

Links from ASD and MH Presentation:

- Autism Society of North Carolina Autism Resource Specialists: autismsociety-nc.org/talk-with-a-specialist
- Duke Center for Autism and Brain Development: autismcenter.duke.edu
- FACES: ced.ncsu.edu/news/tag/faces
- NC Complex MH/IDD Resources: complexmhidd-nc.org
- NCDHHS LME-MCO Directory: ncdhhs.gov/providers/lme-mco-directory
- NC START: ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/nc-start
- Psychology Today: psychologytoday.com/us/therapists
- TEACCH Clinical Services: teacch.com/clinical-services

Mental Health Response

- LME/ MCO Crisis Lines - Directory: ncdhhs.gov/providers/lme-mco-directory
- Crisis Intervention Training (CIT) - Blog "Seek First Responders with CIT Training:" autismsociety-nc.org/first-responders-cit-training/
- DPI- School Mental Health Policy: dpi.nc.gov
- Resource Directory (English and Spanish): autismsociety-nc.org/resource-directory or autismsociety-nc.org/recursos-en-espanol

Mental Health Training and Awareness

- Mental Health First Aid: mentalhealthfirstaid.org. Trauma Informed Response. Check LME/ MCO calendars for training opportunities
- Resources for Resilience: resourcesforresilience.com
- Substance Abuse and Mental Health Services Administration: samhsa.gov
- Eight Dimensions of Wellness: mfpc.samhsa.gov/ENewsArticles/Article12b_2017.aspx
- NAMI NC Crisis resources: naminc.org
- NAMI Basics training: nami.org
- Crisis Solutions North Carolina: crissolutionsnc.org/
- LGBTQ: ncpolicywatch.com/2022/03/16/fighting-anti-trans-legislation-is-suicide-prevention
- North Carolina Families United: ncfamiliesunited.org

Mental Health Self-Care

- Self-Care during COVID-19: covid19.ncdhhs.gov/information/individuals-families-and-communities/wellness-resources

Research

- Prevalence of Anxiety in Autism Spectrum Disorders: sciencedirect.com

Suicide

- The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.
- Dial 988 (Coming Soon)
- Suicide Helpline Card: suicidepreventionlifeline.org
- NC DHHS Injury and Violence Prevention Branch: injuryfreenc.ncdhhs.gov
- Oasis Clinic with UNC: med.unc.edu/psych/oasis
- CDC Injury Prevention and Control / #BeThere to Help Prevent Suicide: cdc.gov/injury/features/be-there-prevent-suicide/index.html
- Action Alliance for Suicide Prevention: theactionalliance.org/bethere
- American Foundation for Suicide Prevention: afsp.org/suicide-prevention-resources
- Suicide Prevention Resource Center: sprc.org/resources-programs/surgeon-generals-call-action-implement-national-strategy-suicide-prevention
- The Surgeon General's Call to Action to implement the national strategy for suicide prevention: hhs.gov/sites/default/files/sprc-call-to-action.pdf
- Aetna "7 common suicide myths-debunked": aetna.com/health-guide/suicide-myths-and-facts.html
- National Library of Medicine: ncbi.nlm.nih.gov/books/NBK137739/table/ch1.t1
- Language Matters: Why We Don't Say "Committed Suicide": irmi.com/articles/expert-commentary/language-matters-committed-suicide
- PsychHub Suicide Prevention Toolkit: resources.psychhub.com/suicide-prevention-toolkit
- Suicide Prevention Playlist on YouTube

The information provided is not intended as a recommendation, referral, or endorsement of any resource or to verify the credentials, qualifications, or abilities of any organization, product, or provider. The Autism Society of North Carolina urges you to investigate and request references when considering any treatment method, resource, or service provider.

Youth Fishing Events Announced for June

The N.C. Wildlife Resources Commission will sponsor over 20 fishing events for children across the state this May and June in recognition of National Fishing and Boating Week, June 4 - 12. The Wildlife Commission will stock fish at many of the event sites to elevate the experience, and youth 16 years old and older who typically need a fishing license, will be exempt from that requirement.

"By giving those without a fishing license a 'pass' for these events, we're hoping that moms, dads, aunts, uncles, grandmas and grandpas - whoever is taking that child fishing - see the value in investing in a license for the future," said Madeline David, angler engagement coordinator for the Wildlife Commission. "Fishing is a fantastic family bonding activity."

At the events, kids will get a chance to enter their name into a raffle prize drawing conducted by the Wildlife Commission. The grand prize is a Sportsman Lifetime License donated by Neuse Sport Shop in Kinston, which covers fishing inland waters and hunting in North Carolina. The second-place prize, donated by North Carolina Council of Trout Unlimited, is a Comprehensive Inland Fishing Lifetime License. Other prizes include fishing poles, tackle boxes, water bottles and waterproof Bluetooth speakers. Local partners may also provide additional prizes or gifts for young anglers.

Drawings will be held at the end of June and published on the Wildlife Commission's website, ncwildlife.org, in July. The lifetime license winners will be invited to a special presentation of their license by commissioners and celebration with the Wildlife Commission staff. "We're grateful for our partners, Neuse Sport Shop and Trout Unlimited, for providing two budding anglers with these licenses," said David. "We hope to see these kids enjoy fishing for many, many years. Even in an entire lifetime, I'm not sure anyone could take advantage of all the amazing fishing opportunities in North Carolina."

For a full list of fishing events, visit the Wildlife Commission's website, ncwildlife.org. For more information about National Fishing and Boating Week, visit the Recreational Boating and Fishing Foundation's website, takemefishing.org.

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SUMMER READING PROGRAM

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Teen Programs

Wednesdays 4 PM

- June 15th: Ripley's Aquarium Program
- June 22nd: Salmon Recipe
- June 29th: Ocean Wave Tie-Dye T-Shirts
- July 12th: 4-H Event (In-Person)
- July 20th: How to Take Care of a Fish Tank
- July 27th: 4-H Pottery Class (In-Person)

Adult Programs

Mondays 11 AM

- June 13th: Ageless Learning with Catherine Neal
- June 20th: Scenes of Home with Kimberly McAllgood
- June 27th: Seated Tai Chi with Jane (In-Person)
- July 11th: Scarlet Lemonade with Todd & Tara Wright
- July 18th: Timeless Music with Stan & Friends (In-Person)
- July 25th: Gary Porter-Monster Truck Hall of Fame Legend

Children Programs

Fridays 11 AM

- June 17th: Summer Reading Kickoff
- June 24th: NC Zoo Oceans Of Possibilities
- July 1st: NC Aquarium Sea Turtle Trails
- July 15th: Ripley's Aquarium Virtual Tour
- July 22nd: Under The Sea
- July 29th: Summer Reading Finale (In-Person)

For more information call 704-694-5177

Programs are subject to change



Church

JUNE 4

Community Outdoor Fun Day at Flat Rock MBC, Hwy 52 South, Wadesboro, 11am-6pm. FREE: food, clothing, books, games, health screenings & information, gospel music & much more! Bring lawn chairs, blankets & pillows. All children must be supervised by parent or guardian over 21. All are welcome!

JUNE 5

99th Year Homecoming at North Wadesboro Baptist Church 11am with speaker Rev. Wayne Williams. Everyone is invited.

JUNE 7 - 9

"Food Truck Party" Vacation Bible School at Pleasant Hill UMC, 126 Church St in McFarlan. Free meals nightly 5:30pm, VBS 6-8pm with skits, music, Bible stories, crafts, science experiments, recreation & lots more! Pre-register by May 31 for free VBS t-shirt. Info & register at 704-851-3180, 843-622-7133 or sharperstep@roadrunner.com.

JUNE 16 - 19

Breath of God Ministerial Alliance
Theme: The Tip of the Spear - Pastor Renwick V.E. Fisher, Kannapolis NC. Thu-"The Measure of a Godly Man" Pastor Anthony Hall, Divine Unity 7pm; Fri-"The Whole Duty of a Man" Pastor John M. Scott, West Deep Creek 7pm; Sun-"The Responsibility of a Righteous Man" Pastor Terry Little, West Deep Creek 9am.

JUNE 24 & 26

Pre-Anniversary Service for Pastor T.J. Horne at Rock Hill MBC, Fri at 7pm with Rev. Vincent Chambers. Sun service 11am with Pastor Donna McNair, 3pm with Rev Jakeem Bowman. All are welcome!

JUNE 26

Pastoral Anniversary Service for Dr. T. J. Horne at Rock Hill MBC with Rev. Donna McNair at 11am & Rev. Jakeem Bownman at 2:30pm. Everyone is welcome.

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Events

JUNE 7

Board of Commissioners Meet 6pm in Board Room, Suite 209, in Government Center, 101 S Greene St in uptown Wadesboro. This is the regular monthly meeting.

Meeting available online at youtube.com, search for Anson Commissioners. To appear, sign up prior to meeting. Info 704-994-3201

JUNE 15

Bach's Lunch

Pick up a delicious lunch, desserts & drink for \$15, 11am-1pm at Arts Council, 110 S. Rutherford St in Wadesboro. You must make reservation at 704-221-3038.

Pressure Canner

Dial Gauge Testing, free, at the Cooperative Extension Office, 501 McLaurin St in Wadesboro, 10am-5pm. (Closed for lunch 12-1). Info 704-694-2915.

ONGOING EVENTS

Senior Box Program at Feed My Lambs starts the third Tuesday each month for seniors only. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820

Food Pantry

Free food every Wed, 9-11am at Burnsville Recreation & Learning Ctr. 704-826-8182

Free Food Distributed by Anson Crisis Ministries

Every Monday, Tuesday, Wednesday & Friday, 8am-1pm. It is located at 117 North Rutherford Street in uptown Wadesboro. Telephone is 704-694-2445

Free Food

Distribution at Feed My Lambs every Tuesday, Thursday & Friday, 1-4pm. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820

Direct and Counter Cyclical Program Sign-ups

Call the Farm Service Agency Office at 704-694-3516 ext. 2 to complete eligibility forms

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