

# 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:

- ▶ Coming Soon: Peer Support Initiative Set to Transform Veteran Care in Canada
- ▶ Embracing diversity boosts mental resilience
- ▶ Ecotherapy taps into nature's healing power
- ▶ Unlocking Personal Growth and Emotional Resilience

## A Promising Future for Canadian Veterans: Peer Support Takes Center Stage

Accessing culturally competent mental health support is about to get easier for Canadian veterans and their families. The Burns Way, a new initiative and partnership, bringing together Indigenous, Non-Indigenous & Minority veterans to improve access to mental health support nationwide.

What will set The Burns Way apart is its inclusive approach, providing a judgment-free space for veterans to receive support as they navigate their wellness journey. But it doesn't stop there. The Burns Way plans to create a new veteran's economy by hiring and training Peer Support resources, empowering veterans to contribute to positive change.

A community of Peer Support Advocates, consisting of veterans and family members, will offer confidential support, removing barriers to care. With pillars like Shame Reduction, Cultural Safety, Peer Support, and Technology as a Facilitator, the program is designed to break down stigmas and provide accessible support.

Dedicated to inclusivity, the Burns Way will provide support in multiple languages, ensuring every individual feels valued and respected. Through a safe and anonymous chat app, veterans and family members can connect with Peer Advocates who listen, offer comfort, and valuable advice.

In 2024, The Burns Way, powered by TryCycle, will ignite a lifeline for Canadian veterans, revolutionizing mental health support. For more information on The Burns Way initiative, visit [theburnsway.ca](https://theburnsway.ca).



## Culturally Competent Care: Uniting to Bridge the Gap in Minority Mental Health

July is designated as *Bebe Moore Campbell National Minority Mental Health Awareness Month*, aiming to highlight the mental health disparities faced by minority communities and emphasize the urgent need for prioritizing mental health support for marginalized populations.

Our mental well-being is intricately intertwined with our surroundings, and embracing diverse cultural backgrounds empowers individuals to enhance their mental resilience and overall psychological well-being.

- ▶ In **2021**, only 39% of Black adults, 25% of Asian, and 36% of Hispanic/Latino with mental illness sought treatment. Moreover, Hispanic LGBTQI+ men reported higher body image concerns revealing intersectional challenges.
- ▶ American Indian and Alaska Native Veterans experience double the post-traumatic stress disorder (PTSD) rate of non-Hispanic Veterans, (20.5% vs 11.6%), necessitating culturally competent support.
- ▶ Suicide was the leading cause of death among Asian Americans and Pacific islanders aged 10 to 19 in 2020, and the second leading cause of death among those aged 20 to 34, highlighting the need for targeted mental health resources.

During Minority Mental Health Awareness month, we witness the power of understanding, empathy, and equal access to resources as providers unite to raise awareness and address disparities. Organizations like [Mental Health America](https://www.mentalhealthamerica.net) (MHA) offers a multitude of resources, toolkits, and information on mental health awareness and advocacy, including specific resources related to minority mental health. Additionally, the [National Institute on Minority Health and Health Disparities](https://www.nimhd.nih.gov/) (NIMHD) provides valuable research, reports, and resources related to minority health and health disparities, supporting the crucial work being done in this field.

## Nature's Awakening: Unlocking the Healing Power of Nature

*In a world filled with constant distractions and stressors, navigating the journey to true mental well-being can feel as challenging as ascending a steep mountain. However, amidst this daunting landscape, there exists a transformative path that lies right at our fingertips, or rather, right outside our doors. Introducing ecotherapy, a groundbreaking field that taps into the transformative power of nature to promote healing, restore balance, and enhance the quality of our lives.*

Ecotherapy, also known as nature therapy or green therapy, is an ancient concept that combines modern scientific research with ancestral wisdom, highlighting the profound connection between humans and the natural world. This revolutionary therapeutic practice is gaining recognition for its ability to transform our perspective on mental health. Imagine therapy sessions immersed in the rustling leaves of a forest, the gentle babbling of a stream, or the serenity of a blooming garden. Nature serves as our co-therapist, offering abundant opportunities for personal growth and healing. Ecotherapy

extends beyond outdoor settings, seamlessly integrating into our everyday lives, including office spaces and urban environments, providing numerous ways to reconnect with nature's soothing embrace. Scientific studies affirm nature's exceptional capacity to improve mental well-being, whether by alleviating depression, easing anxiety, or providing solace from trauma. Ecotherapy stands as a powerful tool with the potential to transform lives.



Phil Valentine, RCP, Executive Director  
at Connecticut Community for  
Addiction Recovery (CCAR)

In the captivating book, "Continue," Phil Valentine dives headfirst into the extraordinary potential of ecotherapy—a remarkable journey that unveils the healing process, equilibrium restoration, and life-enriching qualities it holds. Drawing from ancient traditions, this timeliness concept takes on new life as modern scientific research validates the wisdom of our ancestors. Through the integration of nature's transformative power within therapeutic sessions, ecotherapy presents an unparalleled approach to mental well-being. Phil's personal reflection echoes with resounding truth.

*"My recovery thrives when I slow down. Walking 2,000 miles over six months through the woods slowed me way down. I connected to nature in profound ways. I've become more self-aware, particularly about my emotions. Since returning I've become a better man, son, husband, father, coach, friend, and leader."*

When immersing in the calming and rejuvenating effects of nature, many feel the weight of stress lift from their shoulders while breathing in the fresh air and soaking in the vibrant hues of a picturesque landscape. Through ecotherapy, one can cultivate a sense of connection, grounding, and purpose, guiding you towards a brighter and more fulfilling existence. For further information on ecotherapy, visit [ecotherapyheals.com/best-nature-therapy-books/](https://ecotherapyheals.com/best-nature-therapy-books/)

## The Power of Vulnerability: Fostering Genuine Connections and Mental Wellness

Vulnerability plays a crucial role in mental wellness, as it fosters genuine connections, personal growth, and emotional resilience. By embracing vulnerability, individuals allow themselves to authentically express their thoughts, feelings, and struggles, creating opportunities for understanding and empathy from others.

This openness facilitates the development of deep and meaningful relationships, which are essential for mental well-being. Moreover, vulnerability enables personal growth by encouraging individuals to confront their fears, challenge limiting beliefs, and explore new possibilities. It empowers individuals to step out of their comfort zones and take emotional risks, leading to increased self-awareness and a greater sense of fulfillment.

Lastly, vulnerability builds emotional resilience by teaching individuals to embrace their imperfections and embrace uncertainty. By accepting their vulnerability, individuals become more equipped to navigate life's challenges, cope with setbacks, and bounce back from adversity, ultimately promoting mental wellness.

In her book "Nazareth" by Dee Hann-Morrison, PhD, LPC, MAC, the narrative explores the complexities of navigating relationships across cultural boundaries, highlighting the importance of vulnerability. As the African American woman and Native American man in the story connect on a spiritual level, they are faced with the daunting task of overcoming their individual fears of vulnerability, underscoring how openness and emotional risk-taking are vital elements in fostering a deep and meaningful connection.