



For Immediate Release

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Children's Healing Center Hosts World Mental Health Day Challenge

Local Businesses Encouraged to Take Part in Wellness Activities, Promote Mental Health at Work

Grand Rapids, Michigan, Oct. 9, 2023 – In recognition of World Mental Health Day on Oct. 10, the Children's Healing Center is hosting a challenge this month for local organizations aimed at promoting mental health in the workplace.

Mental health at work is an important component of a person's overall mental wellness. With this challenge, CHC is asking organizations to take time to complete a team activity during the month of October that promotes mental health. The goal is to initiate conversations about mental health in the workplace and highlight how important it is for organizations to regularly check in on employees and provide support.

"Supporting mental health in the workplace not only promotes productivity, but can help increase feelings of belonging, empathy and camaraderie among teams," said CHC's Behavioral Health Manager Emma Clinkscales, LMSW. "We're hoping this challenge has a snowball effect and local organizations will integrate open discussions about mental health, and activities to promote it, into their normal workflow."

More than 20 businesses have already taken part in the challenge, along with many solo practitioners. Organizations completed a wide range of activities, from art projects and deep breathing exercises to pickleball tournaments and group meals.

The Center will also offer mental health-focused programs for member parents and children on Oct. 10. Parents and caregivers will have the opportunity to attend a seminar on shifting expectations when caring for a child with a compromised immune system led by clinical therapist and founder of Roots Therapeutic Specialty Services Diana Osipsov. For the children's program, members will complete crafts and other activities focused on mental wellness.

Since 2015, the Children's Healing Center has served as a safe space for children experiencing a complicated medical diagnosis and their families to safely gather and build connections that are critical for mental health. The Center has also made

mental health a priority for its team, regularly engaging in conversations about wellness and working on ways to make improvements for the entire organization.

“Supporting mental health is of critical importance for us, whether for our members, team or volunteers,” said Autumn Haan, the Center’s executive director for West Michigan. “We’re taking steps to help address mental wellness and provide resources at each level of our organization and we hope this challenge may inspire other local groups to do the same.”

Local organizations who want to take part in the challenge are encouraged to share their World Mental Health Day activities with the Center by commenting on their world Mental Health Day video on [Facebook](#).

Businesses and Schools that joined this year’s challenge include:

- Arts in Motion
- Bluebridge ABA
- Datawise Consulting
- DeVos Performance Hall and Convention Center
- First Companies Inc.
- Fishbeck
- Grand Rapids African American Health Institute
- Grand River Aseptic and Manufacturing
- The Grand Rapids Children Museum
- Hungerford Nichols CPAs + Advisors
- Kent County Children’s Special Healthcare Services
- Kynda
- Little Monarchs Bilingual Daycare and Development Center
- Merck
- Michigan Ballet Academy
- New Day Foundation for Families
- Roots Therapeutic Specialty Services
- Sabo PR
- St. Thomas the Apostle Catholic School

More information about the Children’s Healing Center can be found at childrenshealing.org.

About Children’s Healing Center

Opening its doors in September 2015, the Children’s Healing Center is the first year-round recreation center in the nation for children with weak immune systems. The Center, with locations in Grand Rapids and Ypsilanti Township, offers a safe, clean and interactive place for children ages 0 to 26 to come play and socialize. For more information, visit childrenshealing.org.

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