



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



SEPTEMBER 2024 - MONTHLY MEMO

Monthly memos are designed to remind community of upcoming monthly programs and events and to give those who'd like to receive our newsletters, and join our initiatives and volunteering opportunities, a chance to sign up.

All the programming and events coming out of the OCW are **FREE** and meant to bring community together to meet each other, have fun together, and realize the true gift of an engaged and dedicated community.

Our goal is to inspire, educate and connect the people of New Paltz, as well as aspire to assist individuals in meeting their unique needs. The OCW is here to help!

We are always looking for volunteers and who have a desire to give back and hope to see all of YOU at some point at one or more of the many important programs and truly fun events we coordinate along with our many partners throughout the year.

We couldn't do it without them, and we, as a community, cannot exist without YOU!

So, scroll down to see what's coming up in September and more.

And, stay tuned... There is much more to come!

Be in the Know, Be the Change, and Let's Thrive Together!

Don't Miss Out

Sunday, September 22nd

Join us at The Field of Dreams for our **7th Annual Recovery Fest**: A Day of Celebration & Remembrance **FREE** Food, Music, Resources & so much more!

All are welcome!

7th Annual Recovery Fest
September 22nd
12PM - 4PM @ Field of Dreams
241 Libertyville Road in New Paltz

Co-Sponsored by the Ulster Prevention Council.

FREE!
All are welcome!

A day of fun, support, and honoring the journey with:
*Information Tables *Speakers in Recovery *Holistic Health Practitioners
*Narcan Training *Music *Drum Circle *Kickball *Barbeque
*Outdoor Games *Face Painting *Bouncy House

Logos: Town of New Paltz, Arms Acres, NPSAFE, NPYP, thriving together.

SEE PAGE 2 FOR MORE DETAILS

Event from 12:00 to 4:00pm
HOPE TO SEE YOU THERE!

SEPTEMBER IS...



All are Welcome

Celebrating Hope & Recovery

FREE MUSIC, FOOD AND FUN!

Please join us for our

7th ANNUAL RECOVERY FEST

When: Sunday, September 22nd

Where: Field of Dreams, 241 Libertyville Road

Time: 12:00pm to 4:00pm

***Information tables *Speakers in recovery *Barbeque**

***Holistic Health Practitioners *Music**

***Drum Circle *Outdoor Games *Face Painting**

***Bouncy House *Narcain Training *Kickball**



Scan the QR code or visit bit.ly/3WW1RIT
for the day's full schedule

Overdose Does Not Discriminate

Recovery month is a national observance held every September to promote and support new evidence-based treatment and recovery practices, celebrate the nation's strong and proud recovery community, and recognize the dedication of service providers and communities making recovery possible in all its forms.

The OCW, and our many partners aim to increase public awareness surrounding mental health and addiction recovery.

Please join us on September 22nd for a day of celebration, community, fun, hope, and remembrance.

**If you or someone you know is struggling with an opioid or substance use challenge
please [click HERE](#) or visit opioidpreventionnp.org for HELP**

SEPTEMBER IS...



The goal of Suicide Prevention Month is to open up conversations about mental health and suicide, break down the stigma surrounding these topics, and provide support and resources to those in need.

Suicidal thoughts can be incredibly distressing, and it's important to recognize that they often signal underlying mental health issues that require attention. By increasing awareness, we can help ensure that people know they're not alone and that there are effective ways to seek help and support.

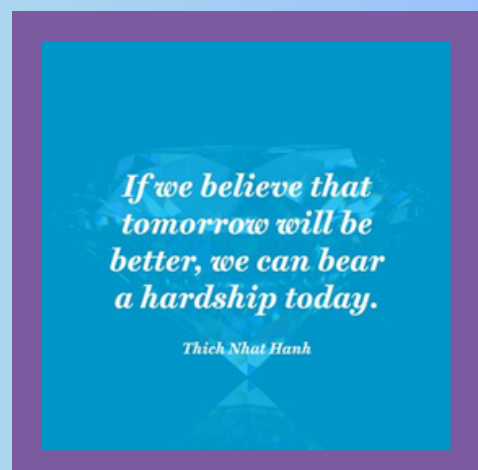
Here are some ways to support Suicide Prevention Month and contribute to this important cause:

- **Educate Yourself and Others:** Learn about mental health conditions, warning signs of suicide, and effective prevention strategies. Share this knowledge with friends, family, and your community.
- **Promote Open Dialogue:** Encourage conversations about mental health and suicide. Open and honest discussions can help reduce stigma and make it easier for people to seek help.
- **Support Mental Health Organizations:** Contribute to or volunteer with organizations dedicated to suicide prevention and mental health support.
- **Know the Resources:** Familiarize yourself with hotlines, counselling services, and local support groups. Share this information widely to ensure those in need can easily find help.

- **Practice Empathy:** Offer support and understanding to individuals who may be struggling with mental health issues. Sometimes just being there to listen can make a significant difference.
- **Advocate for Mental Health:** Support programs and initiatives that promote mental health awareness and improve access to mental health services.

The OCW periodically offers Mental Health and Suicide Awareness Trainings FREE to community members. Please sign up for our "Wellness Matters" newsletter to be in the know of such amazing and important opportunities. Sign up [HERE NOW](#)

Be prepared to save a life



Call 988 for the Suicide and Crisis Lifeline

SNEAK PEEK AT OCTOBER...

Don't Miss Out!
Register by October 1st

FREE!

October 19th
11:00AM - 2:00PM
5th Annual
Halloween & Harvest
Window Painting
In New Paltz

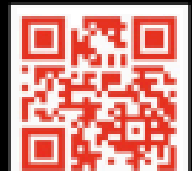
Pre-registration is required by Tuesday, October 1st.

The Town of New Paltz's Office for Community Wellness is sponsoring it's 5th Annual Halloween Window Painting Project for youth in grades 6-12, as well as adults and families. Anyone interested in participating is invited to register by going to <https://bit.ly/3sOo3Jr> or using the QR code below.

All window designs are created in advance and creatively celebrate Halloween or Harvest.



Have questions? Contact Phoenix at (845) 256-5014.



*We all know the Opioid crisis remains a national problem,
Some Hopeful News...,
Ongoing local efforts appear to be making a mark*

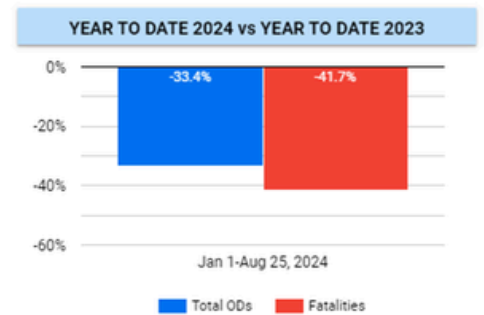
ULSTER COUNTY ODMAP/ME WEEKLY OVERDOSE SURVEILLANCE REPORT

Week: Latest Week Ending Sunday 08/25/24 (1) ▾



MONTH TO DATE		
Month To Date ▾	Total ODs	Fatalities
Aug 1-Aug 25, 2023	34	3
Aug 1- Aug 25, 2024	22	1

YEAR TO DATE		
Year To Date ▾	Total ODs	Fatalities
Jan 1-Aug 25, 2024	231	21
Jan 1-Aug 25, 2023	347	36



CLICK HERE TO TRACK THE ULSTER COUNTY OVERDOSE SURVEILLANCE REPORT OR VISIT [BIT.LY/4CR6UAC](https://bit.ly/4CR6UAC) AT YOUR CONVENIENCE

*Does that mean our work is done?
Unfortunately, not by a long shot.*

Ulster County's overdose and fatality rates have been seeing a decline in recent years. However, it's still shocking to learn "... opioid overdoses increased by 42.9% from 2019 (pre-pandemic) to 2021 (the height of the COVID-19 pandemic," in Ulster County, and "During the same time, opioid related fatalities increased by 115.2%." Additionally disturbing, "Suicide among young adults is also a public health concern..., especially in Sullivan and Ulster Counties..." (Source: Mid-Hudson Region's 2022-2024 Community Health Assessment, p. 353-354).

It's sad and concerning to realize such data. Yet another sad truth, also hard to swallow, is 15 to 24 year olds are among the highest populations to report feeling lonely (2x as likely than those 65 and older), with the rate of loneliness among them increasing every year between 1976 and 2019 (Source: Our Epidemic of Loneliness and Isolation 2023: the US Surgeon General's Advisory on the Healing Effects of Social Connection and Community, p. 13 & 19).



To read the U.S Surgeon General's full advisory Click the image above or visit bit.ly/4eFKBzi

Down 70%
In-person time spent with friends has reduced nearly 70% among age groups 15 to 24

Young Adults are 2x as likely to report feeling lonely than those 65 and older & The rate of loneliness among them has increased every year between 1976 & 2019

Click [HERE](#) to read the Mid-Hudson Region Community Health Assessment 2022-2024 or visit bit.ly/47kfM09

If you or someone you know is struggling with an opioid use issue, **CLICK HERE** or visit opioidpreventionnp.org for HELP



like us and follow us on facebook and instagram





To take a brief interest survey
please Click [HERE](#) or visit
bit.ly/3S1Tdqm

*The Office of Community Wellness (OCW)
is a department within the Town of New Paltz.*

*The OCW connects community members to
available resources, while also providing
opportunities to cultivate and foster resiliency
within the New Paltz Community.*

*We, at the OCW, understand the critical role
community involvement plays in individuals', as
well as a community's state of good health and
well-being.*

*Take our brief survey and become part of the
change and bring community connections to life!*

*Thriviving Together is a collaborative committed to
co-creating a happy, healthy, vibrant New Paltz*

Learn more about Thriving Together

HERE

and get involved

**in this important and exciting
community initiative**

www.npthrivingtogether.org

Calling all Volunteers!
click [HERE](#) to sign up NOW
or visit <https://bit.ly/47bCXtd>

**Click [HERE](#) to Sign Up for Our "Wellness Matters" Newsletter
or visit <https://form.jotform.com/241145424791051>**