



A LETTER FROM THE CHIEF EXECUTIVE OFFICER

Do you feel crisp Fall air? Nah, me either. But I sure am anticipating it and dreaming of pumpkin spice minus at least 25 degrees.

October marks Mental Health Awareness month. Did you know that 1 in 5 will experience mental illness this year? Sadly, the numbers are much higher for those impacted by abuse and neglect. Actually, 4 out of 5 actually need mental health assistance.

The numbers are staggering and difficult to digest. What pains me even more deeply is knowing that if children's needs are not addressed early on, they will continue to spiral leading to exacerbated issues like self-harm, substance abuse, and erratic behaviors that can lead to even more loss in their lives. This is not okay.

As you know, we are addressing the mental health needs of children AND their caretakers everyday. This work is hard, messy and rewarding. We help people get unstuck from unchecked narratives and equip them with tools to connect in a meaningful way. Remember, *it is the relational connection that brings healing* to hurting children. Trust replaces fear, the brain actually rewires, and we see measurably improved mental health.

I spy dipping temps on my weather app later this week, and it reminds me that the year will be coming to a close before we know it. I hope you will remember our children in your giving plans for year end. Keep your eye out for our annual campaign beginning in a few weeks. We simply cannot provide this mental health care without you! I deeply appreciate your commitment to making an impact in the lives of the ones who are truly our future.

Happy Fall Y'all!

A handwritten signature in blue ink, appearing to be 'J. S. P.', located at the bottom of the page.



DECREASE IN ANXIETY



DECREASE IN PTSD SYMPTOMS

Here is a message from our Director of Programs, Staci Thomas, on the importance of having a plan for your children who may experience a mental health disorder.

For help navigating the path of healing for your foster adoptive or relative children call us today!

October 2019

We ask that you pray everyday for protection over every family connected to Chosen.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Wisdom and creativity in helping families	2 Pray for Healing and adoptions	3 Pray for parents to love each other	4 Pray for children and grandchildren to return home	5 Faith & Healing from trauma
6 Pray for family salvation	7 Peace in the midst of trials	8 Prayer for Mental Illness Recovery and Understanding	9 Pray for families to have Strength & Stability	10 Pray for direction from psychiatrist and breakthrough in counseling	11 Pray for family attachment, patience, and endurance	12 Stronger marriage and better communication
13 Wisdom and discernment	14 Pray for Love during the challenges	15 Healthy birth family conversations	16 Pray for the ability to use parenting tools	17 Courage to attend church	18 Patience and understanding	19 Pray for stamina & safety for everyone in the home
20 Pray for families to have healing, peace, and comfort	21 Peace for children experiencing anxiety/ depression	22 Wisdom with grandchildren not in the home	23 Restoration of faith in God	24 Pray for healing, truth, forgiveness, connection	25 Perseverance and affection within families	26 Strength to advocate well for school resources
27 Endurance and family unity	28 Connect with children	29 Pray for wisdom and freedom for families	30 Pray for healing from trauma	31 Pray for families to be surrounded by supportive people		

Notes

WWW.CHOSEN.CARE

We truly believe that prayer is powerful! By praying for a Chosen family, child, or staff member you will be providing care and encouragement to no one is alone.

Please join us in prayer for the month of October!

QUICK FACTS ABOUT
MENTAL
HEALTH
IN FOSTER YOUTH

VISIT
OUR
BLOG

It is common knowledge that our country is facing a mental health crisis. Approximately 20% of the general population struggles with a mental illness. However, the statistics for children in the child welfare system are staggering. Visit our blog to read **Quick Facts About Mental Health**



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10th
ANNIVERSARY

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