

SEPTEMBER 2025



EMC MONTHLY

NEWSLETTER



ROOTED IN CARE, POWERED BY PURPOSE

September is a month of change and reflection. As summer fades and fall routines begin, we are reminded to pause, reset, and focus on mental well-being. This month carries special significance as we recognize Suicide Prevention Month and National Recovery Month, both of which highlight the importance of conversations that bring hope and connection. In this issue, we share ways to support mental health during the season, celebrate the work done by our staff member of the month, Alissa Shilander, and encourage small steps that make a big difference. Whether you are supporting others or caring for yourself, this season is a chance to lean into connection, care, and resilience.

September Staff Member Spotlight

This month, we are proud to recognize Alissa Shilander, who serves as EMC's Outreach Liaison. With a career path shaped by both personal and professional experiences, she brings passion, empathy, and purpose to her role every day.

Helping others has always been at the heart of Alissa's journey. From her work in the mental health field and time as a teacher, to supporting family members with mental health challenges and running her own coaching business, each step has shaped her into the professional she is today. At EMC, she has found the perfect place to bring all of these experiences together.

What she enjoys most about her role is seeing the joy on people's faces when they learn they can access behavioral health services, especially when they thought barriers stood in their way. She also values the opportunity to watch EMC's leadership demonstrate true servant leadership, something she describes as "a rarity" and a great source of inspiration.

Something many may not know about Alissa is that in 8th grade, she was featured on the Today Show. After an F-5 tornado claimed 27 lives in her community, she wrote and performed a song to bring comfort and healing.



Alissa Shilander, Outreach Liaison

She believes this was one way God used her gifts of writing and singing to support mental health during a very difficult time

A scripture that guides her life and work is Romans 8:28: "And we know that for those who love God all things work together for good, for those who are called according to His purpose."

This verse reminds her that even in difficult seasons, everything works together for a greater good, and her work at EMC is part of that purpose.

Thank You, Alissa!! Your compassion, resilience, and dedication to connecting people with the help they need make a true difference. We are grateful for the energy, empathy, and faith you bring to the EMC team each day. 🤝💡

Suicide Prevention Month: Hope In Every Conversation

September marks Suicide Prevention Month, a reminder that even the smallest moments of connection hold incredible power. Conversations about suicide are often seen as difficult, but they are also conversations filled with hope. Whether you are someone supporting a loved one, walking through your own challenges, or working in the field as a mental health professional, this month invites us all to pause, connect, and remind each other that life is worth living.

Everyday interactions matter. A friendly text, a phone call, or simply sitting with someone without judgment can shift the course of a day. For professionals, these moments often take shape inside therapy sessions, treatment planning, or outreach programs. For community members, they show up in acts of kindness, listening with intention, or reminding a friend they are valued. Both perspectives reinforce the same truth: connection saves lives.

Prevention is not only about crisis intervention. It is about building environments where people feel safe to share their struggles long before they reach a breaking point. Families, neighbors, teachers, and co-workers can all play a role by normalizing open conversations about mental health. Professionals extend this support through evidence-based practices, safety planning, and education. Together, these efforts create a safety net that reminds people they are never alone in their journey.

This month also serves as a call for balance. Supporting others can be deeply rewarding, but it can also be draining without care for ourselves. Taking time for rest, engaging in hobbies, or connecting with peers is not indulgent, it is necessary. When we nurture our own well-being, we are stronger for those around us. The same advice we often give “pause, breathe, ask for support”, applies equally to the professionals providing care and the community members extending compassion.

The message of Suicide Prevention Month is ultimately one of hope. Recovery is possible. Change is possible. Connection is possible. Whether you work in the field or simply care about the people in your life, you have the ability to make a difference. By listening, encouraging, and checking in, you offer something more valuable than you might realize: the reminder that someone cares.

If you or someone you know is struggling, help is available. Reaching out is a sign of strength, not weakness, and it can be the first step toward healing.

WELCOME TO OUR

Wellness Corner



Managing the Shift

It's fall, y'all! As the season shifts, life begins to pick up its pace. Shorter days, cooler weather, and new routines can feel both refreshing and demanding. In this section, we're focusing on how seasonal changes affect mental health and what you can do to stay balanced. Whether you're adjusting to a busier schedule, supporting loved ones, or providing care as a professional, simple shifts can help you move through the season with steadiness and resilience.

Finding Balance in the Fall Season

As the seasons shift, so do our routines, our energy, and often our mood. Fall brings cooler weather, shorter days, and busier schedules. For many, this change is refreshing, a chance to reset and embrace new rhythms. For others, the transition can feel overwhelming or heavy. The shift in light, the return of school schedules, and the approach of the holiday season can all affect mental health in unique ways.

The good news is that fall also provides opportunities to build healthy habits and create balance. By paying attention to the season's natural rhythm, you can protect your mental well-being and even thrive during this time of change.

Seasonal Shifts and Mental Health

- **Shorter Days:** With less daylight, our bodies produce more melatonin, which can leave us feeling tired or sluggish. This natural rhythm can sometimes contribute to low mood.
- **Busier Routines:** School, sports, and end-of-year projects bring structure, but they can also increase stress.
- **Seasonal Triggers:** For some, memories tied to this time of year or the early onset of seasonal affective disorder (SAD) can bring added challenges.

Ways to Support Your Mental Health

- **Maximize Daylight:** Spend time outside during the day, even if it's a quick walk at lunch. Exposure to natural light supports energy and mood.
- **Keep Moving:** As the weather cools, it's tempting to stay indoors, but regular activity helps regulate stress and improve sleep.
- **Nourish Your Body:** Fall foods like squash, apples, and root vegetables are rich in nutrients that fuel both mind and body.
- **Create Cozy Rituals:** Use the season to build calming routines, tea before bed, journaling, or family dinners can provide grounding and stability.
- **Stay Connected:** Social interaction is a buffer against seasonal blues. Plan simple gatherings or check in regularly with friends and loved ones.

Those supporting others may feel the weight of busier schedules as well. Fall is a good time to revisit boundaries, practice mindfulness, and take intentional breaks. Supporting others starts with supporting yourself.

Fall reminds us of the beauty of change. The leaves shift, the air cools, and our routines adjust. These changes are an opportunity to slow down, reflect, and set new intentions. By staying mindful of your mental health this season, you create space for growth, balance, and resilience.