

“Healing doesn’t mean the damage never existed. It means the damage no longer controls our life” - Akshay Dubey



# Royal Throne January 2024



## Family Development & Self-Sufficiency (FaDSS) Program



### PARTNERS FOR THRIVING FAMILIES

FaDSS is a home Visitation program for low income families available in **ALL 99 COUNTIES IN IOWA**. FaDSS families participate voluntarily in free services in Partnership with their FaDSS Family Development Specialist who works with the whole family to address their basic needs, improve child wellbeing, and develop careers opportunities that, in turn,

### IMPROVES LIVES, FAMILIES, AND COMMUNITIES.

*The New Opportunities FaDSS Program began providing services to families July 1, 2022. It is funded to serve 42 families in the eight-county service area of Audubon, Boone, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties. The FaDSS Program offers a variety of activities to support the needs of each family.*

### Core Service Components

Home Visits

Goal Setting

Advocacy

Referrals

Support

Assessment

**January is Mental Wellness Month. There’s no better time than the beginning of a new year to take stock of your mental Health and learn new ways to improve your overall well-being.**

**A HEALTHIER MIND IS A HAPPIER LIFE**

- Get plenty of sleep
- Maintain a healthy diet
- Stay physically active
- Help others
- Be patient
- Have at least 2 close friends to confide in
- Don't neglect medical check ups
- Have at least one hobby
- Laugh often
- Count your blessings
- Have a spiritual connection

**Mental Health Wellness for Survivors**

- Seek out supportive people**  
A trusted friend or family member can create a calm atmosphere in difficult situations
- Identify and work towards achievable goals**  
Can be as simple as calling a local DV hotline for resources
- Create a peaceful space**  
A physical space can help your mind relax and feel physically safe
- Remind yourself of your inherent value for your emotional health**  
You are special and important
- Remember that you deserve to be kind to yourself**  
Take time everyday to practice self-care for peace and emotional safety

**SELF-CARE CHECKLIST**

- Exercise
- Practice self-compassion
- Practice gratitude
- Take breaks
- Ask for help

LEARN MORE AT [WWW.AMERICANMENTALWELLNESS.ORG](http://WWW.AMERICANMENTALWELLNESS.ORG)

Source: National Domestic Violence Hotline