

# Bikes, Hikes & Kites

## Get Out and Get Connected



## H.O.P.E. Week: May 16-20, 2022

When we talk about H.O.P.E., we are focusing on building **Healthy Outcomes** from **Positive Experiences**. Optum Idaho, in partnership with Idaho Resilience Project (IRP), invites you to participate in Mental Health Awareness Month by bringing H.O.P.E. Week activities to your community.

Engaging in fun activities is a great way to help reduce stress, build resilience and can be an easy way to initiate conversations on mental health.

During H.O.P.E. Week, May 16-20, 2022, we invite you to host, participate and provide positive experiences for your community. This can include:

- Organize a bike rally in your community to raise awareness of H.O.P.E.
- Arrange a walk or hike with your church group in one of your favorite areas to get outside and talk about what you love about the outdoors.
- Fly a **#HopeLivesHere** kite at school! Optum and IRP can provide kites to youth groups to fly kites and talk about building resilience.
- Decorate your community with chalk art H.O.P.E. notes!
- Bring your friends together to volunteer at your youth community organization.
- Organize a donation drive with your company to donate needed items to your local school district.
- Arrange to paint a H.O.P.E. mural in your community.
- Organize a food drive with your neighborhood at your local foodbank.
- Institute a new tradition at the dinner table each night asking everyone what they are proud of. Celebrate the successes with them, however big or small.

Be sure to take photos or videos of yourself participating in H.O.P.E. Week then post to social media using **#hopeliveshere** and **#helloidaho!**





## Free Community Resources

1. Are you looking for ways to talk with your teenager or young adult about mental health? Optum Conversation ([www.optumconversation.com](http://www.optumconversation.com)) can help.
2. To find local resources, visit the Mental Health Toolkit found on-line at [www.empoweridaho.org/mental-health-month](http://www.empoweridaho.org/mental-health-month).
3. To post your community mental health awareness event or find events near you, check out the Community Calendar at IRP ([www.idahoresilienceproject.org/community-events](http://www.idahoresilienceproject.org/community-events)). You can also learn more about
4. To engage children of all ages, find free resources with games, activities and worksheets on the Children's Mental Health Acceptance Week page at National Federation of Families ([www.ffcmh.org/awarenessweek](http://www.ffcmh.org/awarenessweek)). adverse childhood experiences, prevention strategies and how to build resilience.

Finally, Hello Idaho! is a campaign to stay connected, reduce isolation and promote positive mental health. Optum Idaho is distributing Hello Idaho! materials such as stickers, bookmarks, posters and leave-behind cards, all free of charge. Use these in your classroom or business to help start the conversation. For more information or to request Hello Idaho! materials, visit [optumidaho.com](http://optumidaho.com) or email [idaho.communications@optum.com](mailto:idaho.communications@optum.com).

If you or someone you know is in crisis, call **2-1-1** or the Optum Idaho Member helpline: **(855) 202-0973**.

