



MONTHLY NEWSLETTER

October 2024

Volume 1, Issue 5

Through our monthly newsletters, Let's Talk About aims to educate and connect with our clients by raising awareness on issues that pertain to mental health - our specialty.

Your story matters and so do YOU!

MENTAL ILLNESS AWARENESS WEEK

SUN, OCT 6, 2024 – SAT, OCT 12, 2024

Mental Illness Awareness Week (MIAW), focuses on raising awareness about mental health issues, reducing stigma, and promoting understanding of mental illnesses. Being that we are a mental health agency, it is paramount that we promote advocacy and awareness. To give back, we will be offering **FREE mental health screenings on National Depression Screening Day, Thursday, October 10th.** Continue reading for additional information.



DOMESTIC VIOLENCE AWARENESS MONTH

SPEAKING OUT

Domestic Violence Awareness Month is observed so individuals and communities can contribute to breaking the cycle of violence and supporting those affected by domestic abuse. In this newsletter, we discuss the different types of domestic abuse, resources, and an uplifting message from one of our mental health professionals, Tisifenee Taylor.



BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month plays a vital role in promoting education, research, and support, significantly impacting the fight against breast cancer and improving outcomes for those affected.



Here at LTA, we want to encourage women (and men) to be proactive about their breast health and seek screenings, which can lead to earlier and more successful interventions.

LET'S TALK ABOUT LITERATURE

THE BODY KEEPS SCORE



In this month's book recommendation, *The Body Keeps Score*, Dr. Bessel van der Kolk, a leading expert in trauma, combines research, clinical studies, and personal stories to illustrate how traumatic experiences can impact the body and mind. In our newsletter, we discuss the impact of van der Kolk's holistic approach to healing both mind and body.



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Mental Illness Awareness Week

SUN, OCT 6, 2024 – SAT, OCT 12, 2024

Mental Illness Awareness Week (MIAW) is typically observed in early October and aims to raise awareness about mental health issues, reduce stigma, and promote understanding of mental illness. It's an opportunity to educate the public about the challenges faced by individuals living with mental health conditions and to advocate for better mental health care and resources.

Organizations often have educational campaigns to share information about different mental health conditions, symptoms, and available treatments. These also may include workshops, seminars, and walks organized to foster dialogue and support.

To truly understand the prevalence of mental illness, it is important to note that approximately 1 in 5 adults in the U.S. experiences mental illness each year. This translates to millions of people affected by conditions like depression, anxiety, and bipolar disorder. Many mental health conditions begin in adolescence or early adulthood. Half of all mental health disorders manifest by age 14.

Many people with mental health issues also experience physical health problems, such as heart disease or diabetes, underscoring the interconnectedness of mental and physical health. As you continue to read through our newsletter, our literature column makes a recommendation that elaborates on this concept.



Mental illness can affect daily functioning, including relationships, work, and overall quality of life. Support and treatment, such as therapy and medication, can help significantly in improving these areas. For many mental health conditions, early intervention often leads to better outcomes.

Despite growing awareness, stigma surrounding mental illness remains a significant barrier to seeking help. Many individuals face discrimination, which can prevent them from receiving necessary treatment. Together, we can encourage a healing narrative that humanizes mental illness.

Clinician Corner



"Here at Let's Talk About, we pride ourselves in being an inclusive practice that addresses the diverse needs of our communities. As a team of mental health professionals,

it is our duty to create a community where mental health is prioritized, stigma is challenged, and individuals thrive. When taken seriously, speaking to one of our licensed clinicians empowers you to harness your strengths, develop effective coping skills, and cultivate meaningful connections with yourself and others. Contact our office for more information!"

Michelle Asencio, L.M.H.C.



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National Depression Screening Day is Oct. 10th

FREE MENTAL HEALTH SCREENINGS

National Depression Screening Day (NDSD) is observed annually during the first week of October as part of Mental Illness Awareness Week (MIAW).

NDSD was created in 1991 to address the lack of diagnosis and treatment of depression, a common psychiatric disorder that can impact a person's health, work, and relationships. The goal of NDSD is to raise awareness, reduce the stigma of depression, and make it easier for people to access healthcare.

A depression screening is a brief assessment used to identify symptoms of depression in an individual. It typically involves a series of questions or a standardized questionnaire that helps determine the severity and presence of depressive symptoms.



Why Get Screened?

- ✔ Early detection can make a significant difference.
- ✔ Access to resources and support tailored to you.
- ✔ Confidential and non-judgmental environment.
- ✔ Free of charge and no appointment required.

In honor of NDSD, Let's Talk About will be offering **free, walk-in, mental health screenings** to help you better understand your mental well-being and provide support if needed.



Date: Thursday, October 10th
from 9:00 AM - 4:00 PM



Time: Thursday, October 10th
from 9:00 AM - 4:00 PM



Location: 17410 SR 50 Suite 130
Clermont, FL 34711



Procedures: During these screenings, we will be asking clients to fill out a Patient Health Questionnaire (PHQ-9), evaluating the results, and discussing potential treatment.

For more information, please contact us at 689-500-7176, or visit our website <https://www.letstalkabout.care/>.



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Domestic Violence Awareness Month

EDUCATION AND SUPPORT

Domestic Violence Awareness Month (DVAM) is observed every October to raise awareness about domestic violence, support survivors, and promote prevention efforts. It serves as a reminder that domestic violence is a widespread issue affecting individuals across all demographics.

Domestic violence can take many forms, and understanding the different types is crucial for recognizing and addressing the issue. Here are the main types of domestic violence:

Physical Abuse

- Involves the use of physical force against a partner, including hitting, slapping, punching, choking, physical restraint, throwing objects, or using weapons.

Emotional Abuse

- Involves tactics that undermine a person's sense of self-worth and emotional well-being through manipulation, gaslighting, verbal insults, intimidation, and constant criticism.

Sexual Abuse

- Involves any non-consensual sexual activity or coercion, including rape, forced sexual acts, unwanted sexual touching and using sex as a weapon.

Economic / Financial Abuse

- Involves controlling a partner's access to financial resources, making them financially dependent by withholding money, preventing them from working, or controlling how funds are spent.



National Domestic Violence Hotline

- **Website:** thehotline.org
- **Phone:** 1-800-799-7233 (SAFE)
- Provides 24/7 support, crisis intervention, and resources for survivors.

RAINN (Rape, Abuse & Incest National Network)

- **Website:** rainn.org
- **Phone:** 1-800-656-4673
- Offers support for survivors of sexual violence, including resources for domestic violence.

DomesticShelters.org

- **Website:** domesticshelters.org
- A comprehensive database of local shelters and services across the U.S.

Clinician Corner



"Recognizing these forms of domestic violence is essential for understanding the complexity of the issue and for providing effective support to those affected.

If you're reading this and experiencing domestic violence, know that you are not alone. The first and most courageous step you can take is finding your voice. Many survivors have found their way to freedom because they spoke up, shared their truth, and sought help. Reaching out is the beginning of reclaiming your power. If you or someone you know is experiencing domestic violence, utilize any of the resources above or contact our office for further assistance."

Tisifence Taylor, Registered Counselor Intern



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Breast Cancer Awareness Month

AWARENESS AND EARLY DETECTION

Breast Cancer Awareness Month is observed every October to raise awareness about breast cancer, its impact, and the importance of early detection and treatment. Organizations often organize events, fundraisers, and educational campaigns to encourage regular screenings and provide information about treatment options.

Here are some statistics:

-  Breast cancer is the most commonly diagnosed cancer among women worldwide. In the U.S., about 1 in 8 women will be diagnosed with breast cancer in their lifetime.
-  Key risk factors include age, family history, genetic mutations (like BRCA1 and BRCA2), lifestyle factors (such as obesity and alcohol consumption), and hormonal factors.
-  Breast cancer is the second leading cause of cancer death among women in the U.S. In 2023, approximately 43,700 women are expected to die from the disease.
-  The overall 5-year survival rate for breast cancer is about 90%, but this can vary significantly based on factors such as the stage at diagnosis, type of breast cancer, and treatment received.
-  Early detection through mammography can significantly improve outcomes. Many organizations recommend regular screenings starting at age 40 or 50, depending on individual risk factors.



While showing support and emphasizing early detection, Breast Cancer Awareness Month is also a time to honor survivors and to advocate for research and advancements in treatment.

The Susan G. Komen Foundation is a prominent nonprofit organization founded in 1982 that aims to save lives by promoting early detection, funding groundbreaking research, and providing resources for those affected by breast cancer. Visit their website, <https://www.komen.org/>, to donate, get involved in local events, or find local resources.

Wearing pink is a common way to show support during this month. The Let's Talk About team will be wearing pink on October 18th, as we stand in solidarity with the breast cancer community!



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Let's Talk About
Mental Health Counseling
Psychological Immigration Evaluations



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Let's Talk About Literature



The Body Keeps Score

By: Bessel van der Kolk, MD

"The Body Keeps the Score" by Bessel van der Kolk explores the profound impact of trauma on the body and mind. The book discusses how traumatic experiences can alter brain function and body physiology, leading to a range of mental health issues. Van der Kolk emphasizes the importance of understanding trauma not just as a psychological phenomenon but as something that deeply affects physical health.

He introduces various therapeutic approaches, including traditional talk therapy, mindfulness, yoga, and other body-based therapies, highlighting their effectiveness in healing trauma. Van der Kolk combines personal anecdotes, clinical insights, and research findings to illustrate how healing involves reconnecting with the body and reclaiming a sense of safety and agency. Ultimately, the book advocates for a holistic approach to trauma treatment that recognizes the inseparable link between mind and body.

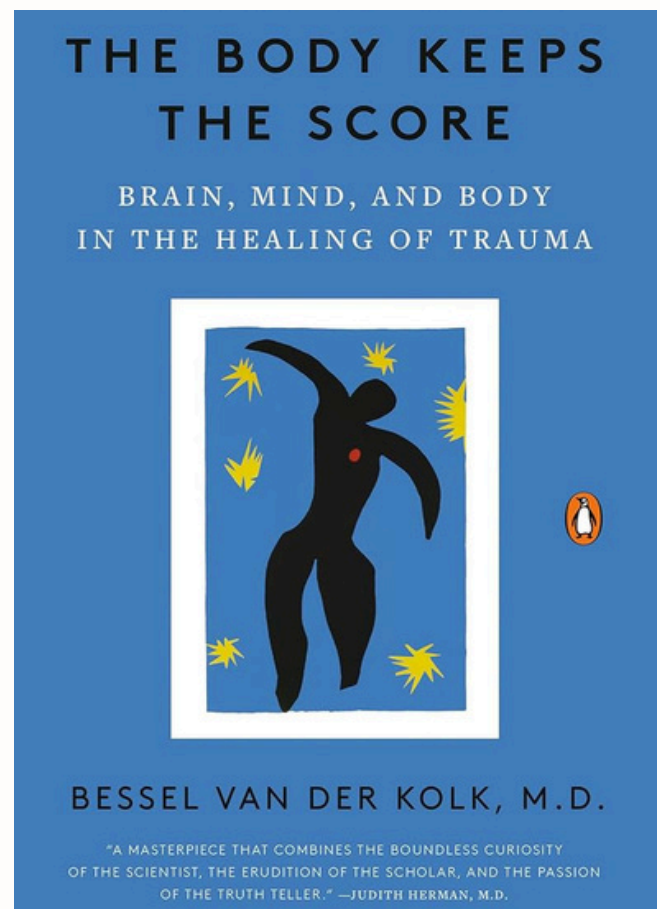
How can this book help you?

Reading "The Body Keeps the Score" can provide valuable insights into how trauma affects both the mind and body.

After reading, you recognize how past experiences might be influencing your current thoughts and behaviors. Reading about others' struggles and healing processes can offer validation, foster self-compassion, and encourage you to seek help without shame.

Understanding trauma can improve your relationships by fostering empathy and communication with others who have similar experiences.

Overall, the book can serve as a guide to understanding and processing your experiences, ultimately supporting your path to recovery and well-being.



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OUR CLINICIANS

Michelle Asencio

Specialties: Anxiety, Depression, Mood disorders, Sexuality issues, Sex Therapy, Couples, Marriages, Adjustment Disorders, Pre- Marital. **Spanish Speaking. 13 years old +**

Modality: Cognitive Behavioral Therapy, Sex Therapy, Solution Focused Therapy, Client Center Therapy, Brief Solution Therapy, Couples Therapy

Kaiza Canales

Specialties: Anxiety, Depression, Anger Management, Mood Disorders, Adjustment Disorders, Pre-Marital, Couples Therapy, Trauma Focus, Parenting, Social Skills - **Spanish Speaking. 6 years old +**

David Gomez

Specialties: Anxiety, depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Parenting, Autism, Social Skills. **Spanish Speaking. 3 years old +**

Breckin Crowley

Specialties: Anxiety, Depression, Mood disorders, Anger Management, Mood Disorders, Adjustment Disorders, LGBTQIA+, Transgender, Substance Abuse, Trauma, Alternative Lifestyle, Sexuality, Couples Therapy, Social Skills . **Adults 18 +**

Mary Marrero

Specialties: Mood Disorders, Adjustment Disorders, Life Transitions, LGBTQIA+, Spirituality Issues, Parenting Skills, Grief, Loss, Personality Disorders, Eating Disorders, Human Developmental Challenges, and Substance Abuse Problems. **Spanish Speaking. 6 years old +**

Paola Balseca - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence. **Spanish Speaking. 6 years old +**

Tisifene Taylor - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence. **6 years old +**



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OUR MISSION STATEMENT

At Let's Talk About, our mission is to provide compassionate, evidence-based mental health therapy that empowers individuals to overcome challenges, cultivate resilience, and live fulfilling lives. We are committed to creating a safe and supportive space where clients can explore their thoughts, feelings, and experiences without judgment. Through collaborative and personalized treatment approaches, we strive to promote healing, growth, and positive change. Our goal is to empower clients to harness their strengths, develop effective coping skills, and cultivate meaningful connections with themselves and others. Together, we work towards fostering a community where mental health is prioritized, stigma is challenged, and individuals thrive.



WE APPRECIATE YOUR REFERRALS!



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