

# Choices

Access for All Kids to Mental Health Answers

Quarter One, 2024

Accomplishments

Key Posts

Kickoff

Top Links

Parental Anxiety

Donate

Establishing  
the Cause of  
Mental Health  
For kids



**CHOOSE**  
MENTAL HEALTH



## SCHOLARSHIPS

Awarded Past Three Months

6

children

\$157,000

## ACCEPTED TO EXHIBIT

PAX West - 120K Gamers

Last year a gaming initiative was tested and showed positive results. As a continuation to this fundraising project, Choose Mental Health applied and was accepted to exhibit at Pax West. This premium gaming convention is one of the longest running events for gamers and carries a prestigious reputation for attendees.

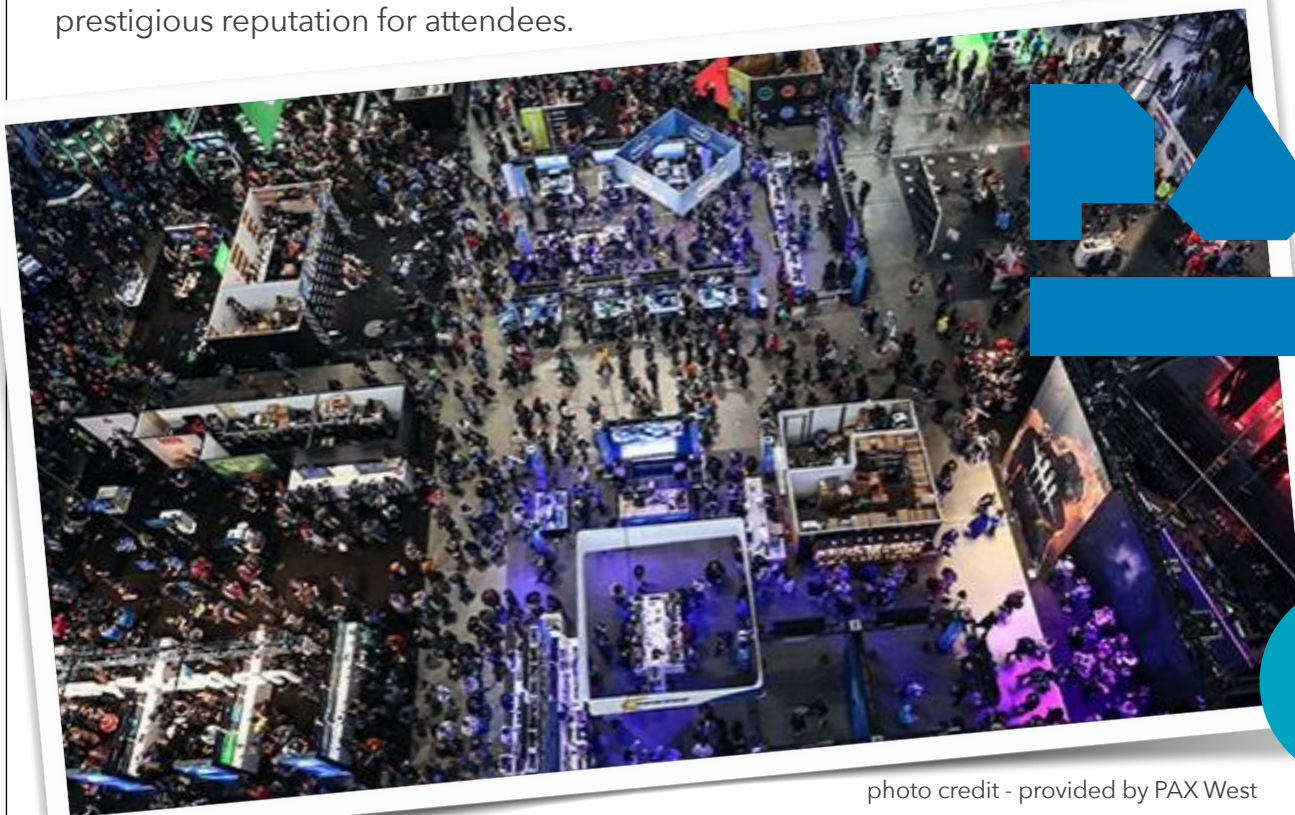
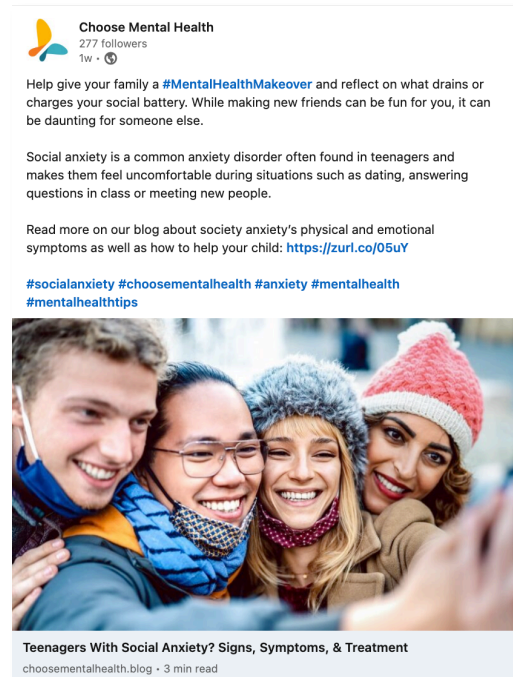


photo credit - provided by PAX West

# SOCIAL MEDIA

## Like - Love - Comment - Share (it all helps)

Key social media posts from the past 3 months





## MAY IS MENTAL HEALTH MONTH

May is a time to shine a light on mental health, and Choose Mental Health is leading the charge. This incredible organization celebrates by ensuring children receive the care they need, regardless of their family's ability to pay.

Time and again, we've witnessed outstanding heroes step up to save lives, one child at a time. Now, we're asking you to consider how you can change a life and make a lasting difference.

This May, Choose Mental Health has two exciting initiatives that need your support. First, a brilliant family has offered to **MATCH** all donations up to \$200,000 for

the Cherokee Creek Boys School program. This means your contribution will go twice as far in providing life-changing care and support. If you're inspired to make an impact, click here to have your donation matched and support this incredible program. [click here.](#)

### Double Donation

Second, for all you GAMERS check out our new initiative on [Tiltify](#) or donate [HERE](#).

Fundraise in your community April 15th.

April 15  
to  
May 31



## LINKS

BLOG

GO

News

GO

Facebook

GO

Instagram

GO

Linkedin

GO

Gamers LINKTREE

GO

Donate MindQuest LIVE

GO

April 15  
to  
May 31



# BREAKING

## The Cycle of Parental Anxiety



### MEET RACHEL AND SCARLETT

In the realm of parenting, the journey is often fraught with both moments of joy and anxiety. Since parenting does not come with a handbook, as a result, the way we parent our children can often be a result of how we as parents have processed our own life experiences.

Consider Rachel, a mother whose deep-seated fears and past disappointments shape her approach to raising her daughter, Scarlett. Rachel becomes anxious at the thought of her daughter, Scarlett, experiencing disappointment. Whenever Scarlett expresses fear or disappointment, Rachel rushes to minimize the situation or distract her with positive affirmations. While Rachel thinks she is doing what is best for her daughter's mental well-being, her actions unintentionally convey the message that negative emotions are undesirable, resulting in poor outcomes. To make her mother happy, Scarlett subconsciously develops a habit of repressing negative feelings, such as disappointment or sadness, which hinders her ability to cope with and understand her own emotions. This habit follows her into her adult life and causes much larger needs. As Scarlett grows older, she becomes a people pleaser, maintaining a steady pattern of hiding her

true feelings from those close to her for fear of disappointment. This fear of disappointing others leads Scarlett to interact with her children the same way that her mother, Rachel, interacted with her. Parent pleasing leads to people pleasing and creates a pattern that results in negative outcomes.

### PARENTAL ANXIETY

What Rachel experiences, and later passes on to Scarlett, is known as parental anxiety—a pervasive fear and unease centered around a parent's concerns for their child's well-being. Parental anxiety is more common than one might think, and is often, in part, a result of the natural, profound love that we parents have for our children. "As parents, we hope to be able to provide comfort and safety for our children," says Dr. Brad Reedy, author of *The Journey of Heroic Parent* and clinical director of EvokeTherapy Programs. "For many of us, the moment that helpless child is placed in our arms, we begin to define our meaning, our worth and our value by how well we can soothe them. We lose our own sense of separateness and begin to fuse our identity with the child. Their discomfort, their tears, their struggles become evidence of our failure." According to Reedy, ...**[continue]**



DONATE

DONATE

GIVING SAVES LIVES

