students to ask for help when they need it. Learn more at

[BringChange2Mind.Org](#)



This month's wellness tip is to use a planner! Using a planner can help us reduce stress by putting all of our 'to-dos' in one place and can help us with time management and productivity. Perhaps most importantly, using a planner can help us pencil in time for self-care and hobbies. You can buy planners at places like Target or Walmart or get free, customizable downloads at websites like [Canva](#)!

Upcoming Events

Please join us for this film screening and community conversation about teen bullying, social media and suicide prevention. Our Prevention Director Jeni Olsen will be part of the discussion, along with the director and lead actor of the film!

[Reserve your spot](#)



A lonely obese teenager everyone calls "Butter" (Alex Kersting) is about to make history. He is going to eat himself to death, live on the Internet, and everyone is invited to watch. When he first makes the announcement, online to his classmates, Butter expects pity, insults, and possibly sheer indifference. What he gets are cheerleaders rallying around his deadly plan. Yet as their dark encouragement grows, it begins to feel a lot like popularity and that feels good. But what happens when Butter reaches his suicide deadline? Can he live with the fallout if he doesn't go through with his plans?
Rated PG-13; in theaters Spring 2022



[Visit the movie website](#)

NAPA COUNTY OFFICE OF EDUCATION presents

FREE Parent/teen movie event

Important: [Reserve your seat here](#); no names required

In observance of National Bullying Awareness Month, experience "Butter," a comedy-drama that takes an unflinching look at today's issues of teen bullying, peer interactions, social media and suicide prevention.

After the film, join screenwriter/director Paul A. Kaufman, star Alex Kersting and Mentis Prevention Director Jeni Olsen for an in-person discussion and Q&A.

Thursday, Oct. 21
NVUSD Auditorium, 2425 Jefferson St. Napa
Doors at 5:45 p.m., Film at 6 p.m. Masks required.



Paul A. Kaufman
Screenwriter
& Director



Alex Kersting
Lead Actor



Jeni Olsen
Prevention Director,
Mentis & Founder,
Teens Connect



Cine GRATUITO para padres, madres y adolescentes

Importante: reserven su asiento aquí; no es necesario que den su nombre

Con motivo del "National Bullying Awareness Month" (Mes Nacional de la Concienciación sobre el Acoso), no se pierdan "Butter", una comedia dramática que trata abiertamente los problemas actuales del acoso escolar, las interacciones entre los compañeros, las redes sociales y la prevención contra el suicidio.

Después de la película, únense al guionista y director Paul A. Kaufman, a la estrella Alex Kersting y a la directora de Prevención de Mentis, Jeni Olsen, en un debate y una sesión de preguntas y respuestas en persona.

Un solitario adolescente obeso al que todos llaman "Butter" (Alex Kersting) está a punto de hacer historia. Va a comerse a sí mismo hasta la muerte, en directo por Internet, y todo el mundo está invitado a verlo. Cuando hace el anuncio en línea a sus compañeros de clase por primera vez, Butter espera lástima, insultos y, posiblemente, simple y pura indiferencia. Lo que consigue es gente que lo anima y se une para apoyarlo en su plan mortal. Sin embargo, a medida que este sombrío apoyo crece, comienza a sentirse muy popular, y es una sensación estupenda. Pero ¿qué ocurre cuando Butter alcanza su fecha límite de suicidio? ¿Podrá vivir con las consecuencias si no sigue adelante con sus planes?
 Clasificación PG-13 (no recomendada para menores de 13 años), en los cines en la primavera de 2022.

Jueves, 21 de octubre
 Auditorio del NVUSD, 2425 Jefferson St. Napa
 Las puertas se abren a las 5:45 p.m., Película a las 6 p.m. Tapabocas obligatorios.



Paul A. Kaufman
 Guionista
 y Director



Alex Kersting
 Actor
 Protagonista



Jeni Olsen
 Directora de Prevención
 de Mentis y Fundadora
 de Teens Connect



Visiten el [sitio web de la película](#)



Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

[Donate to Mentis](#)