

The SATO Scoop

USY's Monthly Social Action/Tikun Olam Newsletter

September 2015



Letter from the Editor

Nearly 41,000 people die from suicide each year and more attempt it. It is the third leading cause of death for people aged 15-19. People of all genders, ethnicities, and ages are at risk of suicide. From September 7 through September 14, the country is observing Suicide Prevention Week, a campaign aimed to raise awareness and funds for suicide prevention.

USY is participating in Suicide Prevention Week in our own way. Specifically, we are doing so by releasing this newsletter educating on mental health. It is our responsibility to recognize the warning signs of suicide and to understand a few of the deep rooted causes behind these tragic occurrences. As you read through this Scoop, please keep suicide prevention in the back of your mind. There are little things all of us can do to keep this tragedy at bay, but first we need to understand its causes. The main risks factors of suicide include mental illness, substance abuse, incarceration, family violence, having firearms in the home, and being exposed to others' suicidal behaviors. We've chosen to focus on one risk factor, mental illness, but it is only the start of what can become a much larger discussion.

Please take the time to read and think about this important material and join us in repairing our world one little step at a time.

Thank you,
Hannah Smith, *The SATO Scoop* Editor

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Meet Your IGB

Val Weisler has been in USY since 6th grade METNY Encampment. She started off as a Kadima SA/TO for her temple and immediately fell in love. Val was first appointed to IGB for SA/TO in 9th grade as Social Media Chair and has been on ever since. She's also the founder and CEO of The Validation Project, a global organization inspired by USY that works with teens in 100 countries. Val recently traveled to Southeast Asia, putting SA/TO programs into action in rural villages. You can find her watching too much Netflix, petting random dogs, and dancing when there's no music on.

*Unless someone like you cares
a whole awful lot, nothing is
going to get better. It's not.*
-Dr. Seuss

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DEFINING MENTAL ILLNESS

“A mental illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis” (NAMI). Mental illness is extremely prevalent in our modern society. Yearly, 1 in 5 adults experiences a mental condition. 1 in 20 adults lives with a serious mental disorder. This term, mental illness, is the umbrella term for a variety of different ailments including Anxiety Disorders, ADHD/ADD, Autism Spectrum Disorder, Bipolar Disorder, Borderline Personality Disorder, Depression, Eating Disorders, Obsessive Compulsive Disorder (OCD), Panic Disorder, Post-Traumatic Stress Disorder (PTSD), Schizophrenia, and Social Phobia. To read more about any of these specific illnesses, [CLICK HERE](#).

DISCUSSING DEPRESSION

Almost 7% of the population will suffer from at least one major depressive episode in a year. It is not just sadness, but rather, depression is a serious mental illness. To be diagnosed with depression, a person must have a depressive episode, signaled by loss of interest in activities, change in appetite, issues sleeping, low self-worth, difficulty concentrating, and/or feeling agitated, for two weeks or more.

Depression is a serious illness, and one that can and should be treated. It has been shown to lead to suicide and can often be coupled by other mental illnesses such as anxiety disorders and/or substance abuse. There are many different approaches to treating depression and each strategy is more or less effective depending on the person. Some common treatments include therapy, medication, brain stimulation therapies, exercise, and even self-management.

Depression afflicts teenagers too; it is a disease that spans all races, ages, and genders (though women report depression in higher numbers than men). Those with depression, whether it is you yourself, a family member, or a friend, deserve support and help. There are many ways to accomplish this, but the first one is to learn and understand the illness. To read about more ways to support those with depression, [CLICK HERE](#).

KNOW THE FACTS

16 million American adults live with major depression.

Women are **70%** more likely than men to experience depression

90% of those who died by suicide had an underlying mental illness.

18.1% of American adults live with anxiety disorders.

Nearly **60%** of adults with a mental illness didn't receive mental health services in the previous year.

20% of youth ages 13 – 18 live with a mental condition.

Source: NAMI

MAKE A DIFFERENCE

- ▶ Be on the lookout for signs of suicide
 - ▶ Talking about unbearable pain, feeling trapped, being a burden to others, having no reason to live
 - ▶ Abuse of alcohol/drugs, acting recklessly, isolating themselves from friends/family, giving away prized possessions, sleeping too much or too little
 - ▶ Having continual fits of depression, rage, irritability, anxiety, humiliation
- ▶ Participate in a mental health walk ([CLICK HERE](#) for more info)
- ▶ Run a mental health organization on your campus ([CLICK HERE](#) for more info)
- ▶ Keep learning about mental illness!

INTERNATIONAL SATO WEEK 2015**BE THE CHANGE**

Join us **November 1-6** for International SATO Week 2015! Throughout the week we, along with your chapters and regions, will be offering a number of SATO opportunities and programs all focused on our theme, “Be the change”! Be sure to follow us on social media to get updates throughout the coming months giving you more information on what to expect and letting you know how you can get involved!

SATO MONTHLY CHALLENGES**MOST PROGRAMS CREATED**

Every month, beginning in September, we’ll be offering up some friendly SATO competition with SATO Monthly Challenges! Check the SATO Scoop each month to find out what that month’s challenge is and to find out how you can share your progress with us. At IC, we’ll be recognizing the regions that win the challenges (both overall and per capita). To get us back into the SATO mindset, our first SATO Monthly Challenge is.....“**Most SATO Programs Created**”! Whether it be cooking for a homeless shelter or doing an equality awareness program, **[CLICK HERE](#)** to tell us all about your program and which region you’re from. Then, follow the instructions to share your program with us for the chance to be included in the International SATO Program Bank! Don’t forget that Buy-In programs benefiting SATO count for this challenge, so get creative!

DON’T MISS OUT ON THE EARLY BIRD DISCOUNT FOR IC 2015 IN BALTIMORE! JOIN US FOR A WEEK IN MARYLAND’S GREATEST CITY MAKING FRIENDS AND MEMORIES TO LAST A LIFETIME, AND, OF COURSE, ENJOYING AMAZING SATO PROGRAMMING! **[CLICK HERE](#) FOR MORE INFORMATION AND TO SIGN UP TODAY!**