

STOP *the* Stigma

STRESS, SUBSTANCE ABUSE & SELF-CARE
September 21- 27, 2020

ALL EVENTS **FREE** & OPEN TO ALL
VIRTUAL OPTIONS AVAILABLE FOR MOST EVENTS



Play Stop the Stigma BINGO

Friday, September 18–Monday, September 28

Join us for this fun BINGO game that challenges you to engage in wellness behaviors during Stop the Stigma week and be eligible to win some fun prizes. BINGO cards & rules can be found on our Facebook page @StopTheStigma406 beginning Friday, September 18.



Stress & Relapse. . .What's the link?

Tuesday, September 22 • 7 p.m. • Alliance for Youth • IN PERSON & VIRTUAL

For individuals who struggle with substance abuse, stressful life circumstances can easily lead to relapse. Understanding how stress works can be the key to preventing relapse. Licensed Addictions Counselor Jeff Fauque will help you understand what stress is, the difference between Eustress versus Distress—the first thing that changes when we are stressed—how that leads to a domino effect of stress-thinking- acting and what the solution is. His presentation will be followed by a panel discussion with Jeff and leading addictions counselors from our community that will focus on ways to managing stress effectively.



Coffee & Business—Managing Stress During COVID

Wednesday, September 23 • 8 a.m. • Al Banco • 202 2nd Ave. S. (No host)

In May, The World Health Organization warned that the increased stress levels associated with the COVID-19 pandemic will lead to “a massive increase in mental health conditions.” Licensed clinical social worker Crystal Hoffman will present on how stress affects us and what we can do to manage it effectively and engage in good self-care, even in the midst of pandemic.



Why are America's students so stressed out?

Thursday, September 24 • 7 p.m. • VIRTUAL PRESENTATION ONLY

In a 2018 report from the American College Health Association, 60 percent of college students reported experiencing overwhelming anxiety and 40 percent reported being so depressed that they had difficulty functioning and that was before COVID-19. Why are these numbers so high? Pediatric Psychiatrist Dr. Latoya Floyd will address the unique stressors faced by high school and college students that contribute to mental health and substance abuse issues as well as what parents, educators and the students themselves need to know about managing stress and develop healthy coping skills.



Central Montana Out of the Darkness Experience

Sunday, September 27

The Central Montana Out of the Darkness Experience is going digital this year and want you to join in the effort to raise awareness and funds for suicide prevention. For more information on digital and in-person events as well as to get registered, visit afsp.org/centralmt. @centralmttood

This year we are partnering with the Great Falls business community to bring more opportunities to address stress. Please follow these groups on Facebook for more information on upcoming virtual events.



Friday, September 25 @ 8 a.m.
@GreatFallsDevelopmentAuthority

COVID-19 & Survival of the Quarantined...Workplace
Stress & Well-being



Thursday, October 22 @ 10 a.m.
@GreatFallsChamber

Effective Communication When Stressed



@StopTheStigma406



Stop the Stigma 406

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Stay home if sick. Facial coverings will be required at in-person trainings. Social distancing will be enforced.