

## PRESS RELEASE



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# Commonwealth Healthcare Corporation

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



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## FOR IMMEDIATE RELEASE

### Community Guidance Center hosts mental health activity in collaboration with Mount Carmel School

The Commonwealth Healthcare Corporation (CHCC) Community Guidance Center (CGC), in collaboration with Mount Carmel School (MCS), hosted a mental health awareness outreach event on March 25, 2022, at the Pacific Islands Club, wherein 44 MCS faculty and staff attended.

During the outreach event, the CGC facilitated a stress management presentation, sharing information on the different types of stress, recognizing signs and symptoms of stress, and local and national resources on where to seek help. Additionally, participants were able to create a toolkit of practical coping skills they can do at home or at work.

“The activities presented were helpful and therapeutic, which gave us a chance to reflect on our well-being,” said MCS teacher Alyssa Palattao. “It helped us identify ways where we can cope with our stress, things we can and cannot control, and ways we can seek help in the event we feel we cannot handle a situation.”

Following the stress management presentation, the CGC provided participants an opportunity to participate in a “coffee and paint” activity, which focused on promoting healthy coping skills amongst adults and their families.

“The health and wellness of our employees are an essential part of the health and wellness of our school,” said MCS Principal Frances Taimañao. “We want to make sure that our faculty and staff are equipped with the needed tools or information to tackle or handle stress and to use it in the classroom to assist their students. The wellness of our faculty and staff is very important to us.”

The event was funded through support from the Substance Abuse and Mental Health Services Administration Disaster Response Grant and the CNMI Public School System Federal Programs Office.

For more information on training and outreach events, contact the CHCC Community Guidance Center at (670) 323-6560/1.

For more information about CHCC programs, follow @cnmichcc on Facebook, Instagram, and Twitter; visit <https://www.chcc.health>; or call (670) 234-8950.

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