







ECHO (Enhancing Collaborative Health Options & Opportunities)

MESSAGE FROM MZCD STAFF

Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.




MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.

Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.



Staff

Belinda K. Grant
Executive Director
(828) 776-1428
belindakgrant@mzcd.info

Barbara Anderson:
Office Support/Community Connector
Dr. Ronald Caldwell: Supervising Physician
Sapphire De'Bellott: Project NAF Outreach Worker
Mr. Henry Glaze, Transportation Coordinator
Kontia Grant: Nurse Family Practitioner
Ms. Rosa B. Hearst, Receptionist
For general information contact
Mrs. Rosa B. Hearst at (828) 252-0515

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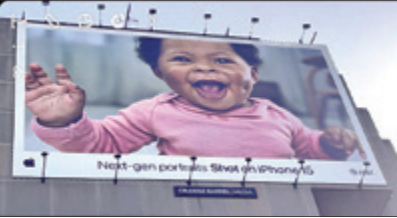
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Project Empower

Education Means Power – in collaboration with community partnerships to impact the Substance Abuse Crisis.

FAMILY SHOWCASE


Ah'Mirria Ray



Ah'Mirria Ray, 17 months old.

A photo of Ah'Mirria Ray was chosen and featured on our Shot on iPhone campaign and posted in the following cities: Atlanta, Boston, Chicago, Dallas, Denver, Los Angeles (two locations), Miami, New York (three locations), Philadelphia, and San Francisco.


Ah'Daya Durham



Ah'Daya Durham (age 5), graduating from West Asheville Academy pre-school.

Ah'Daya Durham and Ah'Mirria Ray are the daughters of Ashley Durham, a current Project NAF participant.

Ka'Laya Imala Swinton



Due Date: October 23, 2024.
Born: July 6, 2023

Ka'Laya was born prematurely, weighing just 1 lb. 4 oz., but look at her now! Ka'Laya is the daughter of Kelesha Swinton, a current Project NAF Participant.

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Health Awareness

The CDC observes National Minority Mental Health Awareness Month each July. This observance raises awareness of the challenges that affect the mental health of racial and ethnic minority groups.

Why is Mental Health Important for Overall Health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Can Your Mental Health Change Over Time?

Yes; it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

How Common are Mental Illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 US adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.
- About 1 in 25 US adults live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

What Causes Mental Illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as a traumatic brain injury, cancer, or diabetes
- Biological factors or chemical imbalances in the brain

Use of alcohol or drugs

Having feelings of loneliness or isolation

Source: CDC

There is Hope!

Crisis Help

Are you, or is someone you know, experiencing a crisis? The good news is that there are several ways to get help.

Anyone living in Vaya Health's region can call their toll-free, 24/7 Behavioral Health Crisis Line at 1-800-849-6127. Your call is confidential. You will speak with a trained professional who can provide immediate crisis intervention by telephone and arrange a face-to-face assessment, based on need, for Vaya members.



The 988 Lifeline is also available 24 hours a day, seven days a week. Call or text 988 or use the chat option on 988lifeline.org to speak with a trained crisis counselor any time, day or night.

Individuals who are hearing-impaired can dial 711 to reach NC Relay.

Please note: If you have a medical or life-threatening emergency, call 911 or go to a hospital emergency department immediately.

July 2024 Health Emphasis

Each month, one of MZCD's goals is to feature national health observances that support our mission to impact health parity and to heighten community awareness about health.

This month we observe:

- International Group B Strep Awareness
- National Minority Mental Health Awareness
- World Hepatitis Day (July 28)

Mount Zion Community Development • 47 Eagle St., Asheville, NC 28801 • (828) 776-1428 • www.mtzionasheville.org

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Our programming is made possible through the support of our generous funders.



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