



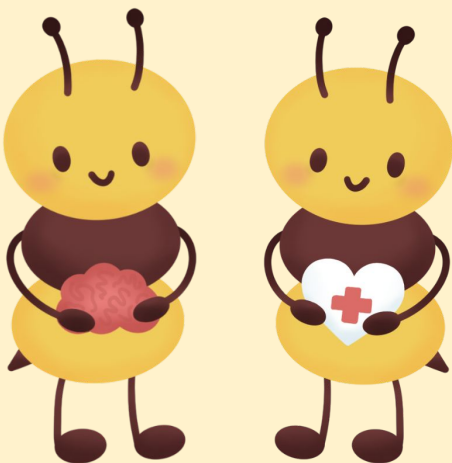
Spotlight on Service Program | May 2024: Mental Wellness

MAY 2024



MENTAL WELLNESS

spotlight on service



WHAT'S SERVIN' CNH!

It's the start of a new term but there's no reason why we can't keep serving! Celebrate "**Mental Wellness**" with us by uplifting mental health awareness and education. This focus doubles as both the 2023-2025 CNH Governor's Project and promotion of Key Club International's service partner Erika's Lighthouse. Best of luck in this new term!

Forever with a Latte Love,

Annabel Z. Lee

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WHAT IS THE SOSP?

The CNH **Spotlight on Service Program** is a district project that promotes different District and International initiatives every month. The Service Project Committee provides monthly guides that include information and tips on how clubs can complete the monthly service initiatives. This program enables clubs to showcase their unique service projects and even have the chance to receive recognition.

HOW TO SUBMIT

In order to receive recognition, clubs can submit on the SOSP form, which can be found under the “Spotlight on Service Program” page under the “Projects” tab on the CNH CyberKey or at tinyurl.com/SubmitSOSP. All submissions are due on the fifth of the following month by **6:00 PM local time**. One or more clubs are featured every month in the District Newsletter for any outstanding service project!

KEY PARTNERS



Erika's Lighthouse

Erika's Lighthouse is a Key Club service partner whose mission is to ensure that no young person feels alone while struggling with mental health. They are dedicated to creating a community of empathy and education. They create upper elementary, middle school and high school mental health, depression and suicide awareness programs so educators, families and teens can create safe spaces to learn about mental health, letting students know they are never alone, and there is somewhere to turn.

SERVICE PROJECT *ideas*



Stress Balls

Make stress balls to donate to patients in hospitals, your fellow students, or local organizations to help people with stress relief. Simply fill up a balloon with a handful of rice, tie it up, and you have a stress ball!

Pipe Cleaner Fidget Toys

Another thing that helps people cope with stress is a fidget toy! You can make pipe cleaner fidgets just with a pipe cleaner and pony beads. String some pony beads on a pipe cleaner, tie the two ends together, and you're done! You could make some shapes like hearts, circles, bears, cats, etc.

Make Care Packages

Care packages tend to brighten up a person's day, so donate some to an eating disorder recovery center, a local hospital, or wherever else you see fit. Put a nice card in there, some fidget toys or stress balls, bracelets, etc.



FUNDRAISER *ideas*

Ribbon Sales

Sell mental health awareness ribbon pins and donate the money to a local organization or a CNH preferred charity. There are lots of different ribbons that represent different mental health causes, so you could even choose multiple causes to advertise.

Food Fundraiser

Lots of chain restaurants do give-back fundraisers, so you could partner with one of those restaurants and tell members to go. Some restaurants are: Panda Express, Blaze Pizza, Boba Time. Raising Cane's, The Coffee Bean & Tea Leaf, and more!

Sell Awareness Bracelets

This is a great project because you can earn money for a cause (or your club), and members can earn service hours when they help make bracelets! With each bracelet, you could also attach a slip of paper with information on what cause you are trying to raise awareness for.



PROMOTION

ideas

Host a Mental Health Awareness Day

You could do this at a club meeting, DCM, or as an event at your school! Choose different mental health topics and have members present them. You could also add in some activities, such as stress ball making or writing cards of kindness.

Volunteer With a Local Public Health Center

Public health centers tend to do a lot of outreach events, especially for mental health. Check out your local public health center's website and see if there are any events coming up and see if you and your members could volunteer there.

Positive Sticky Notes

Have your members write words of encouragement of sticky notes and post them up around your school. You could even choose a design and make a mural out of them. The possibilities are endless.

RESOURCES

SOSP Submission Form

tinyurl.com/SubmitSOSP

Spotlight on Service Program

cnhkeyclub.org/projects/spotlight-on-service-program

Service Resources

cnhkeyclub.org/projects/service-resources

Erika's Lighthouse

erikaslighthouse.org/portal/

Governor's Project

cnhkeyclub.org/projects/governors-project