



# CAB NEWSLETTER

THE COMMUNITY ADVISORY BOARD'S OFFICIAL  
MONTHLY NEWSLETTER

## CAB Meeting July 6!!

Our next CAB Meeting  
is July 6, 2023 at 3:30  
PM EST.

We will be sending out  
a calendar invite soon.  
We look forward to  
seeing you all there!



### IN THIS ISSUE:

Page 1: Announcements

Page 2: Health News

Page 3: Eating Disorders

Page 4: Weather Safety

Page 5: Mental Health



Contact us at  
[socialactionlab@gmail.com](mailto:socialactionlab@gmail.com)  
if you have any questions!



# HOW TO SAFELY WEAN YOURSELF OFF SLEEPING PILLS

**BY: LISA STRAUSS**

If you want to reduce your medication, but are feeling discouraged and anxious, there are strategies to slowly and safely taper off them.

"Life can be hard and sleep elusive. Many Americans deal with occasional or chronic insomnia by taking sleeping pills."

"In 2020, 8 percent of Americans said they took sleep medication every day or most days to help them fall or stay asleep. As a sleep psychologist, I see a large number of such patients." -Strauss



[Click Here](#) to read this article!



# THE MOST COMMON EATING DISORDER IN THE U.S. IS ALSO THE LEAST UNDERSTOOD

BY: DANI BLUM

Binge eating disorder entered the diagnostic manual on mental health conditions 10 years ago. It's still getting overlooked.

"Binge eating disorder is the most common eating disorder in the United States. Exact numbers vary, but according to the National Institute of Mental Health, nearly 3 percent of the U.S. population has had binge eating disorder at some point in their lives, more than double the reported numbers for bulimia nervosa and anorexia. Yet, the disorder is under-discussed and underrecognized by both the general public and those in the medical field, partly because many don't know about the diagnosis or its potential severity." -Blum



[Click Here](#) to read this article!





# WHAT BELONGS IN YOUR SURVIVAL KIT, FROM 8 PEOPLE WHO KNOW SOMETHING ABOUT DISASTERS

## BY: JULIA ROTHMAN AND SHAINA FEINBERG

Hurricane season just started in the Atlantic. In the West, fires have already begun to break out. But no matter where you live, extreme weather events are becoming commonplace.

"The Red Cross site offers an essential guide for getting through an emergency. It recommends staying equipped with items like batteries (\$35.99 for a pack of 24), toilet paper (\$13.47 for 12 rolls), a hand-crank radio (\$21.54) and a first-aid kit (\$43.49)."



[Click Here](#) to read this article!

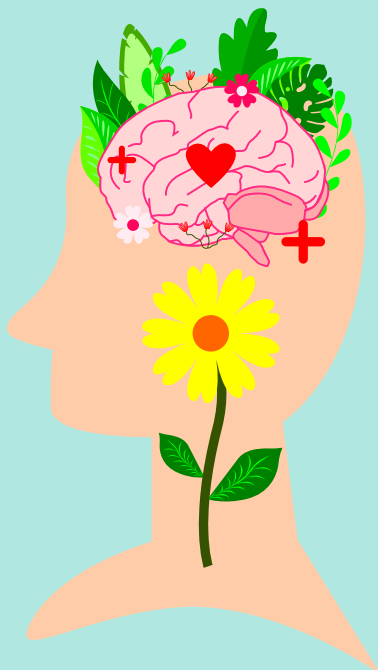


# THE STIGMA AROUND MENTAL HEALTH IS FADING, WITH CELEBRITIES PLAYING A ROLE

## BY: ERIC ADELSON

"Every year, Kellie Deys assigns her students at Nichols College in Massachusetts to write about a music video. The English professor prompts them with questions like "What does this video mean to you? What does this video say about you? Can you relate to the video?" After about a decade of giving this assignment, Deys noticed a certain video started coming up again and again.

The song's title is not a word or a phrase, but a phone number. It's by the rapper Logic, and the title was the national suicide hotline: 1-800-273-8255." -Adelson



[Click Here](#) to  
read this article!