

HEALTHY TRANSITIONS

ROADS OF INDEPENDENCE



DESTINATIONS & UPDATES

JULY 2020

CLINICAL EXERCISES

Grounding is a technique that helps us reorient to the here and now, to bring us into the present. It is a useful technique if you ever feel overwhelmed, intensely anxious, or dissociated from your environment. **54321 Grounding** is a common sensory awareness exercise that many find a helpful tool to relax or get through difficult moments.

1. Describe 5 things you see in the room.
2. Name 4 things you can feel (my feet on the floor or the air in my nose)
3. Name 3 things you hear right now (traffic outside)
4. Name 2 things you can smell right now (or 2 smells you like)
5. Name 1 good things about yourself

You should feel calmer and more at ease by the end of the exercise. Repeat the 5 steps more than once if needed.

Try out the technique in different situations, you may find it works well for insomnia, anxiety, cravings when quitting smoking or for general relaxation.

VIRTUAL PEER SUPPORT

Every Tuesday Afternoon
3:30 pm - 4:30 pm
through zoom video chat
Contact Youth Peer Support for
an invite or with any questions!

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Federation of Families
of South Carolina

A Voice for Children's Mental Health in SC

LETTER FROM THE ROI DIRECTOR

I would like to begin by thanking everyone who has given us input, attended a meeting, taken a tour or given out a brochure. The Roads of Independence program is continuing to bridge the gap for youth and young adults ages 16-25 and we would like to keep you informed by providing a newsletter to our sister agencies, community partners and ROI members.

As you read through our newsletter, please take the time to learn more about our services, supports and many other features that ROI has to offer. Additionally, I invite you to browse our website and follow us on social media to stay up to date with ROI's latest happenings and events.

In case you are not aware, the mission of the Roads of Independence program is to support the recovery of youth and young adults with mental illnesses and to promote their successful transitions. This is accomplished through our collaborative and passionate staff members, building effective community partnerships and providing services catered to what the youth and young adults actually need and want.

Our members are, and always will be, our number one priority and as we grow, enhance our services, and add new treatment modalities, it is always with our members in mind. It is expected that this program will improve emotional and behavioral health functioning so that this population of youth and young adults can maximize their potential to assume adult roles and responsibilities and be independent and self-sufficient.

Come have the ROI experience through our website, or an in person tour, when we return to the new normal, to experience first-hand our commitment to our members and our dedication to providing responsive age and developmentally appropriate, youth-driven, culturally competent, and highly individualized care, which will lead to a full and productive life.

Keisha White, Program Director

SELF CARE TIPS

MAINTAINING A DAILY RHYTHM

MORNING

- ▶ Wake up / get out of bed
- ▶ Get dressed. Put on actual clothes as if you were leaving the house
- ▶ Have some sort of breakfast before 11am (not just coffee)
- ▶ Start your main activity - work, school, house work, volunteer, etc.

MIDDAY

- ▶ Have lunch before 2 pm. This should be your largest meal of the day.
- ▶ Continue or start activity - work, school, house work, volunteer, etc

EVENING

- ▶ Have dinner before 8pm
- ▶ Continue or start activity - work, school, house work, volunteer, etc
- ▶ Reduce blue light level after 6pm
- ▶ Go to bed before 11pm.

Work these in to your daily routine:

HYGIENE - Shower/wash daily, brush your teeth, use deodorant, change your clothes

EXERCISE - Do a physical activity - stand up, walk around the neighborhood, walk around the house, stretch, lift weights, etc

OUTDOORS - Get at least 5 minutes of fresh air and natural light (ideally 30mins)

SOCIAL - Have contact with at least one person by phone, text or video chat - reading social media does not count!

YYA COORDINATOR CORNER

Social distancing does not mean social isolation.

Use these three areas of social contact to help stay connected while being apart:

Video Chat - Skype, Facetime, Whatsapp, Google Hangouts, Zoom, etc. Seeing a friendly face can do a lot to feel connected.

Social Media - Stay up to date on friends and family and add your own updates to let them know how you are doing.

Virtual Environments - Organize or join group hangs with your friends & look for webinars being held on topics you like.

Youth & Young Adult Coordinator
Brittany Morgan Jeffcoat
brittany.jeffcoat@scdmhc.org

VIRTUAL DROP IN CENTER

Stop by to see a familiar face!
The ROI staff are now available to chat or hang out in a zoom chat room.

MON, TUES, WEDS, FRI
3:30 PM - 5:00 PM

THURSDAY FUNTIVITIES
3:30 PM - 5:00 PM

Play games in the video chat with staff and other members. We are open to suggestions and want you to have fun!

The ROI Program
is funded by



South Carolina
Department of
Mental Health

STAFF OUT ON THE TOWN

ROI Staff spent an afternoon tying green bows to the fence at Swan Lake and on the light poles in Downtown Sumter for

MENTAL HEALTH AWARENESS MONTH!

Keisha White, Morgan Jeffcoat, Chelsi Thrower, Cleyardis McDonald-Amaker, McKayla Cole and Erin Duffie all wore green to promote mental health awareness while practicing mask safety. They even had the chance to visit the statue of a masked Thomas Sumter in front of the courthouse.



Keisha White, Morgan Jeffcoat, Chelsi Thrower, Cleyardis McDonald-Amaker, and Erin Duffie pose in front of the Heroes Work Here banner and under their ROI tent at the Santee-Wateree Community Mental Health Center's Mental Health Awareness Drive Through event.

SORRY YOU MISSED IT!



A virtual candlelight vigil was held on May 28th to close out Mental Health Awareness Month. Each staff member "lit" their candle as they read a statement related to mental illness recognition and acceptance.

TIPS FOR WORKING FROM HOME

Maintain strong and consistent communication with your supervisors. Hopefully you checked in with your supervisors on the regular before the pandemic, but if not, it is never too late to start. Keeping an open dialogue about tasks, project questions, and deadlines will make it easier to prioritize your work day.

Separate out work hours and personal time. As we have become accustomed to instant communication through phone, text and email, we need to remember to take a step away. This is even more important when the line between home and work is non-existent. Physically close and put your laptop away, log out of your desktop and shut the computer completely off. Avoid the urge to check email outside of work hours if you are not on call.

If possible, have a dedicated work space at home to help remove or reduce household distractions. This can also help at the end of the day when you physically leave your "office" and go "home" for the day. Even just covering your workspace with a sheet can help separate the work time from the home time.

WHAT'S COMING UP?

The big question remains, when will ROI reopen? Reopening will be a multi-stepped process. We will reopen in phases starting in August 2020. When we return, we will have new guidelines in place to allow access into the building as the health and safety of our staff and members remains at the forefront and is paramount for our operations. The use of virtual events and meetings will continue as an ongoing part of ROI, even after the center physically reopens. We will send out updates as we find out our timeline and what each step will involve. We are adapting to accommodate the new normal, **but no matter what, we are still here for you!**

HEALTHY TRANSITIONS

ROADS OF INDEPENDENCE

We are still here to talk and get you the services you need.

Call or email us for help.

803-934-4395

SCROI@SCDMH.ORG

[Click here to check out our website](#) and follow us on social media:

Facebook & Instagram @ROADSSC • Twitter @ROADS_SC