

Fun Event Celebrates Children’s Feelings, Voices and Vision on National Children’s Mental Health Awareness Day

Tuesday, May 3rd is National Children’s Mental Health Awareness Day. The American Indian Health and Family Services Clinic is celebrating with a fun event for Native American and Alaskan Native children, their families, and friends. Strong, supportive connections that show children they are valued members of their community are important to their mental health.

Detroit, MI April 27, 2011—What do popcorn, snow cones and a bouncy house have to do with mental health? Lots if you are a child! “Events that draw us together in celebration, especially celebration of children and their voices add to feelings of worth, love and support for a child. Those are tools they have to build great character and rebound from traumas,” said Jerilyn Church, Executive Director for AIHFS. Tuesday May 3rd, from 4 pm to 8 pm, AIHFS will host a celebration that also includes art displays and performances, traditional native games and songs, food, face painting, crafts, and education on children’s mental health. The event will be held at 4880 Lawndale Street, Detroit.

The celebration will also include an arts competition called “Youth, Voice & Vision.” The AIHFS is welcoming all forms of art. All pieces will be showcased at the event and prizes given. “Adults know that art communicates through emotions. We want children to understand that this is one of the many ways that feelings can be expressed in a positive way,” said Ms. Church.

Nickole Fox, the Health Education Director at AIHFS, says “Mental health is how we think, feel and act when facing life’s situations. It’s important that we start to educate children at a young age to understand that like physical health, mental health is important. Children experience a wide range of feelings everyday, and we hope that this Tuesday they will feel the love of their community, the value of their voices, and have fun!”

AIHFS is a non-profit urban Indian health center serving the American Indian community of Southeastern Michigan. They offer comprehensive, culturally-integrated health care by providing medical and behavioral health services and health education services, in addition to outpatient substance abuse treatment and prevention programs. These services are open to persons with or without insurance. They also have an active youth program, provide health and wellness programs, and sponsor community events. The celebration will be held at the AIHFS clinic, 4880 Lawndale Street, Detroit. It is sponsored by Circles of Care and funded by SAMSHA.

Contact:
Nickole Fox
Director of Health Education
American Indian Health & Family Services
4880 Lawndale
Detroit, MI 48210

313.846.3718 ext. 1113
Cell: 313-670-7092
www.aihfs.org