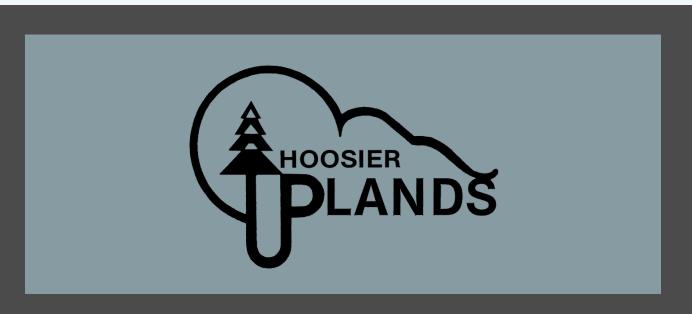
## HOOSIER UPLANDS EMPLOYEE NEWSLETTER





#### Mission Statement

The mission of Hoosier Uplands, is to plan, implement or cause to be implemented, and provide comprehensive services to the poor, elderly, and disabled. The corporation strives to alleviate poverty, improve living conditions, and provide access to health care and social services to those families and individuals in need within our service area. All endeavors are pursued with the client in mind, never forgetting the value of every human being or the importance of our responsibility to the public which we serve.

#### SEPTEMBER 30, 2025 | ISSUE 88

CONGRATULATIONS TO ALVERTA HART FOR HER 25 YEAR
MILESTONE AT HOOSIER UPLANDS! WE APPRECIATE ALL YOUR
HARD WORK AND DEDICATION EACH DAY.



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Congrats to 21stCC Afterschool Programs for placing 2<sup>nd</sup> in the Persimmon Festival float parade! With their "Lilo and Stitch" theme, Ohana means family, in afterschool, no student gets left behind or forgotten!



Congrats to Markayla Haas,
Accounting Tech in the Fiscal Dept,
for reaching the 5 years of service
milestone and for all her hard work,
commitment, and contributions to
Hoosier Uplands!



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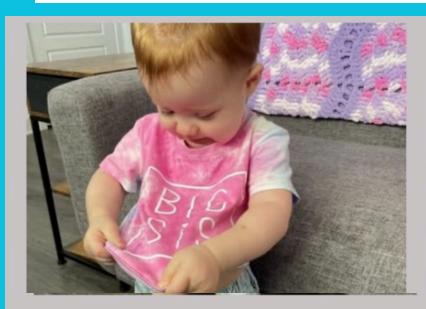
Jean is going to be a big sister! 🎉 🥰 Baby Scnear #2 is....

A big, healthy, wiggly, baby BOY!!! 💙 🥹





We are so excited to watch our family grow by another pair of little feet, coming early January 2026!!











# EMPLOYEE ASSISTANCE PROGRAM

The employee assistance program is now open to all employees.

Employees may request assistance to pay for any health, dental, or mental health co-pay or bill balance that is in employee's name.

## How to request assistance:

Please contact Emily Webb for an Employee Assistance Form, and submit form and a copy of bill to Emily. On a monthly basis, the Health and Wellness committee will review all requests using an anonymous system.

Contact: ewebb@hoosieruplands.org

#### **UPCOMING BIRTHDAYS!**

#### October Employee Birthdays:

6th - Jaylon Goldsberry and Terri Klingelhoefer
7th - Rebekah Hawkins
9th - Luci McFall and Lisha Young
12th - Whitley Clements and Debbie Terry
16th - Brittany Ferrari and Jenni Snow
18th - Arden Thornberry
21st - Penny Campbell
25th - Connie Griego
27th - Markayla Haas
31st - Gary Rayhill







### MENTAL HEALTH FIRST AID

#### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- · Employers.
- · Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

#### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

130

people die by suicide every day.

Source: American Foundation for Suicide Prevention From 1999 to 2019,

841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention Nearly

1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. https://afsp.org/suicide-statistics/
Centers for Disease Control and Prevention. (n.d.) Drug overdose deaths. https://www.cdc.gov/drugoverdose/deaths/index.html
National Institute of Mental Health (NIMH). (n.d.). Mental illness. https://www.nimh.nih.gov/health/statistics/mental-illness

#### **REGISTER TODAY!**

#### **Delivery Format:**

Blended. 2 hours of online pre-work and a full day certification course. Completion of pre-work is required to attend in-person

#### **Date and Time:**

November 13, 20025 8:30am-4:00pm

#### Location:

Washington County Community Foundation Suite 100, Salem, IN

#### Where to Register:

Kimber Nicoletti-Martinez at knicolet@purdue.edu

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

MHFA is being co-sponsored by Hoosier Upland and Indiana AgrAbility.

## **HOOSIER UPLANDS**

## 21ST CENTURY AFTERSCHOOL PROGRAM

Enrollment packets are available in your school office or you can call Hoosier Uplands and ask for Carrie Ritchison or Stephanie Stinson

Funded by 21st Century Community Learning Centers through IDOE.

## ACADEMIC BASED PROGRAMMING

- Snack Time (3-3:30)
- Homework Time (3:30-4)
- STEM and or Literacy Time (4-4:45)
  - Free time (4:45-5:45)

**FREE TO ALL SITES** 

Open Enrollment for the '25-'26 School Year



812-849-4447

critchison@hoosieruplands.org sstinson@hoosieruplands.org

Spots fill fast

#### **Sites Served**

Mitchell
Orleans
Shoals
West Washington
Springs Valley
Paoli

NEW!





### HOOSIER UPLANDS CAN HELP YOUR CHILD SLEEP SAFE!

WE OFFER PACK N PLAYS AND SAFE SLEEP TRAINING FOR THOSE IN NEED! CALL US AT 812-849-4447 AND ASK FOR WHITLEY CLEMENTS!





## We can help keep your child safe!

HOOSIER UPLANDS OFFERS FREE CAR SEATS, AND FREE CAR SEAT CHECKS FOR THOSE IN NEED.

CALL OUR OFFICE AT 812-849-4447 AND ASK TO SPEAK WITH WHITLEY CLEMENTS!

Car seats offered include convertible, combination, high back booster and booster seats!





### PRAYER REQUESTS

None at this time