

PRESS RELEASE



Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



February 7, 2020
1:31PM ChST

CHCC-PR-20-047

FOR IMMEDIATE RELEASE

“CHCC Crisis Counseling Program YUTU Holds Self-Care Event on Tinian”

The Commonwealth Healthcare Corporation (CHCC) Crisis Counseling Program You, Us, Together, United's (CCP-YUTU) Tinian staff in collaboration with the Tinian Mayor's Office Scholarship, Health, and Education (S.H.E.) Division hosted a "Self-Care Day" at the Tinian Elementary School on January 31, 2020 to support mental, emotional, and physical health.

As Agnes Wainman explained, self-care is “something that refuels us, rather than takes from us.” Self-care is any activity done deliberately in order to take care of our mental, emotional, and physical health. Although it is a simple concept, it is something we often overlook.

The Self-Care Day' brought 242 elementary students from kindergarten to sixth grade, 50 individual parents, and 22 volunteers from National Honor Society (NHS), Tinian Youth Center (TYC), and S.H.E Division together to enjoy a whole day jam-packed with fun activities for all the students and parents to enjoy with the help of volunteers from Tinian Jr./Sr. High School National Honor Society. Other activities included flag football, kickball, thread the hula hoop game, follow-the-leader “Human Maze”, and Arts & Crafts, as well as a wonderful magic performance by “The Island Showman,” Neil Fama. Staff from Tinian Health Center (THC) also provided blood pressure screening for parents.

This event was the largest and most successful event for the CCP-YUTU Tinian staff since they began behavioral health outreach work in January 2019.

Special thanks to all our volunteers, event coordinators, and various divisions for providing this much-needed healthy day for our youth.



For more information or behavioral health assistance, please call the Tinian HelpLine at (670) 286-0268 or the Saipan HelpLine at (670) 286-0227, Monday-Friday 7:30am-4:30pm.

If you need to speak with a crisis counselor immediately, call Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline at **1-800-985-5990**. You can also text **TalkWithUs to 1-212-461-4635**. If you need immediate medical help, call 911.

For more information about CHCC programs, please follow us on Facebook, Instagram, and Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

This press release may be found online at <http://www.chcc.gov.mp/pressrelease.html>

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