



# Head2Toe

## Quarterly Updates From The Brain and Body Coalition

### A MESSAGE FROM OUR FOUNDER HEATHER ANN PITCHER

Dear Community Members, Partners, and Collaborators:

As we continue into 2024, I am filled with gratitude and excitement to share our progress and plans for the year ahead. The Brain and Body Coalition, has exceeded our initial goal of supporting 1000 youth. In our first year alone, prior to January, we were able to provide assistance to over 2000 young individuals, a testament to the pressing need for our services in our communities.

In the upcoming months, we remain committed to our mission of nurturing the mental wellness of our youth. We will continue to offer direct support to young individuals in Ulster, Dutchess, and Orange County, ensuring they have access to the resources and care they deserve.

Additionally, we are excited to announce our plans for evidence-based mental health trainings, equipping our community with the tools and knowledge to navigate their mental well-being effectively.

Thank you for your unwavering support as we continue our journey to promote mental wellness and resilience among BIPOC youth and our communities at large.

In this edition of Head2Toe we will give you a glimpse of where we have been and where we are yet to go. Prepare yourself for More in 24. More collaborations. More trainings. More Community Connections.

Always in wellness,

Heather Ann

Founder, The Brain and Body Coalition

## CHECK IN!!

COMMUNITY TRAININGS  
TEACHING OUR YOUTH HOW TO COPE

SIGNATURE WORKSHOPS  
SUICIDE PREVENTION  
IN THE KNOW

BLACK HISTORY- OUR HISTORY-HIS  
STORY  
A MENS WELLNESS PANEL

## CHECK IT OUT!

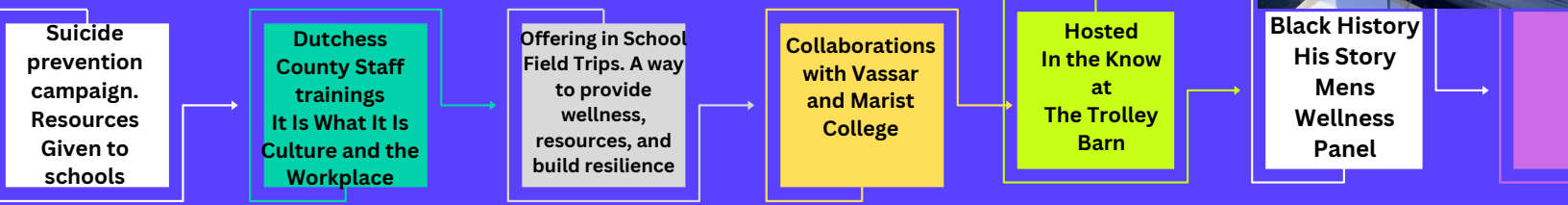
BREAKING THE BARRIERS  
SCHOLARSHIP DEADLINE  
APPROACHING!  
EXCITING PROGRAMS : FLYERS  
ATTACHED  
CHRONGRAMMIES : VOTE FOR  
US!!

**SAVE THE DATE! APRIL 27 MENTAL HEALTH FIRST  
AID: PA@BRAINANDBODYCOALITION.ORG JOIN OUR  
WAITING LIST!**

**REEL HOPE FOR MENS MENTAL HEALTH  
JUNE 22ND ULSTER COUNTY FISHING EVENT!!!!**



In reflecting on the past season's accomplishments, we were thrilled to have navigated a series of impactful events that marked a successful celebration of Bebe Moore BIPOC Mental Health Awareness Month and certainly look forward to this July! Stay tuned to our next episode in June to see what is in store. At the beginning of the fall though, Collaborations with Scenic Hudson, local farmer Nick Jackson, and Anthony Coneski brought forth the vibrant Harvest Fest at Pershing Farm and Garden.



## Recapping a Year of Services

- Community Engagement, Staff and Narcan Training
- Suicide Prevention Kits in local Schools
- BIPOC Specific Resources
- Local collaborations
- Nationally recognized evidence based workshops



This festivity not only provided a platform for teaching coping skills to youth in Poughkeepsie but also served as an opportunity to educate our community on the significance of 988 the suicide prevention hotline. In addition to supporting this harvest fest we extended our outreach to districts across Hyde Park, Wappingers, Beacon, Kingston, Ellenville, and Poughkeepsie, delivering vital suicide prevention and mental health education resources to students and educators alike. Continuing our commitment to fostering inclusive environments, we are delighted to maintain our relationship with organizations like Mental Health America Dutchess County.



## Community and Chronogrammes!!

Their decision to have their staff trained in our signature workshop, "It Is What It Is: Breaking the Barriers of Stigma Culture in the Workplace," underscores the importance of cultural competence in mental health advocacy. Through the application of HEAL principles - humility, empathy, action, and listening - we witnessed profound growth among their diverse staff, as they confronted personal biases and embraced discomfort. This training not only benefits their staff but the thousands that they regularly interact with. Well done!



## YOUTH ADVOCATES IN ULSTER COUNTY!!!

At The Brain and Body Coalition, we hold a deep belief in the power of self-advocacy, recognizing that the strongest advocates for ourselves are often ourselves. This principle resonated strongly as we connected with three inspiring youth advocates in Ulster County. Engaging in a family health fair and participating in a podcast organized by the Ulster County Department of Mental Health, we had the privilege of meeting Seth, Omar, and Abbey, individuals with lived experiences who are actively shaping their community. Their dedication to empowering peers to speak up on matters of mental health, wellness, biases, and treatment serves as a beacon of courage and resilience. We extend our heartfelt appreciation to Seth, Omar, and Abbey for their invaluable contributions and encourage them to continue their impactful work. Fostering a culture of recognition and appreciation within our community is paramount. It was truly uplifting to encounter Seth, Omar, and Abbey, who embody the spirit of courage and resilience in their advocacy efforts. Through their active involvement in the Ulster County mental health landscape, these individuals are not only amplifying their voices but also inspiring others to find their own strength in speaking up for mental health wellness. We commend Seth, Omar, and Abbey for their bravery in sharing their experiences and pledge our ongoing support as they continue to make a positive impact in their communities.

## Nominated for a Chronogrammie!!!

We are thrilled to announce that The Brain and Body Coalition has been nominated for a Chronogrammie in the category of Public Health Organization. Additionally, our founder, Heather Ann Pitcher, has been nominated for the category of Public Health Advocate. We are deeply honored by these nominations and grateful for your support. Voting is now open and can be done daily until May 15th. Your vote would mean the world to us! Please find the voting links included in this newsletter and show your support for The Brain and Body Coalition and Heather Ann Pitcher. But the excitement doesn't stop there! We are overjoyed that our signature workshop, "It Is What It Is: Breaking the Barriers of Stigma," has also received recognition. This nationally recognized, evidence-based workshop is currently presented in 15 different modules and is exclusively offered by The Brain and Body Coalition. If you're interested in benefiting from this transformative workshop, please don't hesitate to reach out to us or simply click on the "It Is What It Is" tab on our website to learn more. Thank you for your ongoing support and for helping us make a difference in the realm of mental wellness. Together, we can break down barriers and foster a community of understanding and support.



# TOP 5 ... WE MADE IT!!

## 3 CATEGORIES:

- Public Health Organization
- Public Health Advocate
- Classes/Workshops



We are thrilled to announce that we are in the running for readers' choice in the **Public Health Advocate, Public Health Organization, and Classes/Workshops** categories in Chronogram magazine's 2024 Readers Choice Awards - The Chronogrammys.

**You Can Vote For Us To Win A Chronogrammie!**

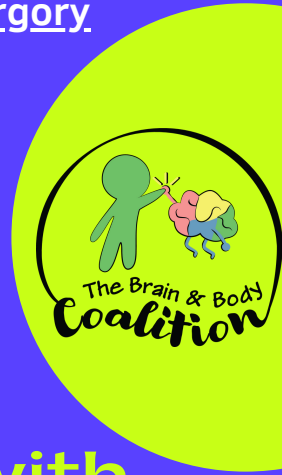
Click the links below to vote **starting April 1 - May 15**

**Public Health Organization:** [Vote for the Public Health Organization Category](#)

**Public Health Advocate:** [Vote for the Public Health Advocate Category](#)

**Classes/Workshops:** [Vote for the Classes/Workshops Category](#)

From all of us at The Brain and Body Coalition, **WE THANK YOU!**



**Looking forward to Celebrating with  
YOU!**





# More in 24

Look for More in 2024!

In the journey towards mental well-being, and fostering a community of support it's essential to acknowledge and confront the unique challenges faced by men, particularly within diverse cultural contexts. Even though we are recognized as an organization that focuses on supporting those that identify as Black, Indigenous, and People of Color we recognize the importance of addressing stigma across intersecting cultures. Including within the male subculture men encounter a spectrum of hurdles on their path to mental wellness, often influenced by the specific cultural dynamics of their communities. Understanding the nuanced nature of these challenges, we have taken proactive steps to spotlight and dismantle stigma through various initiatives. One such initiative was our Male Mental Wellness Panel held in February 2024, in honor of Black History Month. Titled "Black History, Our History, and His Story," this panel featured six community members from diverse backgrounds openly sharing their experiences and strategies for maintaining balance and mental wellness. By amplifying these voices, we aimed to foster understanding and resilience within our community. In our commitment to empowering our community, we continue to highlight voices and provide essential training on connecting with mental health resources. Additionally, we are delighted to announce that we have incorporated three male providers to our website. These providers, culturally competent and actively accepting new clients, further bolster our efforts to provide accessible support to individuals across Dutchess, Ulster, and Orange County. Looking ahead, mark your calendars for an exciting program scheduled for June 22nd. While all our events are inclusive, this program will focus on an event that is more commonly enjoyed by men. Later in this article you will get to see how you can take advantage of this along with many of the other programs we have coming up in 2024. More on the way! Be sure to take advantage of the attached flyers.

**April 1-May 15**

**VOTE FOR US!!!**  
**CHRONOGRAMMIES!!!!**

**Join Us**

**SAVE THE DATE!**  
**APRIL 27TH**  
**MENTAL HEALTH FIRST**  
**AID JOIN OUR WAITING**  
**LIST!**

**REEL HOPE FOR MENS**  
**MENTAL HEALTH**  
**JUNE 22ND**  
**ULSTER COUNTY**  
**FISHING EVENT!!!!**



In addition to addressing the stigma surrounding men's mental health The Brain and Body Coalition worked to bridge gaps in community resources by hosting our inaugural "In the Know" event. With a focus on promoting holistic wellness, this event featured 25 vendors representing various dimensions of wellness, from financial and emotional to intellectual and physical. The synergy among attendees and vendors underscored the interconnectedness of these dimensions, as one participant aptly noted, "Every type of wellness is connected." This event served as a platform not only to disseminate knowledge and resources but also to emphasize the importance of caring for the whole person. We eagerly anticipate hosting similar events throughout 2024, recognizing the vital role of collaboration in advancing community well-being. Special thanks to our collaborators at the Marist Liberty Partnership Program, whose Social Work students played a crucial role in ensuring the success of this event and highlighting the relationship between Brain and Body and community resources.



## Collaborate with us. Connect with us!!

Among the vendors was the Poughkeepsie Farm Project, offering refreshing tea crafted from fresh herbs grown on their Farm. Their commitment to youth education, food justice, and outdoor engagement resonates deeply with our mission, making them a natural partner in promoting holistic well-being. We are thrilled to collaborate with the Poughkeepsie Farm Project, providing training for their staff and supporting initiatives that nurture both the brain and body of our community members. Together, we reaffirm the importance of integrating nature, education, and community engagement in our pursuit of wellness from Head2Toe. In this pursuit we recognize the benefits of spending time outdoors.

Collaborating with organizations like the Poughkeepsie Farm Project, who share our commitment to outdoor engagement, underscores our proactive approach to supporting mental wellness. As advocates for comprehensive well-being, we understand the importance of equipping individuals with a diverse range of coping skills. Recognizing that identifying mental health challenges can be A CHALLENGE, we now regularly offer Mental Health First Aid Adult classes to empower community members to respond effectively. Whether through outdoor activities or mental health education, we are here for you.



 **Thebrainandbodycoalition**





# REEL HOPE

A Fishing Derby 2 Promote Suicide Prevention

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS LIFELINE

Supporters, Providers, Collaborators, and Community Members: we are so happy to let you know about our two new programs! The absolute focus of The Brain and Body Coalition is to take a proactive approach to mental wellness. This can be done in so many ways but if we can do it in a safe space, and have the ability to build coping skills and find a support system these are the foundational skills that will lead to success. That is why for our **Youth in the City of Poughkeepsie** we are happy to **open enrollment for Kids Coping and Casting**. This is an eight module program that will utilize the sport of fishing to build coping skills, teach mindfulness, and find enjoyment in a wonderful sport!



## Exciting New Programs!! Reel Hope for Men's Mental Health!

As this edition draws to a close we are thrilled to announce an exciting opportunity for men's mental health with our upcoming event, Reel Hope. This fishing derby, set to take place at Sojourner Truth Park in Ulster County, promises not only a day of outdoor enjoyment but also invaluable resources for suicide prevention. Sponsored in part by Scenic Hudson, Reel Hope invites all to register and attend but men over 40 can register and receive fishing permits! Join us for a chance to reel in prizes for most fish caught, least fish caught, and even first fish caught. June 22nd from 6 AM to 12 PM for a memorable day of wellness in the great outdoors.

The Brain and Body Coalition emphasizes the importance of caring for our whole selves, from head to toe. While we may not be diagnosticians, we recognize the significance of fostering a community that prioritizes mental health alongside physical wellness. We believe that events like Reel Hope and Kids Coping and Casting offer invaluable opportunities for our community to come together, learn, and grow. Stay connected with us on Instagram and our website for updates on future events as we continue our journey towards comprehensive wellness.

 [Thebrainandbodycoalition](https://www.instagram.com/thebrainandbodycoalition)

**Come Fish With US!!**



# **KIDS COPING & CASTING**

**An eight module Free program**

**Learn coping skills, mindfulness,**

**community resources, and learn to fish!**



**PARTICIPATE IN**

**COMMUNITY FISHING DERBY**

**Enrollment open to**

**Poughkeepsie Youth ages 8 to**

**18. To register or for other**

**inquiries text keyword: Coping**

**or Casting to (845) 293 2929**

**The Brain and Body Coalition a BIPOC Mental Wellness organization supporting the youth in our community and promoting resilience is pleased to present this initiative. Program sponsored in part By Scenic Hudson**



# An Eight Module Program

**Module 1:**

**“Setting Sail: Program Introduction”**

**Module 2:**

**“Mastering the Waters: Insights  
from Expert Anglers”**

**Module 3:**

**“Safety First: Navigating the  
Waters Safely”**

**Module 4:**

**“Casting Confidence: Learning  
Casting and Knot Tying”**

**Module 5:**

**“Untangling Life’s Lines: Building  
Patience and Resilience”**

**Module 6:**

**“Stocking Your Tackle Box: Building  
Your Fishing Arsenal”**

**Module 7:**

**“Exploring New Horizons: Fishing at  
Different Times and Locations”**

**Module 8:**

**“Reeling in Success: Certificate  
Ceremony and Fish Derby”**



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Program sponsored in part By Scenic Hudson



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Text. Call. Chat.  
**988** SUICIDE & CRISIS LIFELINE

A Fishing Derby 2 Promote Suicide Prevention

# REEL HOPE

**PERMITS  
PRIZES  
POLES**



Join us for a fun day of Fishing. Sign up in advance to receive free equipment and to get a fishing permit for the season. Supplies are limited. Prizes given for : First, Biggest, Smallest, and Most fish Caught!

**JUNE 22, 2024**  
**6AM -12PM**  
Sojourner Truth Park  
Pavilion  
100 Sojourner Truth Way,  
Kingston, NY 12401



For more information (845)293-2929  
Brainandbodyevents@gmail.com

