

In this issue: >>>

Mental Health & Environment
Kinship Survey Results
Money Management Series
Back to School Supplies
Client of the Month
Support Group Schedule



(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

May 2025

Volume 5 Issue 13

Mental Health and Your Environment

Many factors contribute to mental health challenges. Genetics, personal history, diet, and lifestyle all play significant roles. However, when trying to parse the causes of our mental health struggles, many of us fail to consider one of the biggest factors of all: the environment in which we live our day-to-day lives.

Physical Factors that Affect Mental Health

Physical environmental factors are 'hard' factors which come from things like noise, temperature, pollutants and so on. They're often linked to 'soft' social factors but can occur independently.

- Sleep deprivation
- Environmental pollution
- Smoking
- Inaccessible architecture
- Extreme weather conditions

Social Factors that Affect Mental Health

Social environmental factors—ranging from family dynamics to societal conditions—play a crucial role in shaping mental health.

- Conflict and Violence
- Poverty
- Lack of Safety
- Abuse
- Lack of Social Support
- Toxic Relationships

Other Factors That Influence Mental Health

Some environmental factors are harder to classify but still contribute significantly to mental health outcomes.

- Lack of Access to Green Spaces
- Lack of Visual Stimulation
- 'Oppressive' untidiness

Breaking the Cycle

Environmental factors which affect your mental health may well be bound up with other factors. By considering both the physical and social factors that affect mental health, it's possible to create a healthier, more supportive environment for yourself and those around you.

For more information, check out: <https://bit.ly/PGmentalhealth>, How your Environment Affects your Mental Health, Reviewed by The National Counselling & Psychotherapy Society



March 2025 Kinship Survey Results

	March 2025	March 2024
	% Agree	% Agree
I do not feel as stressed out as I used to	89%	86%
I am enjoying life more now.	83%	82%
I think that I will be able to continue raising child(ren) in my care.	97%	95%
I feel that my relationship(s) with my grandchild(ren) has improved from before I became involved in Kinship Care	91%	91%
I would recommend the Kinship Care program to others who are in the same situation as myself.	100%	98%
I feel as if my overall health and sense of well-being have improved.	92%	85%

Number of Participants: 62

Number of Surveys issued: 137

Comments:

- Assistance with housing, food, and bills
- Additional tutoring
- Transportation assistance
- Mentors

We value your feedback!

Money Management



Are you looking for ways to reduce financial stress? Join us for our money management workshops, hosted by our partner William Wesley from Delta Community Bank.

Wednesday, 12pm-2pm

5/14-Budgeting Made Easy: Money Management

5/28-Effective Strategies for Managing Debt

2302 Parklake Dr., Ste. 110, Atlanta, GA 30345



Back to School Supplies

It's time for school supplies! If your children are in need of school supplies for the upcoming school year*, please use the link provided <https://bit.ly/PGSchool25>. Forms must be completed by 6/13. If you have any questions please contact your case worker or Shantell (470) 310-3458.

*Must meet participation requirements for this opportunity & be an active member of ISDD/ Project GRANDD



Client of the Month- Viola Adams

Each month, we select a Project GRANDD caregiver to highlight so we can get to know each other.

At 69, Viola Adams is the proud grandmother and primary caregiver to her two grandchildren—Alexandria (10) and Quinterious (15). Together, they’ve found joy through art, each keeping a sketchbook where they express themselves through drawings and paintings. For Viola, it’s more than a hobby, it’s therapy and a way to connect with her grandchildren on a deeper level. She finds comfort in her faith, especially in Psalm 91, and in TV shows like The Andy Griffith Show and Little House on the Prairie. Her advice to others raising relative children: stay connected with those who understand at support groups, trust in God, and keep going. "You’ve been given those children for a reason," she says—and she lives that truth every day. Ms. Adams’ Case Manager shares: “I have so much respect and admiration for Ms. Viola. Even in the face of personal hardship, she has shown incredible strength and unwavering faith. She’s a fighter. Last year she even wrote to the governor to advocate for her benefits, and the issue was resolved! It’s been an honor to support her over the past six years, and I’ve learned a lot from her along the way.”



SUPPORT GROUPS

A light dinner will be served from 6:00 pm – 6:30 pm during family meetings.

AM Virtual Adult Support 10 AM-12 PM	5/6- Loneliness, Isolation, and Depression in Older Adults Guest: Christine Hall-ARC Volunteer RSVP: https://bit.ly/ISDDadult Phone: 256-581-5048, PIN: 611 544 546#	<i>Google Meet:</i> https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
DeKalb AM Adult Support 10:30 AM- 12:30 PM	5/13- Mindfulness for Caregivers Guest: Luvie Duduyemi, MSW RSVP: https://bit.ly/DeKalbAM or 470-310-3458	<i>ISDD Office:</i> 2302 Parklake Dr. Ste. 175 Atlanta RSVP: https://bit.ly/DeKalbAM or 470-310-3458
PM Virtual Adult Support 6 PM-8 PM	5/15- Support & Sharing Guest: N/A RSVP: https://bit.ly/ISDDadult Phone: 256-581-5048, PIN: 611 544 546#	<i>Google Meet:</i> https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
DeKalb PM Family Support 6 PM-8 PM	5/27- Ending the Silence for Families Guest: NAMI RSVP: https://bit.ly/DeKalbPM or 470-310-3458	<i>New Life Community Alliance:</i> 3592 Flat Shoals Rd, Decatur, RSVP: https://bit.ly/DeKalbPM or 470-310-3458
Rockdale AM Adult Support 9AM-11AM	5/19-Support & Sharing Guest: N/A RSVP: https://bit.ly/PGRockdale or 470-310-3458	<i>Olivia Haydel Senior Center:</i> 1240 Dogwood Drive RSVP: https://bit.ly/PGRockdale or 470-310-3458



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