

The BCCAA Connection

“Promoting Resilience”

Summer Blast 2024



Whether you are a parent, staff person, community member, or any other stakeholder, we want you to have a real connection with us as we promote resilience at all times. We want to share strategies and resources to help reduce stress and promote good mental health.

Helping People Changing Lives

Stress Relief

“Practice Self-Care”

☞ Setting aside time to practice self-care may help reduce your stress levels. Practical examples include:

- Going for a walk;
- Taking a bath;
- Lighting candles;
- Reading a good book;
- Exercising;
- Preparing a healthy meal;
- Stretching before bed;
- Getting a massage;
- Practicing a hobby;
- Using a diffuser with calming scents.



☞ Studies show that people who engage in self-care report lower levels of stress and improved quality of life, while a lack of self-care is associated with higher risk of stress and burnout.

<http://healthline.com>

Child Strategy

(Active Parenting Now, 2002)

“Helping Children Use Their Anger”



Teach children that violence is not an okay way to solve problems.

- ✍ *Give them a good model.* The way you handle your own problems and frustrations will provide a model for your children.
- ✍ *Guide them with words to find more effective forms of expression.*
- ✍ *Remove yourself from a power struggle.*
- ✍ *Use the FLAC Method* – acknowledge the child’s feelings, remind him/her of the limits, offer an alternative, and follow through with logical consequences.
- ✍ *Allow your child to influence your decisions.* If you redirect your child to express anger respectfully, listen to his/her argument, and sometimes change your decisions, then your child learns the important skill of negotiation.

Family Activity

To create a love of learning together:

“Read Regularly”

(Resources for Educators, 2021)



- ☐ Try to read to your child every day. You might curl up together with a book after work or read while dinner is cooking. Going on an outing? Bring along a book and read to him/her outside. Finally, aim for 10-15 minutes of bedtime reading for a peaceful end to the day. You can check out children’s books at your local library for free.
- ☐ Complete an application through the Delta Health Alliance (662-686-3866) to get a free book each month from the *Dolly Parton’s Imagination Library*.
- ☐ Send me a picture of you and your child reading!
(kchristian@bolivarcaa.org)

Joke

Laughter is good for you:

“This is so funny!”

- ☺ Why can’t a leopard hide?
- ☺ Because he’s always spotted!



<https://goodhousekeeping.com>

WE ARE THINKING ABOUT YOU! WE ARE HERE TO SUPPORT YOU!

WE ARE IN THIS TOGETHER!

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Do you need help?

Parenting TIPS and Support!!!

Bright by 

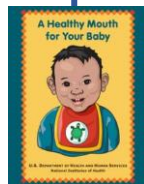
- ☼ Text **BRIGHT** to **274448** to receive free parenting tips, information, games, and resources to improve family outcomes in English and Spanish.
- ☼ Women, Infants, and Children (WIC) Program – WIC is a special supplemental food program for pregnant, breastfeeding, and post-partum women, infants, and children under five years of age. WIC helps you and your baby get healthy foods and healthy advice in the first years of life. Call or visit the Bolivar County Health Department for assistance: **(662) 843-2706**; 711 Third Street, Cleveland, MS 38732.



Bernie Burn



- ☼ Children’s Burn Foundation & Grossman Burn Center’s *Careful, That’s Hot!* Program presents “Bernie Burn Story Time” – Watch your free Bernie Burn Storytime with your small child to help make your home and family burn safe! This fun, 13-minutes video includes an interactive story and discussion about items in the house that can cause burns: www.childburn.org/educator-resources



- ☼ *A Healthy Mouth for Your Baby* – This easy-to-read brochure is for parents of infants or toddlers. It explains why baby teeth are important, gives tips on how to prevent early childhood tooth decay, and promotes the age 1 dental visit: <https://catalog.nidcr.nih.gov/catalog/healthy-mouth-your-baby>

Financial Support



- ☼ Visit <https://annualcreditreport.com> to get a free copy of your credit reports!
- ☼ Your credit reports matter:
 - Credit reports may affect your mortgage rates, credit card approvals, apartment requests, or even your job application.
 - Reviewing credit reports helps you catch signs of identity theft early.
- ☼ Federal law allows you to:
 - Get a free copy of your credit report every 12 months from each credit reporting company.
 - Ensure that the information on all of your credit reports is correct and up-to-date.



BCCAA RESOURCES



BCCAA
 810 E. Sunflower Rd., Suite 120
 Cleveland, MS 38732
www.bccaainc.org
(662) 846-1491



☼ **CSBG/LIHEAP:** Provides help with water, lights, and gas bills. Call ext. **141** for assistance.



☼ **Rapid Re-Housing Program (RRH/ES-CVG):** Provides temporary housing for the homeless; helps individuals secure permanent housing to become economically self-sufficient. Call ext. **165** for assistance.



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Help is here!

Mental Health Resources

Medical Resources

Just say "NO" to alcohol, drugs, unsafe sex, & domestic violence!

☼ **Dr. Nadia Bethley**, Clinical Psychologist at the Delta Health Center – specializes in behavioral and mental health and substance abuse counseling: Phone: **(662) 741-8800**; Address: *702 MLK Road, Mound Bayou, MS 38762.*



☼ **LIFE HELP** – Region 6 Community Mental Health Center provides services for a range of mental and behavioral health issues/conditions. For mental health emergencies, contact the **24/7 Crisis Hotline at 1-866-453-6216** and visit the website: www.region6-lifehelp.org.



☼ **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call: **1-800-662-HELP (4357)**.



☼ **National Domestic Violence Hotline** offers immediate crisis counseling, emotional support, safety planning, and resources for those experiencing domestic or dating violence. Text *START* to **88788**; or call: **1-800-799-SAFE (7233)**.



☼ **National Suicide Prevention/988 Suicide & Crisis Lifeline** provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7, 365 days a year. Call or text **988**; or call **1-800-273-8255**.



☼ **Delta Health Center:** Provides dental care, diabetes care, family medical care, laboratory & X-rays, nutritional care, pediatric care, pharmacy, social services, STD & HIV testing/treatment, teen clinic, WIC, women’s health, and workplace and school physicals.

- **(662) 741-8800**
- *702 MLK Rd., Mound Bayou, MS 38762*
- *548 Rosemary Road, Cleveland, MS 38732*

☼ **Dynamic Wellness Medical Clinic:** Provides checkups, chronic medical management, DOT physicals, employment physicals, flu shots, laboratory services, occupational medicine, school physicals, seasonal illnesses, sport physicals, wellness exams.



- **(662) 441-2309**
- *700 East Sunflower Road, Cleveland, MS 38732*

☼ **Leland Medical Clinic:** Provides management of acute and chronic illness; wellness exams; pediatric care; immunizations for children; digital X-ray; full lab testing; telemedicine; mammograms; case management; home visitation; work-injury treatment; on-site nutritionist; drug testing; education classes; DOT and pre-employment physicals; mobile medical clinic.



- **(662) 686-4121**
- *201 Baker Blvd., Leland, MS 38756*

Leland Medical Clinic



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Upcoming Events



A Little Inspiration...

Summer 2024

- 5/17 Last Attendance Day for Head Start
- 5/27 Memorial Day Observed (No School/Work)
- 6/14 Flag Day
- 6/16 Father's Day
- 6/19 Juneteenth (No School/Work)
- 7/4 Fourth of July (No School/Work)
- 7/8-9 Last Attendance Days for Early Head Start
- 8/5-6 All Staff Return to Centers
- 8/7 All Students Return to Centers



College & Career-Bound

- Consider enrolling in college this summer to gain the knowledge, skills, experiences, and credentials to move forward in your career/life.
- Check out these colleges/universities for more information:
- Mississippi Valley State University** ~ <https://mvsu.edu>
- Delta State University** ~ <https://deltastate.edu>
- Coahoma Community College** ~ <https://www.coahomacc.edu>
- Mississippi Delta Community College** ~ <https://www.msdelta.edu>

BULLDOZER

A Joyful 'toon by Mike Waters



that is, that you and I may be mutually encouraged by each other's faith.
- ROMANS 1:12 NIV

www.joyfultoons.com © 2008 Michael D. Waters

A Word from the Executive Director ~ Elnora F. Littleton

Oprah Winfrey once stated, "It does not matter who you are, where you come from. The ability to triumph begins with you. Always." I want to encourage each of you to think about where you see yourself in the next 5-10 years. Think about what it will take for you to reach your goals, and if our agency is able to support you in any way, I want you to reach out to us so that we can give you a hand up. You have the potential to do your best and be your best, and you can expect the best.



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