



*Spring Mini  
Newsletter  
Highlights  
May 2024*

**Mental Health**

**Lead Appalachia**

**NC Medicaid  
Managed Care**

**Autism Awareness  
(A parent's story)**

**Sensory Family  
Films**



Click this image to find local, state, and federal resources related to disabilities, health care conditions, family right, laws, and more.

Parent to Parent Family Support Network™- High Country provides free support, caring connections and information to families who have a premature baby, a child with a disability, an emotional or behavioral challenge, a mental illness, a chronic health condition or to families who are grieving the death of a child. We serve Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey Counties.

Please contact us if you would like more information about our program or we can be of help to you or someone you know.

All donations gratefully accepted. To donate directly to Parent to Parent, please click the "Give Now" button.



An affiliate of Family Support Network™ NC

To contact, please...

call 828-262-6089, toll free: 866-812-3122,

email: [parent2parent@appstate.edu](mailto:parent2parent@appstate.edu),

or visit [parent2parent.appstate.edu](http://parent2parent.appstate.edu)



## MENTAL HEALTH MONTH

May marks the 75th anniversary since Mental Health America started what is now Mental Health Month. Have you started planning what you're going to do? MHA has FREE tools and resources to get you started and save time.

- Posters
- Communications templates
- Social media assets
- Handouts
- And more!

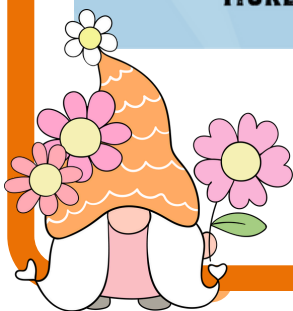
Whether you're looking to work on your own well-being, organize activities for your workplace, become an advocate for mental health, or put together resources for your community, MHA's toolkit has something for everyone.

[Download the toolkit](#)



[Register Here](#)

[Register Now](#)





## Autism Awareness: A Mother's Perspective

**I have a daughter with autism spectrum disorder. This doesn't make me an expert, but I've developed some skills that have kept me from flipping my lid!**

**I remind myself that there will be good days and hard days.**

-- I embrace the good days. I take pictures and journal on the good days and look back on these pictures and journal entries on the hard days.

**I take my child everywhere (I'm serious).**

-- It started with small trips and built up to larger ones.  
-- Outings teach my child to communicate with others and teaches others how to communicate with my child.  
-- Parents are the best teachers and role models.

**I choose my battles.**

-- Would it be ideal if my child finished all the food on her plate? Sure. Would it be amazing if my child would remember to brush her teeth without reminders? Of course. Deciding what to address vs. what to let go often has me feeling like a detective working a case.  
-- I pick the battles that are most important.  
-- I provide my child with options whenever I can.

**I try new things.**

-- I accept the fact that not everything is going to work.  
-- I don't give up.  
-- I try it again on a different day and a different time.

**I allow myself a pity party.**

-- I cry, rant, rave, and do what I need to do to let it out. More than once sometimes.  
-- I acknowledge that this isn't what I planned for.  
-- I remember how tough I am (even when I'm crying).

**I make time for myself (I'm still working on this one).**

-- I have found trusted people (friends, respite, teachers, church members) to provide childcare.  
-- I go out. Sometimes alone and sometimes with a friend. Sometimes I go for a weekend, a night, or for a couple of hours.

**I've found a tribe ... a community.**

-- I remind myself to be brave, to challenge myself, and to get out of my comfort zone.  
-- I know that I'm not alone.

**I've found ways to COPE!**

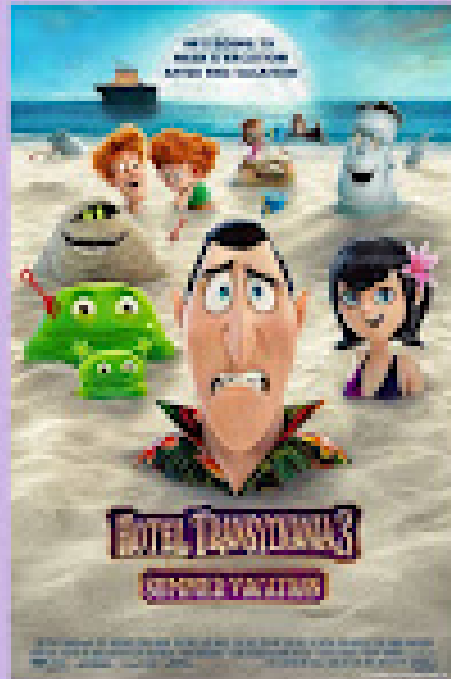
-- I use humor, practice prayer, take a walk, and create art.



**Cassie Barnett**  
Case Manager and Women's Coordinator  
Avery-Mitchell Correctional Institution

**Sensory  
Friendly Films  
are BACK!!**

**Free Sensory Friendly Movie**



**Watauga County Public  
Library May 11th @  
2:00pm!**

The Watauga County Public Library is offering free Sensory Friendly Movie showings this summer. These showings are designed for individuals with special needs and their families; all ages are welcome! All movies are rated PG, begin at 2:00 PM, and the show dates are:

May 11: Hotel Transylvania Three: Summer Vacation  
June 22: Wonder Park  
July 20: Despicable Me Two  
August 10: Paddington

Our Sensory Friendly movie showings will take place in a relaxed environment with the lights dimmed but still on, lower sound, and the freedom for participants to move around and to sit or stand where they are most comfortable. We will provide popcorn, unsweetened juice, and water, and families are welcome to bring snacks; we ask that the snacks be nut-free. We hope that you will join us!

If you have any questions, please call the Library Adult Services Desk at 828 264 8794 extension 2.