

What's **The Scoop** on Your Health?



Summer Program!

July, 2021



Free summer program for ages 12-25 in Washtenaw County, Belleville and Canton!

This program is focused on nutrition and physical health/activity. We will have cooking sessions (all items needed for the session will be delivered to you!), a field trip to Growing Hope, and Riverside Park physical activity meet ups.

The program will run with a combination of Zoom sessions and in-person sessions at Riverside Park (5 E. Cross Street) in Ypsilanti.

Tuesday July 13th, 2021 -
Thursday August 19th, 2021
Every Tuesday and Thursday
from 3:30p-4:30p.



The Corner Health Center
www.cornerhealth.org
47 N. Huron Street
Ypsilanti, MI 48197
734-484-3600

Features & Highlights!

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To register visit

<https://forms.gle/hcGsauRnq5xGhN1w9>

or text "Summer" to 734-657-4652

Contact the Outreach and Education Team for questions, if you live in Washtenaw County and need assistance with transportation to park meet ups, or if you do not have the ability to use Zoom at home - 734-657-4652



Spots are limited,
register on page 4!



Follow us!



The mission of the Corner Health Center is to inspire 12- to 25-year-olds (and their children) to achieve and sustain healthy lives by providing judgment-free, affordable health and wellness care and education.

We cover comprehensive health care, behavioral health services, health education and youth development programs designed exclusively for teens and young adults.

For more information, visit www.cornerhealth.org or call 734-484-3600 for an appointment.

July 28th is World Hepatitis Day!



What is Hepatitis? Hepatitis is an infectious disease that causes inflammation of the liver. It impacts more than 325 million people worldwide, and cases in the United States are on the rise. Hepatitis puts people who are infected at increased risk for liver disease, cancer, and death. There are five types of Hepatitis, A, B, C, D, and E.

Why is it important to care about Hepatitis? This year the slogan for World Hepatitis Day is “Hep can’t wait”. With a person dying every 30 seconds from a hepatitis related illness, it is important to take action. This can be taken through viral Hepatitis testing, expectant mother screening and birth dose vaccination for newborns.

The good news is... it’s preventable! The hepatitis A and B vaccines are available and a part of the standard immunization schedule for children in the United States. Other measures to prevent Hepatitis include:

- Avoid injecting drugs or sharing needles
- Use a condom during sex
- Practice good hand hygiene
- Take precautions when getting tattoos and/or body piercings

A graphic with the text 'HEP CAN'T WAIT!' in large, bold, sans-serif letters. 'HEP' is in dark blue, 'CAN'T' is in red, and 'WAIT!' is in red. To the left of the text is a large, stylized exclamation mark made of a dark blue diagonal bar and a red circle.

July is Minority Mental Health Awareness Month!

Minority Mental Health Month



Mental illness doesn't discriminate by your background or race, but access to care might.

This month was designated Minority Mental Health Awareness Month in 2008 in order to draw attention to mental health resources and treatment in minority communities as well as the unique challenges that exist for minorities who would benefit from seeking treatment.

Despite a growing mental health epidemic in America, minorities are significantly less inclined to use medication and outpatient mental health services than

their white counterparts. Minority Mental Health Awareness Month represents the constant initiative to improve mental health services in minority communities. A major part of this is reducing the stigma surrounding mental health in minority communities, with African Americans being roughly half as likely to seek help for mental health issues than White Americans. Cost is the primary deterrent for those not seeking treatment for their mental health issues, which, coupled with the higher prevalence of mental health concerns in those with lower income, leads to only increase the prevalence of these concerns.

It is important to engage in spreading awareness of the issues of depression, substance use, suicide, and other concerns in order to reduce the stigma surrounding them. Talking freely about these subjects can help those struggling with them know, they are not alone. At Corner we hope the youth we serve feel seen and feel comfortable seeking the treatment they need.



1 IN 5 PEOPLE

EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.

You can make a difference.

If you have any questions or want to make an appointment with one of our therapist—call us at 734-484-3600 !



The Corner Program Updates:

- ♦ **The Corner Food Pantry** is available to patients and community members ages 12-25 during clinic hours. One family at a time may shop the store and a mask is required!
- ♦ **Mood Lifters** —A mental wellness program that works to improve mood over the course of 15 sessions. For young adults ages 18-25. Currently running on Thursdays 6:30 pm—7:30 pm; March 25th, 2021—July 8th, 2021. Stay tuned for the next group!

- ♦ **Yoga** — This class is open to everyone and it is a judgment-free space. The class combines physical yoga poses with breathing to find balance in both the body and mind. Stay tuned for the next group!
- ♦ **Summer Program**— FREE program for ages 12-25 in Washtenaw County (including Belleville & Canton)! This program is focused on nutrition and physical health/activity. Join us for cooking classes, Ypsilanti Farmer's Market tokens, and physical activity park meet ups! [Learn more and register here!](#)

- ♦ **SMART Recovery** —Recovery support group for ages 18-25; class will meet via Zoom. Interested? Contact Nike Griffin by calling 734-714-2262 or email agriffin@cornerhealth.org.

All programs will meet virtually until further notice!

- ♦ Join the **Corner Youth Leadership Council**—For anyone 12-25 years old interested in developing leadership skills, promoting change, and raising awareness about community health and safety issues. YLC meets year-round on Wednesdays, 6:00-7:00 p.m. Have fun, help your community, and earn a little cash! Interested? Fill out the [form](#) or contact Kamilah Davis-Wilson at kwilson@cornerhealth.org.

- ♦ **Recruiting for the Fall! Join the Corner Theatre Troupe**—For youth in middle and high school, no experience necessary! Become a Peer Educator and have fun while gaining acting skills, write and perform plays and/or monologues for your peers on important health topics, and earn a little cash! Troupe meets September through June Wednesdays 3:30-5:30 p.m. Interested? Fill out the [form](#) or contact Brianna Minor at bminor@cornerhealth.org.



Reduce your risk.

keep 6 ft distance + cover your face + wash your hands



COVID—19 News from the Corner

**Corner now has COVID-19 vaccine available on-site for patients aged 12 years and older. Friends and family invited to schedule as supplies allow. Call 734-484-3600 to schedule your appointment today! Please contact the clinic nurse, Allie, at 734-714-2257 with any questions.*

We are open and serving patients with scheduled appointments only. If you are a patient with a scheduled appointment:

- Please call before your appointment to confirm if your visit is onsite or a telehealth visit.
- **Effective 2/19/21** A parent/guardian may accompany youth to appointments under age 18 and prenatal patients may have one support person. Check out our [website](#) or call us at 734-484-3600 if you have additional questions or concerns.
- Masks are required for the duration of your appointment. If you do not have a mask, we will provide you with one.

Visit our
website for our
current hours.



FOR YOUR HEALTH AND SAFETY, DO NOT COME IN WITHOUT CALLING FIRST.

Test sites in the community can be found [here](#).

COVID-19 Vaccine Tip

Q: What should I expect after getting vaccinated?

A: Common side effects include pain, redness or swelling of the arm where you got the shot. You might also feel tiredness, muscle pain, chills, fever, nausea, or have a headache. Side effects may be more intense after the second shot.

It is important to drink plenty of fluids. You can also apply a cool towel or exercise the arm injected with the vaccine. Call your provider if the arm pain is worse after 24 hours or your side effects DO NOT go away after a few days.

As of June 22nd restaurant capacity restrictions and mask mandates have been lifted. However, it is important to note that some businesses still have discretion to require you to mask up, so keep them handy!

Stay Updated!

In Washtenaw County over 57% of all residents 12-64 years old are fully vaccinated and over 62% have gotten at least one dose! Learn more about Washtenaw County cases [here](#).

