

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:

- › Building Stronger Communities: United Way's TetherAll Mental Health Solution
- › Breaking Generational Chains: Epigenetics' New Frontier in Healing
- › Rural Mental Health: Digital Innovation & Social Support
- › Food for Thought: How a Balanced Diet Impacts Your Mental Health

United Way East Ontario: Pioneering Community Impact with TryCycle Data Systems



In the multifarious landscape of Eastern Ontario, United Way East Ontario (UWEO) emerges as a dynamic force for positive change, celebrating diversity in urban, rural, First Nations, and francophone communities. In Ottawa's multicultural mosaic, where newcomers thrive, they play a crucial role in fostering unity and empowerment. They excel in collaboration and raised \$22 million in 2022-2023, reinvesting \$21 million in the community.

UWEO's recent partnership with TryCycle Data Systems brought \$500,000 worth of TetherAll software licenses to address mental health and substance use challenges amid the opioid crisis and rising mental health issues. They now serve as the custodian of these licenses, working with partner agencies to allocate resources where needed. The first recipient of this transformative software is the Carlington Community Health Centre, a beacon of care excellence in Eastern Ontario.

TryCycle's capabilities promise to enhance connections and streamline operations, allowing the center to serve its clients and clinicians more effectively. Profound change can be achieved when communities unite for the greater good. Together, they are shaping a brighter future for Eastern Ontario, one initiative at a time.

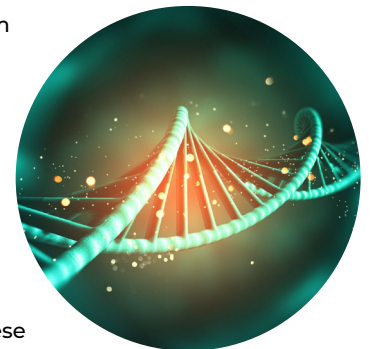
Trauma's Echo: Exploring Epigenetic Pathways in Generational Healing

In our family histories, hidden scars and echoes of resilience intertwine. Intergenerational trauma, a powerful force, weaves a complex tapestry of suffering and survival across time, impacting emotional, mental, and physical well-being in profound ways.

In the midst of this darkness, a profound shift takes place — one from blame to understanding, from judgment to empathy. It's a transformation that holds the key to healing and breaking the cycle for future generations. By acknowledging, understanding, and addressing the profound influence of intergenerational trauma, individuals can embark on a courageous journey towards healing and resilience. There is indication of potential predisposition to certain mental health conditions, countered by the intriguing possibility of adaptive mechanisms that can also be passed along genetically. It's a revelation that offers hope for understanding the complexities of mental health and for crafting targeted interventions that can offer solace to those touched by the far-reaching tendrils of intergenerational trauma.

Recent revelations in the field of epigenetics, the study of environmental influences on gene function, has shed new light on the enduring legacy of trauma. While direct genetic evidence remains elusive, these subtle genetic modifications provide a tantalizing explanation for why trauma's effects persist.

As we unravel the intricate interplays of intergenerational trauma, there emerges a glimmer of hope—a potential predisposition to mental health conditions countered by the intriguing possibility of an adaptive mechanism. This revelation offers hope for understanding mental health complexities and crafting targeted interventions.



From Isolation to Innovation: Revolutionizing Rural Mental Health

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In the vast landscapes of America and Canada, home to 68 million residents, unique health challenges shape daily life, marked by limited access to care, socioeconomic constraints, and cultural differences. The [2021 National Survey](#) unveils pervasive mental health challenges in U.S. rural areas, with 22.7% of nonmetropolitan adults grappling with mental illness, leading to elevated rates of depression and suicide compared to urban counterparts. Paradoxically, rural individuals are less likely to seek mental health services, contributing to [suicide rates](#) surpassing urban areas.

[Canada's rural regions](#) face similar challenges, contending with resource shortages, limited accessibility, and unique struggles within Indigenous communities. Acknowledging the distinct challenges of rural life is crucial for effective mental health support. Balancing individual self-reliance with open communication, as emphasized by Dawn Morales, PhD, is essential. Innovative digital health initiatives like TetherAll and Talking Stick are emerging to bridge gaps and transform mental health accessibility in rural communities.



“When it comes to mental health, it’s really important for people to understand that it’s a really great idea to talk to people. Individual self-reliance only takes you so far.”

- Dawn Morales, PhD, Program Chief of the Office of Rural Mental Health Research (ORMHR) at the National Institute of Mental Health (NIMH)

Navigating the intricate terrain of rural mental health, Dr. Jeff Sedlack, Medical Director at Point32Health, illuminates pressing challenges, highlighting a surge in depression rates and persistent issues with suicide. Telehealth has emerged as a pivotal solution, stabilizing at 60-70% adoption during the pandemic and notably benefiting adolescents. However, the stark reality persists – that rural areas grapple with limited and less effective care. Dr. Sedlack advocates and underscores the crucial role of [social support](#). Aligning with this imperative, John A. Gale, M.S., Senior Research Associate at the Maine Rural Health Research Center, highlights the transformative potential of mobile technology. Gale positions it as a vital supplement, especially in behavioral health, providing a lifeline for those in crisis. Together, these experts offer a stark yet hopeful narrative for rural mental health, emphasizing the significant role, and latent potential, of digital health solutions in reshaping the landscape for improved outcomes.

Digital health is transforming the mental health landscape, offering newfound possibilities for patient connection and clinical healthcare. This shift towards digital solutions signifies a powerful step forward, injecting optimism and paving the way for a brighter future in mental health accessibility for rural areas. For more information on rural mental health, contact:

<https://www.narmh.org/index.php/about/>

Mental Health Menu: How Your Diet Impacts Your Emotional Wellbeing



In today's busy world, ultra-processed foods have become a common choice, but recent research warns about their link to cognitive decline. While you may not be a registered dietitian, understanding the connection between nutrition and mental health can be valuable to your practice.

Ultra-processed foods, known for additives and lacking nutrients, may affect memory and [cognitive function](#). Encouraging clients to explore this relationship further and consider a balanced diet rich in whole foods can be a valuable step in promoting holistic well-being. The connection between nutrition and mental health is a fascinating area worth exploring.

[Recent studies](#) have linked specific nutrients like omega-3 fatty acids in fish and antioxidants in fruits and vegetables to improved mental health, underscoring the significance of dietary choices for emotional well-being. Integrating these insights into discussions can empower individuals to make informed dietary decisions that support both physical and [emotional health](#).