

# All-Together Tethered

## Connecting the unconnected.

TetherAll promotes real-time digital check-ins, connecting patients to their health team in the spaces between visits.

### Highlights in this Edition:

- ▶ Shaping the Future of Recovery Support
- ▶ Bridging the Gap Between Indigenous Healers and Mental Health Practitioners
- ▶ Psychiatrist Discovers the Power of Journaling
- ▶ Exploring the Link Between Nutrition and Mental Health

## Transformative Recovery: Innovating Together with Lived Experience Focus Groups

Innovation is at the core of TryCycle's mission, and we're thrilled to share some exciting developments happening this July. As the mental health and [addiction recovery](#) landscape evolves, we too understand the importance of constant improvement and fostering advancement.

Earlier this month, TryCycle's Director of Clinical Programs extended an exclusive invitation to individuals with lived experience and to clinicians, inviting them to participate in an upcoming series of User Experience focus groups. These focus groups provide a valuable opportunity for close collaboration with the very people who rely on TryCycle's digital compassionate tether platform, [TetherAll](#).

The upcoming focus groups aim to gather real-world insights and perspectives that will help TryCycle shape the future of recovery support. Our company's curiosity continues to fuel innovation, and we are genuinely eager to learn and grow.

By fostering collaboration, our goal is to ensure that every aspect of the TetherAll experience for both patients and clinicians, instills a sense of trust and value in those who depend on it.

Together, we can continue to transform lives while creating a brighter future for recovery support. Stay tuned for updates as we embark on this inspiring journey of progress and growth. If you're interested in taking part or learning more about our Focus Groups, contact Michelle [michelle@trycycle.ca](mailto:michelle@trycycle.ca)



## Breaking Barriers: Empowering Native/Indigenous Communities through Ancient Wisdom and Modern Healing



In a world yearning for connection, the struggles and resilience of Native/Indigenous communities are commanding attention, delivering a resounding impact as their [collaboration](#) with mental health practitioners unveils profound transformations. No longer sidelined, these communities are reclaiming their ancestral wisdom and joining forces with modern healers to conquer the daunting challenges they face.

In a powerful partnership between Indigenous and Western medicine, guided by the recognition of disproportionate hardships enduring by Native/Indigenous communities, a

transformative collaboration is emerging between indigenous healers and mental health practitioners.

This collective effort confronts long-standing [disparities](#), empowering tribal voices to shape mental health policies and programs while harmonizing ancient traditions with contemporary therapeutic approaches tailored to the unique needs of these communities.

Playing a pivotal role in this visionary collaboration is SAMHSA's Tribal Training and Technical Assistance Center ([TTA](#)). This innovative initiative works closely with indigenous communities, blending the profound wisdom of traditional healing practices with evidence-based methods. By providing culturally sensitive mental health care and actively preventing disorders, the TTA fuels empowerment and brings forth a much-needed ray of hope, replacing despair with resilience for Native/Indigenous communities across the nation.

## Script the Path: Navigating Recovery and Personal Growth Through Journaling

*Journaling is a potent ally in the journey of recovering from substance misuse and nurturing mental well-being. This age-old practice of capturing personal thoughts, feelings, and insights has long been recognized as a valuable tool for enhancing mental health.*

Whether it involved the gentle glide of a pen on paper, the visual artistry of images, or the rhythmic tapping of fingers on a keyboard, journaling offers a simple yet profound means of self-expression and self-reflection.

Are you aware? Scientific studies have demonstrated that regular journaling about one's feelings can yield increased well-being and decreased depressive symptoms within just a month, with ongoing improvements over time. Journaling allows for the processing of emotions, a deeper understanding of challenging situations, and the formation of new perceptions regarding past events. It's a journey of emotional processing, illuminating the hidden corners of challenging situations and unveiling new perspectives. Notably, even occasional journaling can yield significant positive outcomes.

But journaling is not limited to patients alone. Dr. Frank Clark, a psychiatrist based in Greer, South Carolina, has discovered the therapeutic benefits of haiku poetry as a form of journaling to address physician burnout and promote mental well-being. For Dr. Clark, writing haiku became an avenue to navigate the pressures of his medical career and find solace in exploring the depths of his identity. His experience underscores the profound and transformative power of journaling and creative expression, which can bring about benefits such as reduced anxiety and improved mental well-being.

*The true power of journaling lies in its capacity to provide an outlet for self-expression, self-reflection, and emotional regulation.*

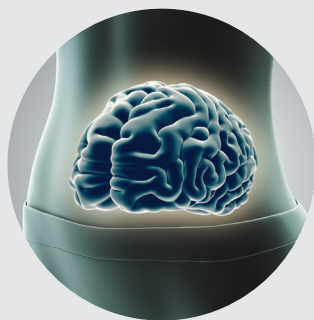


It allows individuals to delve into their thoughts and feelings, gain profound insights into their experiences, and foster personal growth. Whether through the artistic expression of haiku, akin to Dr. Clark's approach, or other forms of journaling, individuals can tap into the therapeutic benefits of words and creativity to support their mental health.

*Praying for new life  
Craving the recovery  
Healing from the shame*  
Haiku written by Dr. Frank Clark  
June 2023

## Unveiling the Gut-Brain Axis: Exploring the Cutting-Edge Link Between Nutrition and Mental Health

*Emerging research has uncovered a captivating connection between nutrition and mental health that is captivating experts worldwide.*



Scientists are delving into the intricate web of the gut-brain axis- a bidirectional communication highway between the gut microbiota and the brain. Discoveries reveal that a diverse and balanced diet not only nurtures the body but cultivates a flourishing gut microbiome, positively influencing mental well-being.

Fascinating studies now explore how specific nutrients impact neurotransmitter production, inflammation, and mood regulation.

Join us as we delve into the exciting realm of nutritional psychiatry, unlocking the potential for groundbreaking therapeutic approaches at the intersection of food and mental health.

*"Prioritizing diet and eating habits is a powerful tool for supporting the gut-brain axis and nurturing mental health."*

Krista MacGregor, Corporate Fitness & Health