



NATIONAL RESOURCE CENTER *for*
HEALTHY MARRIAGE *and* FAMILIES



Issue 64 | May 2018

Mental Health and Relationships

A Note from the Director

Greetings,

Millions of Americans are affected by mental health conditions. Most of us have mental health concerns from time to time. Occasional concerns may be temporary. Prolonged concerns may need to be addressed with a health professional. Left unchecked, mental health conditions can cause frequent stress and affect your ability to function, which can make you miserable and cause problems in your daily life. May is Mental Health Month. [Mental Health America](#) has put together a free toolkit to help agencies observe the month and raise awareness regarding the importance of mental health. It's also a good reminder to monitor our own mental health. Many social service providers suffer from stress or compassion fatigue which can negatively impact their relationships at work and home. I hope the tips and resources highlighted below will be helpful to you and the families you serve as we all work to strengthen families and communities.

Best Regards,

Robyn Cenizal, CFLE

Project Director

Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

An individual's mental health can impact their relationships with their families, coworkers, and children. Here are some tips service providers can provide to families and individuals they serve to help them stay resilient during hard times, attend to their own mental health, and promote the development of healthy relationships:

- **Set aside time to identify emotions** and create a supportive environment for expressing those emotions with your partner or child.
- **Identify and use stress management techniques** such as deep breathing to soothe strong emotions.
- **Join a community activity** or volunteer at a local charity to give back to your community.

You can find more tips like these in our [Why Good Health Matters in Relationships](#) tip sheet.

Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Marriage and Mental Health: Coping with Depression and Other Problems**
This fact sheet provides a brief, yet comprehensive, review of the relevant research on mental health and offer strategies that safety-net service providers can use to assist couples dealing with mental distress, especially depression.
- **A Win-Win Partnership: Public Health and Healthy Marriage and Relationship Education Skills**
This tip sheet reviews how marriage and relationship education can assist individuals in improving their overall health and well-being and addresses ways that safety-net service providers can integrate relationship education into existing public health services.

Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **Resource Center Webinar on Working with Asian American Individuals, Couples, and Families, June 14, 2018, 2-3:30PM EST**

Please join the National Resource Center for Healthy Marriage and Families (Resource Center) for a new webinar that discusses the diversity of Asian American populations and provides targeted cultural information on dominant Asian demographic groups in the United States. The Asian population in the US includes at least 26 countries of origin, representing a range of languages and cultural groups. When stakeholders seek to learn and understand the complexities of one of the fastest growing immigrant group in the United States, Asian families are more likely to be receptive to programmatic messages and a stronger rapport can be built between client and service provider. This webinar will provide an overview of the Resource Center's newest toolkit, Working with Asian American Individuals, Couples, and Families: A Toolkit for Stakeholders, which focuses on Asian immigration and history, the complexities of Asian groups, cultural considerations, and ways safety-net service providers can improve service delivery to Asian American families.

Register for the webinar [here](#).

- **Research and Evaluation Conference on Self-Sufficiency (RECS), May 30-June 1, 2018**

Sponsored by the Office of Planning, Research, and Evaluation (OPRE) Administration for Children and Families (ACF), the RECS provides a valuable opportunity to gather in Washington, D.C. and hear the latest findings from evaluations of social welfare programs and policies, discuss ways to incorporate findings into the design and implementation of programs, and develop strategies for future evaluations. The conference focuses on programs, policies and services that support low-income and vulnerable families on the path to economic self-sufficiency and well-being.

Please attend our roundtable

- **South Carolina Campaign to Prevent Teen Pregnancy Summer Institute, June 5-7, 2018**

The South Carolina Campaign to Prevent Teen Pregnancy will host its 19th annual teen pregnancy prevention conference at the Marriott downtown Columbia from June 5-7, 2018. Summer Institute is one of the premiere teen pregnancy prevention conferences in the nation. Each year, over 300 teen pregnancy

prevention professionals from around the state gather to learn new information, network, share ideas, and discuss successes and challenges. The three-day event will be packed with innovative sessions, interactive presentations, and engaging speakers. Attendees will be eligible for continuing education units (CEUs).

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at <http://www.healthymarriageandfamilies.org/>.

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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