

# November

# 2024

## *SOCCEED*

(Systems of Care in Community Emergent Events and Disasters)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Monthly meeting at 1 p.m. on Webex	20	21	22	23
24	25	26	27	28	29	30

In November, we are all about YOU, the amazing people that provide incredible services to some of the most at-risk children, families, and individuals across Missouri and Kansas. You do this without fail, often without any acknowledgement, and regardless of what you may have going on in your own lives. Because this meeting is the week prior to Thanksgiving and many of you will be swamped with work or may be traveling for the holiday, it will be a shorter meeting with a bit different of a format from our normal routine. This meeting will bring to you information about self-care. Too often we as providers are so focused on helping others that we forget about us. Self-care IS NOT selfish! This said (and without giving everything away just yet), November's meeting will not just be rote presentations of things that you already know. We are excited to have **Seth Sonnevile, Program Director for the Center for Well-being, CMH who will be speaking on**

**care for the caregivers, all of you!** The better we take care of ourselves and support one another, the better the services that we provide to the community. In addition to the presentation, there will be announcements about additions to our annual holiday contributions to charities of your choosing as well as something even more specific to you. Radically different and anything but routine.

Please also remember that we still have an ability to help people in need at Thanksgiving. While there are community food distributions, many people miss these because of work, don't have a car (many events are drive-thru only), etc. Please reach out to me at: [Jennifer.LHeureux@dmh.mo.gov](mailto:Jennifer.LHeureux@dmh.mo.gov) sooner than later if you know of someone in need that for whatever reason will not be able to partake in community distributions. Our goal is that no one goes without this holiday season!