

Interact Club Agenda

KINDNESS
matters

Thursday, April 25
Meeting #14

1. **Welcome – Thank you for your faithful commitment to Interact!**



2. **Earth Day Volunteerism**—Saturday, April 27 @ Hilliard Community Center 9:30am – Noon
This is the day of Prom – Just FYI

3. **Mental Health Awareness Month of May – Tuesday, April 30** after school -
sign up to help decorate



Share a Smile – Friday, May 10

At the Interact meeting on May 9, you will receive a “Smile Badge” and a sheet of smiles to hand out to students on Friday. Let’s pass along kindness to those who might need some encouragement.

4. **Nike Challenge Cup Soccer Tournament**

April 27-28

Locations: Headley Fields in Gahanna, **Spindler Fields in Hilliard**,
Kilbourne Run Sports Complex in North Columbus, Soccer First in Dublin,
Darree Fields in Dublin

<http://signup.com/go/EuSCXZO>

Make note of BRADLEY INTERACT CLUB when you sign up



Jobs:

- assist the thousands of visitors with directions to fields
- collect score cards from the fields at the end of each game
- assist referees as needed throughout the tournament

5. **Horizon Spring Arts Festival**—Monday, May 6 6:00 – 8:00 PM
Help with whatever is needed for the activity.

ARTS
FESTIVAL

6. **“Whole in One” Golf Camp Volunteer Opportunity** – June 10-14 @ OSU
A camp for children 6-12 who have been diagnosed with Autism or Down Syndrome
Volunteer in the morning (8:30-12) or afternoon (12:00 – 3:30pm) or all day. No experience
necessary – training provided.

Email Christina Pagan: pagan.20@osu.edu or call 614-688-4414
go.osu.edu/wholeinone



7. **Club Meeting Dates** for Second Semester (meet in Room C285) on **Thursdays**....

May 9 – Certificate of Completion & Prepare for “Share a Smile” Day

8. **Today’s Activity:** Voting for Officers & Creating Mental Health Awareness Flyers

Bradley Interact on Twitter: @HBHSInteract

Check out the website for pictures of our club’s activities:

Interact Club Website: www.bradleyinteractclub.weebly.com

Mental Health Facts

- 1 in 5 Americans live with a mental health condition.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- Suicide accounts for over 800,000 deaths globally each year, with over 41,000 in the U.S. alone.
- Suicide is the second leading cause of death worldwide for 15-29 year olds.
- Only about half of Americans diagnosed with major depression in a given year receive treatment for it, with even fewer—about one-fifth—receiving treatment that is consistent with current practice guidelines.
- Many factors can lead to mental illness, including genetics, physical illness or injury, and traumatic life experiences.
- Treatment for mental health problems doesn’t only consist of prescribed or OTC medication. Therapy, yoga, meditation and holistic treatments can all help to assuage symptoms.
- 70-90% of people who seek proper treatment for mental health disorders witness a significant reduction in symptoms.
- Less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need.
- Friends and loved ones can make a big difference and be **important** influences to help someone get the treatment and services.

Mental illness is not weakness.
Mental illnesses are diseases, just like cancer. They can be treated and helped, but only if people understand.
Mental illnesses are no one's fault.
In order to help we have to rid mental illnesses of stigmas. Then we can help.
GET THE FACTS - GET RID OF STIGMAS.