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

Written by: Isabella Bonnewit

Sources: [CDC](https://www.cdc.gov), [World Hepatitis Day](https://www.worldhepatitisday.org), [Cleveland Clinic](https://my.clevelandclinic.org)
July is Minority Mental Health Awareness Month!

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.

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

Written by: Basil Rutkowski

Sources: SAMHSA

NCDHHS
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.

- **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.

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What’s The Scoop is the monthly e-newsletter for Corner patients and community youth to provide information and promote healthy habits and wellness. If you have questions or suggestions for The Scoop! please send them to bminor@cornerhealth.org.
**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.

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

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

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### *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.**

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**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](#).