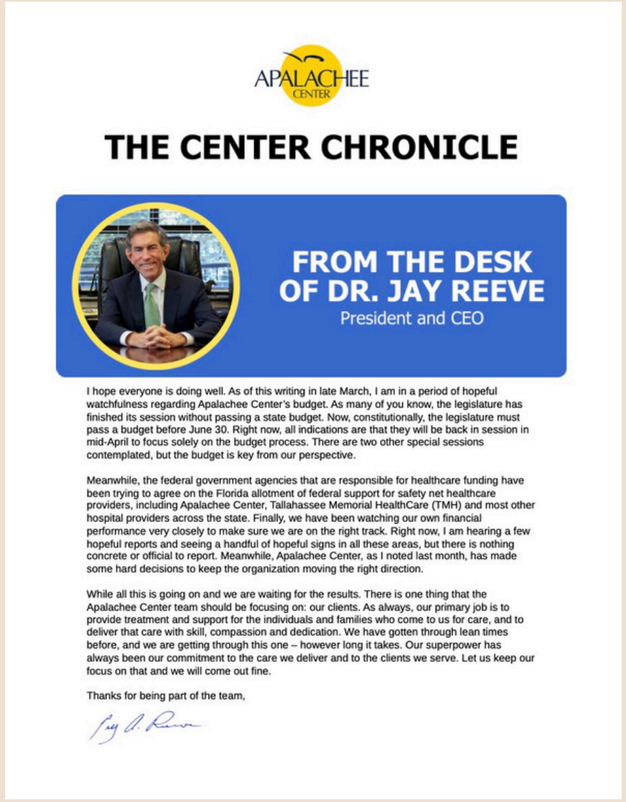
Jared Melhado Portfolio

Works & designs featured on slideshow are hyperlinked for large scale view.

Employee Newsletter



APALACHEE CENTER

THE CENTER CHRONICLE

FROM THE DESK OF DR. JAY REEVE
President and CEO

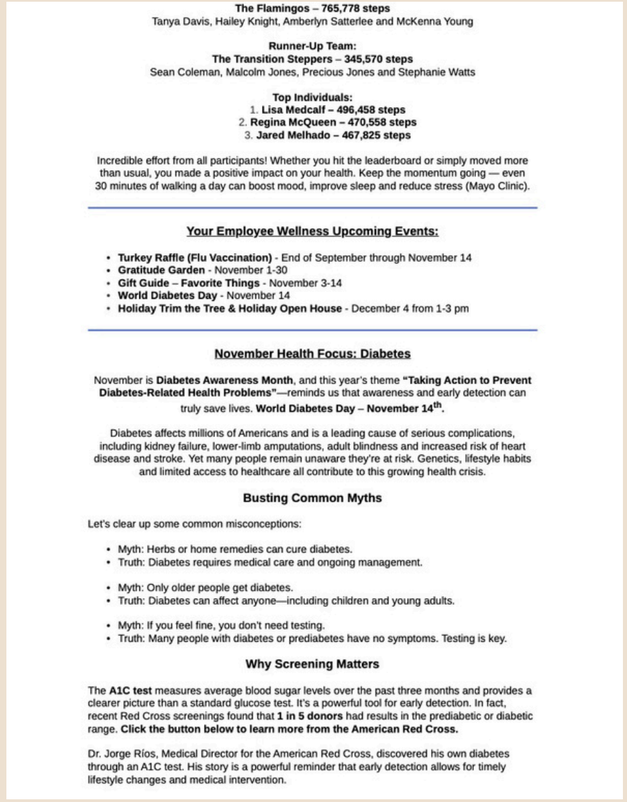
I hope everyone is doing well. As of this writing in late March, I am in a period of hopeful watchfulness regarding Apalachee Center's budget. As many of you know, the legislature has finished its session without passing a state budget. Now, constitutionally, the legislature must pass a budget before June 30. Right now, all indications are that they will be back in session in mid-April to focus solely on the budget process. There are two other special sessions contemplated, but the budget is key from our perspective.

Meanwhile, the federal government agencies that are responsible for healthcare funding have been trying to agree on the Florida allotment of federal support for safety net healthcare providers, including Apalachee Center, Tallahassee Memorial HealthCare (TMH) and most other hospital providers across the state. Finally, we have been watching our own financial performance very closely to make sure we are on the right track. Right now, I am hearing a few hopeful reports and seeing a handful of hopeful signs in all these areas, but there is nothing concrete or official to report. Meanwhile, Apalachee Center, as I noted last month, has made some hard decisions to keep the organization moving the right direction.

While all this is going on and we are waiting for the results. There is one thing that the Apalachee Center team should be focusing on: our clients. As always, our primary job is to provide treatment and support for the individuals and families who come to us for care, and to deliver that care with skill, compassion and dedication. We have gotten through lean times before, and we are getting through this one – however long it takes. Our superpower has always been our commitment to the care we deliver and to the clients we serve. Let us keep our focus on that and we will come out fine.

Thanks for being part of the team,

Apalachee Center Monthly Employee Newsletter April 2026 Center Chronicle



The Flamingos – 765,778 steps
Tanya Davis, Hailey Knight, Amberlyn Satterlee and McKenna Young

Runner-Up Team:
The Transition Steppers – 345,570 steps
Sean Coleman, Malcolm Jones, Precious Jones and Stephanie Watts

Top Individuals:
1. **Lisa Medcalf – 496,458 steps**
2. **Regina McQueen – 470,558 steps**
3. **Jared Melhado – 467,825 steps**

Incredible effort from all participants! Whether you hit the leaderboard or simply moved more than usual, you made a positive impact on your health. Keep the momentum going — even 30 minutes of walking a day can boost mood, improve sleep and reduce stress (Mayo Clinic).

Your Employee Wellness Upcoming Events:

- **Turkey Raffle (Flu Vaccination)** - End of September through November 14
- **Gratitude Garden** - November 1-30
- **Gift Guide – Favorite Things** - November 3-14
- **World Diabetes Day** - November 14
- **Holiday Trim the Tree & Holiday Open House** - December 4 from 1-3 pm

November Health Focus: Diabetes

November is **Diabetes Awareness Month**, and this year's theme **"Taking Action to Prevent Diabetes-Related Health Problems"**—reminds us that awareness and early detection can truly save lives. **World Diabetes Day – November 14th.**

Diabetes affects millions of Americans and is a leading cause of serious complications, including kidney failure, lower-limb amputations, adult blindness and increased risk of heart disease and stroke. Yet many people remain unaware they're at risk. Genetics, lifestyle habits and limited access to healthcare all contribute to this growing health crisis.

Busting Common Myths

Let's clear up some common misconceptions:

- Myth: Herbs or home remedies can cure diabetes.
- Truth: Diabetes requires medical care and ongoing management.

- Myth: Only older people get diabetes.
- Truth: Diabetes can affect anyone—including children and young adults.

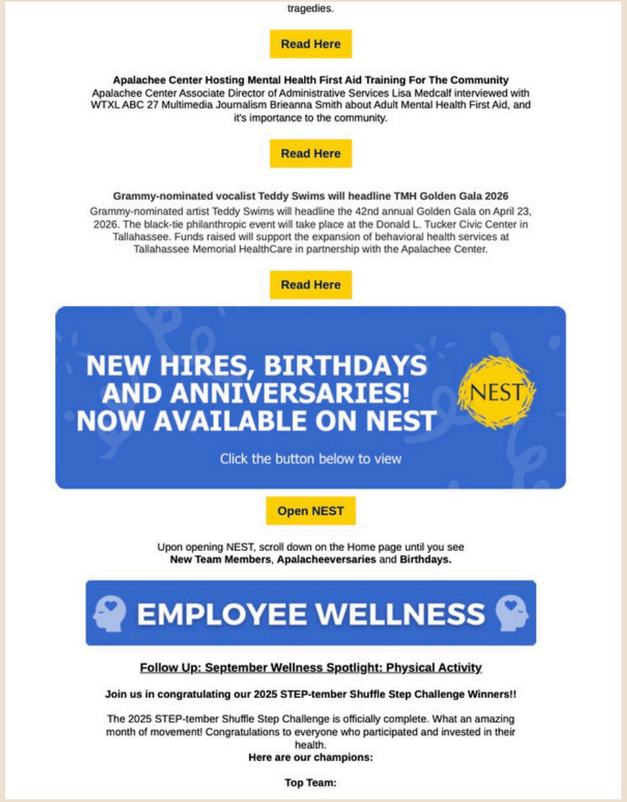
- Myth: If you feel fine, you don't need testing.
- Truth: Many people with diabetes or prediabetes have no symptoms. Testing is key.

Why Screening Matters

The **A1C test** measures average blood sugar levels over the past three months and provides a clearer picture than a standard glucose test. It's a powerful tool for early detection. In fact, recent Red Cross screenings found that **1 in 5 donors** had results in the prediabetic or diabetic range. **Click the button below to learn more from the American Red Cross.**

Dr. Jorge Ríos, Medical Director for the American Red Cross, discovered his own diabetes through an A1C test. His story is a powerful reminder that early detection allows for timely lifestyle changes and medical intervention.

November 2025 Center Chronicle: Employee Health & Wellness



tragedies.

Read Here

Apalachee Center Hosting Mental Health First Aid Training For The Community
Apalachee Center Associate Director of Administrative Services Lisa Medcalf interviewed with WTXL ABC 27 Multimedia Journalism Brieanna Smith about Adult Mental Health First Aid, and it's importance to the community.

Read Here

Grammy-nominated vocalist Teddy Swims will headline TMH Golden Gala 2026
Grammy-nominated artist Teddy Swims will headline the 42nd annual Golden Gala on April 23, 2026. The black-tie philanthropic event will take place at the Donald L. Tucker Civic Center in Tallahassee. Funds raised will support the expansion of behavioral health services at Tallahassee Memorial HealthCare in partnership with the Apalachee Center.

Read Here

NEW HIRES, BIRTHDAYS AND ANNIVERSARIES! NOW AVAILABLE ON NEST

NEST

Click the button below to view

Open NEST

Upon opening NEST, scroll down on the Home page until you see **New Team Members**, **Apalacheeversaries** and **Birthdays.**

EMPLOYEE WELLNESS

Follow Up: September Wellness Spotlight: Physical Activity

Join us in congratulating our 2025 STEP-tember Shuffle Step Challenge Winners!!

The 2025 STEP-tember Shuffle Step Challenge is officially complete. What an amazing month of movement! Congratulations to everyone who participated and invested in their health.
Here are our champions:

Top Team:

November 2025 Center Chronicle: Apalachee Center In The News & More

Press Releases & Media Alerts

MEDIA CONTACT
Jared Melhado
850-879-8346 (Mobile)
JaredM56@ApalacheeCenter.org

PRESS RELEASE

Apalachee Center's Annual Art Show Showcases Client and Employee Creativity

TALLAHASSEE, Fla. (Monday, June 16) – On Friday, June 20 from 12 to 3 pm, Apalachee Center will host its 11th Annual Art Show, "In Motion: Artful Journeys to Healing," at Apalachee Center's Leon County campus – Building J, 2634 Capital Circle NE, 32308.

The community is invited to attend this free event, which will feature a curated gallery of intentional and impactful artwork and music created by the organization's clients and staff. This gallery serves as a beacon of hope, illuminating the journey towards resilience and healing.

The Apalachee Center's Expressive Arts Therapy team encourages visitors to attend and participate in active art-making, contributing to collaborative pieces that represent the shared connection of hope and self-discovery.

The event will include a mixture of art mediums, including marker, crayon and oil pastel alongside a collection of origami, stones, tapestries and client-created musical beats and lyrics.

Refreshments will be served, and admission is free and open to everyone. Those interested in attending this year's event can visit ApalacheeCenter.org/ArtShow to learn more.

###

About Apalachee Center
*For over half a century, Apalachee Center, a private, not-for-profit organization, has been dedicated to helping individuals and families in eight counties of North Florida succeed in recovering from emotional, psychiatric, and substance abuse crises. For more information, visit **ApalacheeCenter.org**.*

Apalachee Center Expressive Arts Therapy Team Annual Art Show Press Release

PRESS RELEASE

Contact: Jared Melhado
Phone: 850-879-8346
Email: JaredM56@ApalacheeCenter.org

APALACHEE CENTER TO HOST ADULT MENTAL HEALTH FIRST AID (MHFA) TRAINING FOR THE COMMUNITY

TALLAHASSEE, FL. (Wednesday, February 25, 2026) – On **Wednesday, March 4, 2026, Apalachee Center** will host an **Adult Mental Health First Aid (MHFA) training** to highlight the need for community understanding and awareness of mental health crises. Like physical First Aid and CPR, this $30, evidence-based training empowers participants to better understand mental illness in those over the age of 18 while giving them practical tools to recognize signs of distress and confidently assist someone in need.

One in five Americans has experienced a mental health challenge, but fewer than half seek help. Unlike physical conditions, symptoms of mental health and substance use disorders can be difficult to see. Friends and family may find it hard to know when and how to step in. As a result, those in need of services often do not receive them until it's too late.

Attendees of this eight-hour course will learn a five-step Action Plan that guides them through the process of reaching out and offering appropriate support and walk away with a MHFA certification.

"Every time we teach Mental Health First Aid, we see the difference it makes in people's confidence to step in and help," said Apalachee Center Director of Training Kim Owens. "Opening this training to the public is about giving more people in Tallahassee the tools they need to recognize the signs of a crisis and offer meaningful support."

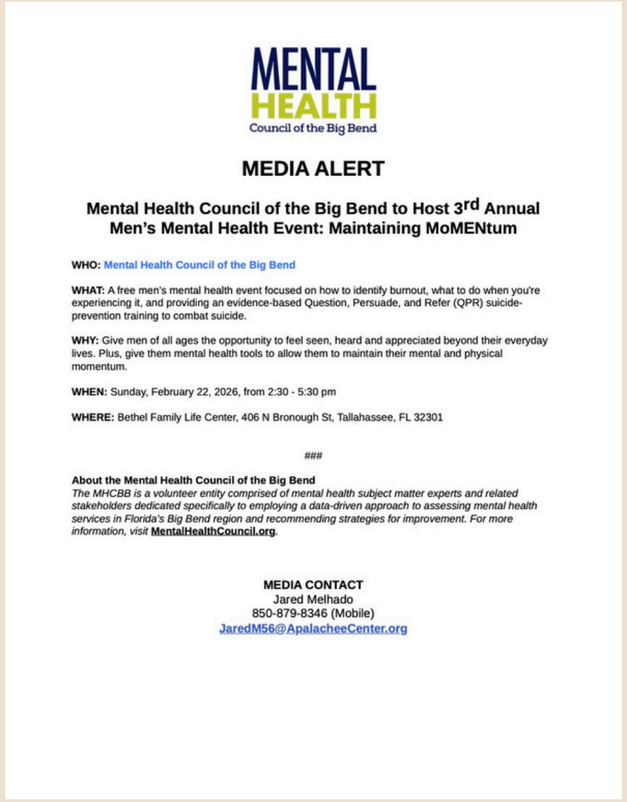
More than three million people nationwide have been trained in Mental Health First Aid. Apalachee Center encourages the community to join them by participating in the upcoming March 4 training. **Only 20 spots are available.** Register now at ApalacheeCenter.org/MHFA.

###

About Apalachee Center
Since 1948, Apalachee Center, a private, not-for-profit organization, has been dedicated to supporting the mental health and recovery of individuals and families across Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor, and Wakulla Counties succeed in recovering from emotional, psychiatric and substance use disorder crises. For more information, visit ApalacheeCenter.org.

About Mental Health First Aid
Mental Health First Aid (MHFA) is an evidence-based training program administered by the National Council for Mental Wellbeing that teaches individuals how to identify, understand and

Apalachee Center Adult Mental Health First Aid Press Release



MEDIA ALERT

Mental Health Council of the Big Bend to Host 3rd Annual Men's Mental Health Event: Maintaining MoMENtum

WHO: Mental Health Council of the Big Bend

WHAT: A free men's mental health event focused on how to identify burnout, what to do when you're experiencing it, and providing an evidence-based Question, Persuade, and Refer (QPR) suicide-prevention training to combat suicide.

WHY: Give men of all ages the opportunity to feel seen, heard and appreciated beyond their everyday lives. Plus, give them mental health tools to allow them to maintain their mental and physical momentum.

WHEN: Sunday, February 22, 2026, from 2:30 - 5:30 pm

WHERE: Bethel Family Life Center, 406 N Bronough St, Tallahassee, FL 32301

###

About the Mental Health Council of the Big Bend
The MHCBB is a volunteer entity comprised of mental health subject matter experts and related stakeholders dedicated specifically to employing a data-driven approach to assessing mental health services in Florida's Big Bend region and recommending strategies for improvement. For more information, visit **MentalHealthCouncil.org**.

MEDIA CONTACT
Jared Melhado
850-879-8346 (Mobile)
JaredM56@ApalacheeCenter.org

The Mental Health Council of the Big Bend's Annual Men's Mental Health Event Media Alert

Social Media Content: Video

Apalachee Center
Administration & Staff for
Thank A Resident Day

Written Social Media Caption Copy:

🌟 Happy Thank A Resident Day! 🌟

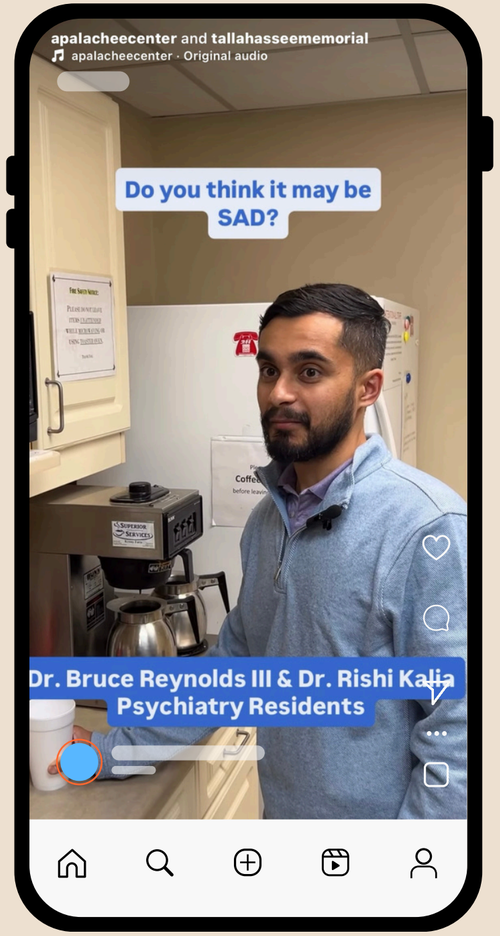
Today, we would like to celebrate the incredible work of our psychiatry residents: Walter Carr, Rishi Kali, Bruce Reynolds III, Samuel Morris, Ashley Desinor, Bryan D'Ostroph, Holly Klopfenstein and Cathelencia Francisque.

Our residents are truly making an impact as they rotate between Apalachee Center and Tallahassee Memorial HealthCare. Their hard work, dedication and passion for mental health care are truly inspiring! 🧠

💛 Thank you, Walter, Rishi, Bruce, Samuel, Ashley, Bryan, Holly and Cathelencia for your unwavering commitment to mental health and the difference you all are making in North Florida. We are so proud to support your journey!

#ApalacheeCenter #TallahasseeMentalHealth #TheCenterOfMentalHealthInTheBigBend #MentalHealthCare #MentalHealthAwareness #HealingIsNotLinear #HealingIsPossible #ThankAResidentDay

Social Media Content: Video



Apalachee Center Psychiatry Residents for Seasonal Affective Disorder (SAD)

Written Social Media Caption Copy:

Has the cold weather been getting the best of you? 🥶

Seasonal Affective Disorder (SAD), also known as “seasonal depression,” is a type of depression related to the changes in seasons, which begin and end around the same time every year.

Don’t self-diagnose yourself or anyone you know! 😷 Visit us during our Same-Day Access hours at any of our North Florida outpatient clinics in Leon, Gadsden, Madison, Franklin, Liberty, Wakulla, Taylor and Jefferson Counties.

Learn more about Same-Day Access at ApalacheeCenter.org/SameDay! 🧠

#ApalacheeCenter #TallahasseeMentalHealth #TheCenterOfMentalHealthInTheBigBend #MentalHealthCare #MentalHealthAwareness #HealingIsNotLinear #HealingIsPossible #SeasonalAffectiveDisorder #SeasonalDepression #SAD

Social Media Content: Post

Apalachee Center Tabling at LeMoyne Chain of Parks Art Festival

Written Social Media Caption Copy:

Apalachee Center was proud to host a table at LeMoyne Arts Chain of Parks Art Festival last weekend! 🎨🌳

In addition to being a vendor, Apalachee Center is a long-time sponsor of the Chain of Parks Art Festival, now celebrating its 25th year. To mark the occasion, LeMoyne and the City of Tallahassee's Artful Infrastructure program unveiled a new utility box wrap featuring artwork by Beverly Harding, inspired by a photo from last year's event. Our CEO, Dr. Jay Reeve, is featured front and center! 😊

Thank you for everyone to stopped by our table to learn about our services and to our staff who volunteered! 💛

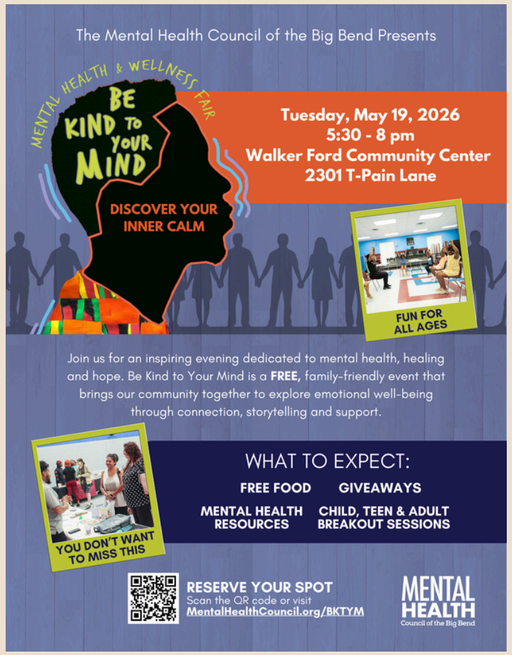
#ApalacheeCenter #TallahasseeMentalHealth #TheCenterOfMentalHealthInTheBigBend #MentalHealthCare #MentalHealthAwareness #HealingIsNotLinear #HealingIsPossible #SupportLocalArt #LeMoyneArts #TallahasseeArtScene #ChainOfParksFestival #ChainOfParks #ChainofParksArtFestival

Flyers

Apalachee Center & Premier Corporate Membership Flyer

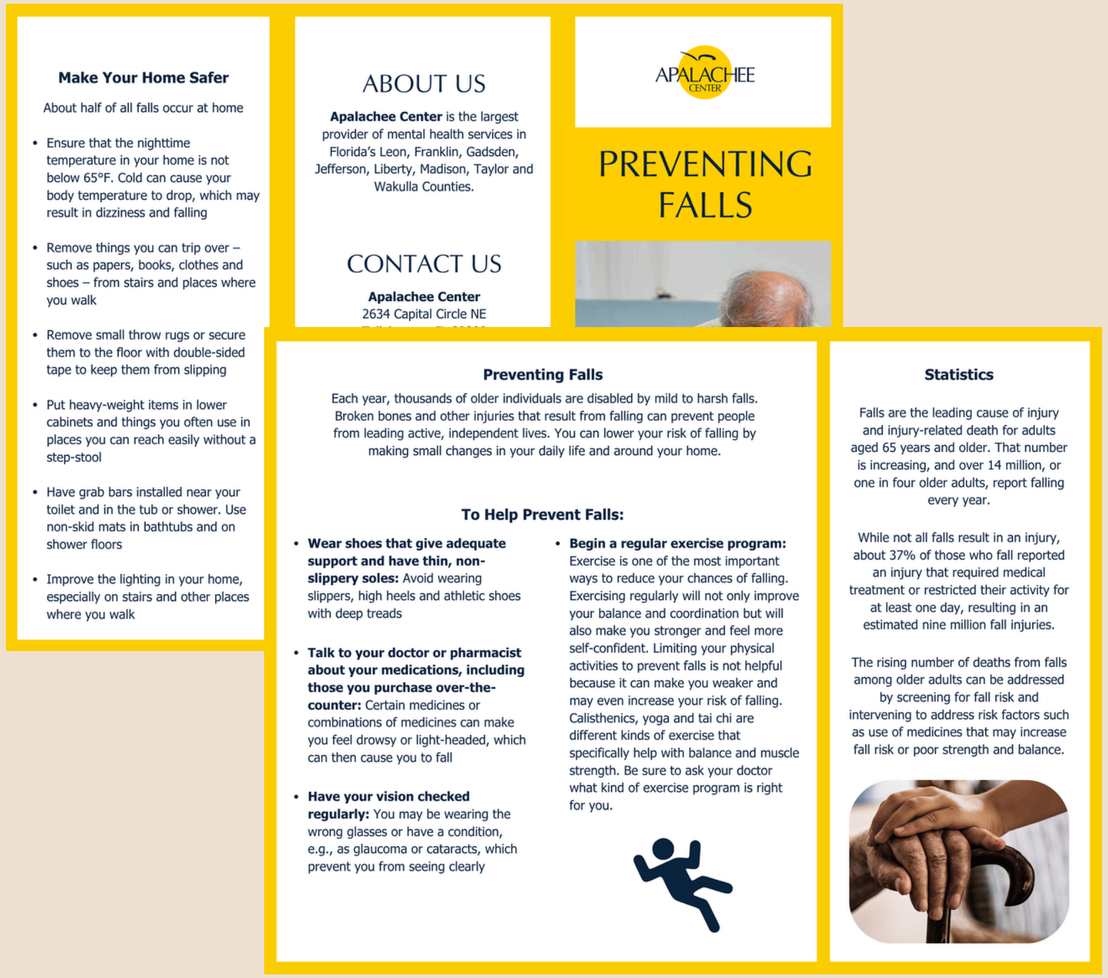
Apalachee Center Adult Mental Health First Aid Flyer

Apalachee Center Hiring for RNs & LPNs Flyer



Mental Health Council of the Big Bend Be Kind To Your Mind 2026 Flyer

Brochures



Make Your Home Safer

About half of all falls occur at home

- Ensure that the nighttime temperature in your home is not below 65°F. Cold can cause your body temperature to drop, which may result in dizziness and falling
- Remove things you can trip over – such as papers, books, clothes and shoes – from stairs and places where you walk
- Remove small throw rugs or secure them to the floor with double-sided tape to keep them from slipping
- Put heavy-weight items in lower cabinets and things you often use in places you can reach easily without a step-stool
- Have grab bars installed near your toilet and in the tub or shower. Use non-skid mats in bathtubs and on shower floors
- Improve the lighting in your home, especially on stairs and other places where you walk

ABOUT US

Apalachee Center is the largest provider of mental health services in Florida's Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor and Wakulla Counties.

CONTACT US

Apalachee Center
2634 Capital Circle NE

APALACHEE CENTER

PREVENTING FALLS

Preventing Falls

Each year, thousands of older individuals are disabled by mild to harsh falls. Broken bones and other injuries that result from falling can prevent people from leading active, independent lives. You can lower your risk of falling by making small changes in your daily life and around your home.

To Help Prevent Falls:

- **Wear shoes that give adequate support and have thin, non-slippery soles:** Avoid wearing slippers, high heels and athletic shoes with deep treads
- **Talk to your doctor or pharmacist about your medications, including those you purchase over-the-counter:** Certain medicines or combinations of medicines can make you feel drowsy or light-headed, which can then cause you to fall
- **Have your vision checked regularly:** You may be wearing the wrong glasses or have a condition, e.g., as glaucoma or cataracts, which prevent you from seeing clearly
- **Begin a regular exercise program:** Exercise is one of the most important ways to reduce your chances of falling. Exercising regularly will not only improve your balance and coordination but will also make you stronger and feel more self-confident. Limiting your physical activities to prevent falls is not helpful because it can make you weaker and may even increase your risk of falling. Calisthenics, yoga and tai chi are different kinds of exercise that specifically help with balance and muscle strength. Be sure to ask your doctor what kind of exercise program is right for you.

Statistics

Falls are the leading cause of injury and injury-related death for adults aged 65 years and older. That number is increasing, and over 14 million, or one in four older adults, report falling every year.

While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity for at least one day, resulting in an estimated nine million fall injuries.

The rising number of deaths from falls among older adults can be addressed by screening for fall risk and intervening to address risk factors such as use of medicines that may increase fall risk or poor strength and balance.

Apalachee Center Education Series: Preventing Falls Trifold Brochure

HOW APALACHEE CENTER HELPS

For those who may think they have bipolar disorder, Apalachee Center offers a 24/7 mental health support hotline that provides immediate response, assessment and intervention to anyone experiencing a mental health crisis.

24/7 Mobile Response Team

800-342-0774

ApalacheeCenter.org/MRT

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CONTACT US

Apalachee Center
2634 Capital Circle NE

APALACHEE CENTER

UNDERSTANDING BIPOLAR DISORDER

What Is Bipolar Disorder?

Bipolar disorder, or manic depression, is a disorder of the brain resulting in episodes of mania (emotional highs) and depression (emotional lows). Bipolar disorder is described as a mood disorder, but episodes of the illness can produce significant changes in the following:

- Activity and energy
- Appetite and sleep
- Speech, thinking and judgement

2/3 of people with bipolar disorder are not properly diagnosed or treated. With proper diagnosis and effective medication, individuals with bipolar disorder can lead normal, productive and fulfilling lives. However, when left untreated, bipolar disorder can be very destructive, and not only affects the individual but also family members, friends and society.

It is important for the individual to understand their illness and identify the symptoms they experience in order to begin and try to manage their illness.

Symptoms of Manic Episode

- Increased talking, energy and activity
- Poor judgement and recklessness
- Inflated self-esteem and ambition
- Decreased sleep or need for sleep

Symptoms of Depressive Episode

- Decreased activity and energy
- Depressed or apathetic mood
- Increased or decreased appetite or sleep
- Feelings of guilt, worthlessness, helplessness or hopelessness

If you have any of these symptoms, you should consider getting screened for bipolar disorder through Same-Day Access.

For more information, visit ApalacheeCenter.org/SameDay or **scan the QR code below.**

Treatment

Bipolar disorder is a highly treatable illness. There are two types of treatment available: medication and therapy. At times, electroconvulsive therapy may be used.

Medication

Most individuals with bipolar disorder take medication to regulate their emotions. Most medications need to be taken for several weeks before they can reach their full effect.

Therapy

Therapy helps the individual to detect patterns leading up to depression, mania or depressive episodes. These patterns might include the use of medication. It also provides strategies for managing stress and coping with the disorder.

Self-Treatment

- Take your medication regularly and consistently at the same time each day
- Pay attention to any warning signs or triggers
- Adhere to a daily routine
- Avoid alcohol and recreational drugs

Apalachee Center Education Series: Understanding Bipolar Disorder Trifold Brochure

Brochures

REFERRALS

Referrals are accepted from:
- State civil mental health treatment facilities
- Baker Act receiving facilities

Contact our Program Manager:
850-523-3333
Extension 5106

ABOUT US

Apalachee Center is the largest provider of mental health services in Florida's Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor and Wakulla Counties.

APALACHEE CENTER

TRANSITION HOME

Transition Home is a short-term residential treatment facility that serves 16 men and women who are stepping down from or diverted from civil state hospitals to bridge the gap between the hospital and the community.

Residents live in a structured setting with one licensed practical nurse (LPN) and two mental health assistants (MHAs) available 24/7. At Transition Home, residents have an opportunity for individualized community reintegration while developing independent living and relapse prevention skills.

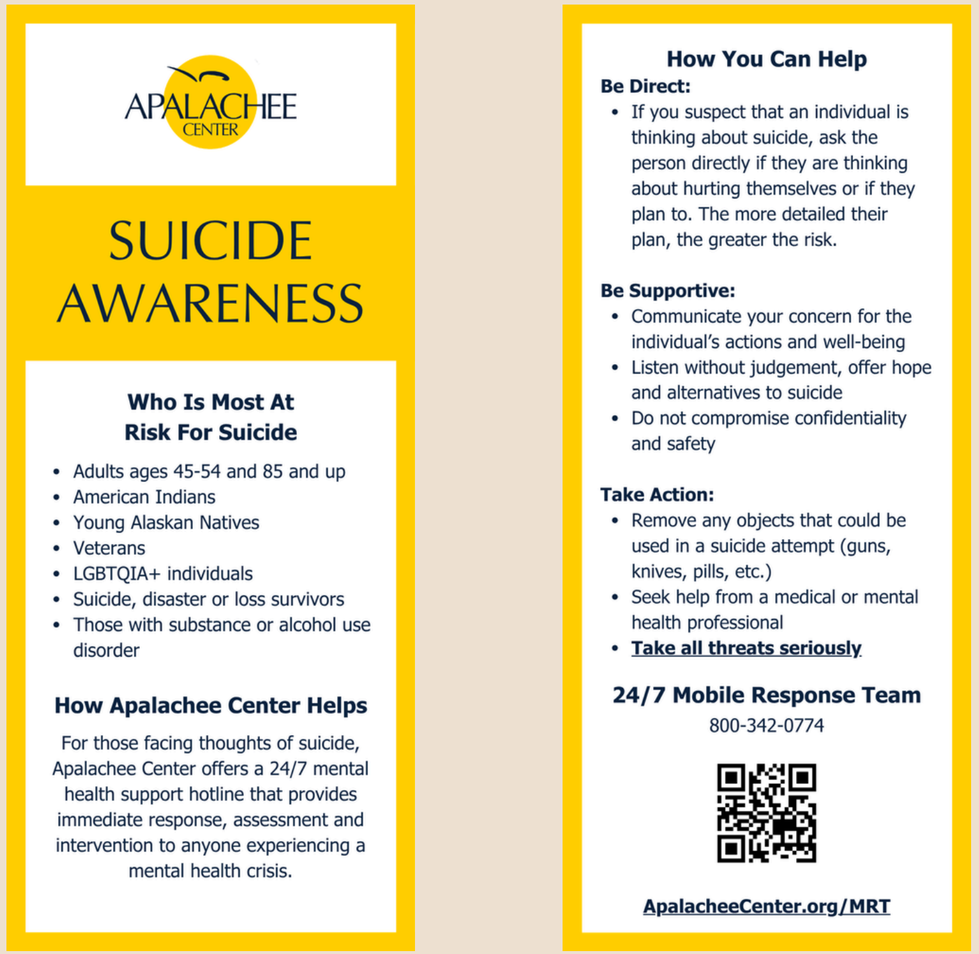
The target length of stay for Transition Home residents is six to nine months. Open communication between the resident and treatment team is essential for program success. We strive to make residents feel at home while planning their discharge to a more permanent placement.

Eligibility
- Aged 18 or older
- Diagnosed with a mental illness
- Ambulatory or capable of self-transfer
- Able to participate in services
- Free of major medical conditions requiring ongoing care
- Ability to self-administer medication
- Maintains personal hygiene
- Free of any disruptive or harmful chronic inappropriate behavior
- Free of any sexual criminal charges

All residents are screened by residential services staff to determine if they are a candidate for admission to the program.

Services
- 24/7 on-site nursing staff
- Medication management and administration
- Case management
- Group and individual psychosocial rehabilitation (PSR) and therapy
- Music and art therapy
- Meal planning by a licensed dietitian
- Coordination of benefits
- Aftercare planning

Apalachee Center Residential Program: Transition Home Trifold Brochure



APALACHEE CENTER

SUICIDE AWARENESS

Who Is Most At Risk For Suicide

- Adults ages 45-54 and 85 and up
- American Indians
- Young Alaskan Natives
- Veterans
- LGBTQIA+ individuals
- Suicide, disaster or loss survivors
- Those with substance or alcohol use disorder

How Apalachee Center Helps

For those facing thoughts of suicide, Apalachee Center offers a 24/7 mental health support hotline that provides immediate response, assessment and intervention to anyone experiencing a mental health crisis.

How You Can Help

Be Direct:
- If you suspect that an individual is thinking about suicide, ask the person directly if they are thinking about hurting themselves or if they plan to. The more detailed their plan, the greater the risk.

Be Supportive:
- Communicate your concern for the individual's actions and well-being
- Listen without judgement, offer hope and alternatives to suicide
- Do not compromise confidentiality and safety

Take Action:
- Remove any objects that could be used in a suicide attempt (guns, knives, pills, etc.)
- Seek help from a medical or mental health professional
- **Take all threats seriously**

24/7 Mobile Response Team

800-342-0774

ApalacheeCenter.org/MRT

Apalachee Center Education Series: Suicide Awareness Double Sided Brochure Card

Photography

Event Photos

Staff Headshots

Photography

Campus Photos

Internal Communications Posts

Written Internal Communications Post Copy:

Join us in wishing a happy #Apalacheeversary to Chief Facilities Officer Paul Nichols on his achievement of 15 years of dedication to our organization! 😄

Primarily raised in Crawfordville, Paul joined Apalachee Center as a maintenance repairman in March 2011. Today, he is our agency's chief facilities officer, a member of our senior management team and oversees 34+ of our organization's properties across North Florida.

In his role as chief facilities officer, Paul is responsible for handling our agency's purchasing, mail, maintenance, vendor contracts and life safety requirements for all our programs. He and his team are also responsible for our organization's new construction, renovation, property leases and housekeeping services.

💬 Paul reflected on this milestone in his career and mentioned how joining senior management was on his list since day one.

"It feels great to be a part of the team," Paul said. "Moving into senior management has been my goal since the day I was hired. I come from a place of hard work and determination, and I feel that I am living proof that if you set goals and stay determined not to fail, you can achieve anything."

Paul enjoys being able to work with and supervise a team of hardworking and loyal employees and see the direct impact they make towards giving our clients excellent care. 👥
"I wish more people, especially within our organization, really understood how large a role the facilities department plays in the care and treatment of our clients and their road to recovery."

Outside of work, Paul enjoys being outdoors and spending plenty of time with his wife and kids. He even spends some of his free time as a softball coach for his daughters' softball team. Whether he is hunting, fishing, kayaking, or hiking in the forest, you can bet he'll be outside enjoying himself. 🌳

Paul, thank you so much for everything you do! 💪

Internal Communications Posts

Written Internal Communications Post Copy:

Join Apalachee Center in welcoming back Samantha Tyler in her new role as our agency's director of administrative services. 🌟

Sam originally joined the Apalachee Center team in 2009 as a mental health assistant (MHA) and has worked through several roles, such as behavioral health technician (BHT), grant care coordinator and her final role as director of residential services up until October 2020.

She holds a master's degree in mental health counseling from Florida State University 🪶 and feels "blessed" to be able to join the team again.

"I am so happy to be back and to support our programs," Sam said. "I feel really good and blessed about coming back. Busy, but a good kind of busy."

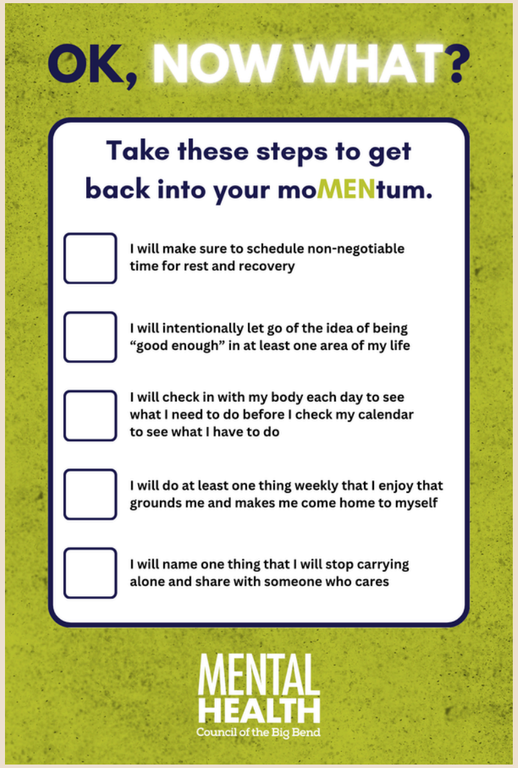
Sam supervises a team of three and is responsible for Apalachee Center's performance improvement (PI), utilization review (UR), quality assurance (QA) and Joint Commission review. She is also tasked with handling our agency's data collection, management disclosures and being our organization's patient safety coordinator and risk manager.

Sam shared some words of encouragement for those interested in working at Apalachee Center. 🟡

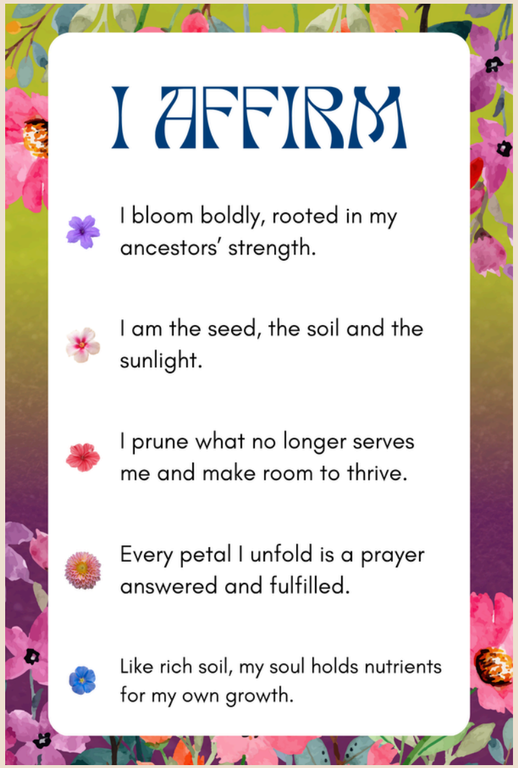
"Working here has taught me so much," Sam said. "It is a great way to make an entire career. If you want it bad enough, there are so many different ways to move up and excel your skills."

Outside of work, Sam spends her free time outside with her family and friends boating, hiking, caving and porch-sitting. She also plays guitar and is into all things fitness and mindfulness. 🧘‍♀️ Congratulations, and welcome back, Sam! 😄

Print Design



Mental Health Council of the Big Bend
Men's Burnout Checklist Cards



Mental Health Council of the Big Bend
Women's Affirmation Cards

Long-Form Blog Writing

The Space Between the Two Big Days

Jared Melhado

Let's Talk About the Gap Between Graduation Day & Your First Work Day

Preface:

This piece was written in September 2024 while in an internship and updated in January 2025. Thank you for taking the time to read the story and gain perspective on the concepts of mental health, post-graduation depression and living life in your 20s.

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Olympian or not, Mental Health Matters: Burnout Affects Everyone

Jared Melhado

Photo Courtesy: Laurence Griffiths/Getty Images

When you think of athletes, you may sometimes overlook the significant connection between their performance and mental health. Take Olympians, often imagined as superhumans or beyond the capabilities of average humans, yet they still face the same mental challenges and often harsher circumstances than anyone else. Whether you are an Olympian, sprinting to

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Discovering The Shift's Mental Health Panel with Pride

Jared Melhado

Photo Courtesy: The Shift's Reel Pride

Let's be unapologetically real, life is hard. Additionally, while experiencing life, we have these entities within us, called emotions. Our emotions are simultaneously connected to our mental health, which is directed by those aforementioned life experiences. Throughout your life, your mental health can sway to the left, sway to the right, or just maneuver like your favorite

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