

The Power of One

What is the Power of One?

We have unique talents, skills, and passion to effect change. You can make a difference. You can change a person's life without knowing them personally.

The Power of One is an invitation to you, regardless of age, sex, faith, or financial situation to join CSCC to be a Champion for Mental Health.

A Power of One Champion for Mental Health:

- A Champion for Mental health uses the unique Power of One:
- A Champion for Mental Health seeks to reduce the stigma of mental health
- A Champion for Mental Health encourages a friend or family member to seek professional mental health counseling if needed.
- A Champion for Mental Health promotes educational and support programs that encourage the positive side of mental health and professional counseling.
- A Champion for Mental Health is a financial supporter to provide mental health services to those with insufficient funds, train professionals to stay current in their certification field and hire additional staff to serve our county's needs.

A Champion for Mental support and promote the Good Samaritan Client Assistance Fund

- Those without the necessary funds for professional help
- Individuals, Families, children, seniors, veterans, single parents
- Victims of sexual abuse, Covid 19 Lockdown Stress, loss of employment, anger management,
- gender issues, grief, PTSD
- Stress, Anxiety, depression, trauma, Suicide ideations

How to be a Power of One Champion for Mental Health Financial Supporter

Annual Gift
Reoccurring Giving
Peer-to-Peer Giving
Personal Special Event
Introduction to other potential donors



Daisy is a 53-year-old professional who has devoted her life to working with children.

In October 2020, she contracted COVID. She was out of work for a while. Upon return to work, she noticed that the joy she once had for her job was no longer there.

Her adult son encouraged his mother to seek counseling, and Daisy agreed in January 2021.

- *Daisy experienced anxiety and depressive symptoms and felt physically weak - intense difficulty walking even small distances, breathing issues even when sitting still, and extreme fatigue. She started missing work due to her continued physical and mental health struggles.*
- *Daisy had a past of difficulties in her family of origin and with her abusive ex-husband, so she had learned to lean on herself and not ask for help.*
- *Coming to counseling was a big step, and the loss of the ability to push her way through any situation made dealing with all these physical and mental health issues out of her control almost unbearable.*
- *Daisy got to the point during this process that her health had declined to the point that she could no longer make it through a workday. And this led to her resigning from her position at work in April 2021 after many years and moving in with her adult son.*
- *This added to her issues by adding to her guilt and shame because she felt like she let down the children she served /her co-workers and she had become a burden to her son.*

Through counseling, she got the support she needed and new skills, new perspectives on life to endure the continued struggle to find answers for her medical issues, rebuild her life, and find a new purpose.

Daisy is still in counseling today and has begun a new job part-time with the goal of full-time, she is again living on her own and is working towards rehabilitating from the physical health issues that were finally identified.

She still struggles with knowing her healing journey is not always smooth and that she isn't where she wants to be right now, but she is hopeful about her future and realizes that counseling has been a big part of her healing process.



SCAN ME