



MAY 2024 | MARION INSTITUTE NEWSLETTER

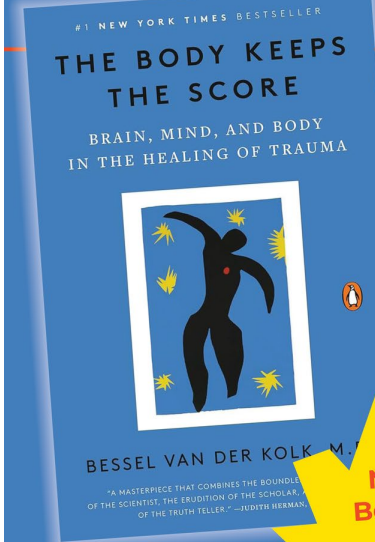
May is **Mental Health Awareness Month**, a national observance started in 1949 by [Mental Health America](#) to bring attention to the importance of mental wellbeing. Despite recent strides in how our society approaches mental wellbeing, many Americans still do not have access to high-quality, comprehensive treatment. Here are some of the surprising data about mental health in the United States:

- [1 in 5](#) U.S. adults experience mental illness each year.
- Only [47.2%](#) of U.S. adults with mental illness received treatment in 2021.
- [1 in 20](#) U.S. adults experience serious mental illness each year.
- [1 in 6](#) U.S. youth have a mental health condition, but only half receive treatment.
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24.

Info courtesy of [National Council for Mental Wellbeing](#)

At The Marion Institute, elevating our community's health and mental wellbeing is a driving force behind all that we do. In the near future, we are bringing you some highly effective and valuable tools to help you thrive in your daily lives.

First up, The Marion Institute is thrilled to host a discussion with world renowned author and researcher **Bessel van der Kolk, M.D.**, whose book [The Body Keeps the Score](#) has been translated into 43 languages and remains on the New York Times Bestseller List! For 50 years, he has been at the forefront of research into post-traumatic stress and few have had more influence on our understanding of it, how it works, and how we might better treat it. We hope you can [join us](#) in Marion for this exclusive Southcoast event!




EXCLUSIVE SOUTHCOAST EVENT!

Don't miss Bessel van der Kolk M.D., author of the ground-breaking book on trauma, the mega best-seller, [The Body Keeps the Score!](#)

Thursday, June 27 – 6-7:30pm

Tabor Academy Hoyt Hall,
Fireman Center for the Performing Arts
226 Front Street, Marion, MA

NY Times Best-selling author!



TABOR ACADEMY
MARION INSTITUTE CONNECTOR SERIES
BESSEL VAN DER KOLK M.D.


[Click here for more event info and tickets](#)

We just wrapped up the spring cycle of our inaugural **Mindfulness-Based Stress Reduction (MBSR)** training taught by Jessica Frank, BioMed Program Manager and Certified MBSR Teacher. By all accounts it was a wonderfully enriching experience for all who took part in accessing deep inner resources for living, healing, and coping with stress. If you weren't able to join the class, there's no need to fret – we are offering the training again this fall! Find out all about it [here](#) and register below. See you in September!

Mindfulness-Based Stress Reduction (MBSR)
Training offered by The Marion Institute

Course Dates – Fall 2024 (Live-online)
Weekly on Wednesdays
September 25 – November 13, 2024 • 6:00pm – 8:30pm ET

Plus an All-Day Retreat (Live-online)
Saturday, November 2, 2024 • 9:30am – 4:00pm ET



[MBSR Course Info Here](#)



Hold it to Heal it
Trauma, Disease, and Healing with the Brain Protocol and Biological Medicine

with Dr. Dickson Thom, DDS, ND and Julie Thom, M.Ed.

OMEGA MARION INSTITUTE

SAVE THE DATES! Oct. 25-27, 2024: **Hold it to Heal it; Trauma, Disease, and Healing with the Brain Protocol and Biological Medicine.** An in-person educational workshop at the bucolic **Omega Institute** in Rhinebeck, NY with Dr. Dickson Thom, DDS, ND, and his daughter, trauma-informed movement coach Julie Thom. Expect light-hearted learning, expert presentations and exploration with guided trauma-informed movement exercises suitable for all!

[Click here for more event info and to register](#)

Don't forget to register for our next BioBites event – a very interesting topic and a bit of a departure from our usual fare. Featuring our own Rita Higgins, Director of Food Access and Innovation, the topic: **How At-Home Gardens Fight Climate Change**, Tuesday, June 4th at 12 noon.

The humble home garden and backyard landscape are great places to help our planet and our own health. According to the National Wildlife Federation, if every one of America's 85 million gardening households planted just one shade tree in their backyard or community, those trees would absorb more than 2 million tons of CO2 each year! These basic principles can be applied at any scale and are actually the same land management principles the Marion Institute is implementing at Frogfoot Farm, our newest program designed to grow, farm, and harvest fresh, healthy produce for neighbors in need across southeastern Massachusetts. We hope you'll [join us](#) for this illuminating discussion.

BioBites a virtual house call for your health and wellness

Bringing it Home: How At-Home Gardens Fight Climate Change

Tuesday, June 4th, 12 noon ET
with Rita Higgins, Director of Food Access and Innovation, The Marion Institute




[Register here](#)

It's Getting REAL Down on the Farm

So many enormous milestones have been reached in getting our newest program, Frogfoot Farm - Neighbors Feeding Neighbors, from a theoretical framework into a realistic endeavor. Perhaps the most consequential is we've hired our farm team to shepherd the whole process! Meet **Scott Codey, Frogfoot Farmer** and **Hannah Traggis, Frogfoot**



FROGFOOT FARM
NEIGHBORS FEEDING NEIGHBORS



Farm Manager. Scott has more than a decade of farming experience having worked on everything from permaculture to a 40 acre production farm. Prior to becoming a farmer, he worked for a variety of non-profit organizations in both New York City and Washington DC.

Hannah Traggis has a lifelong love of plants and gardening, deep connections to the natural world, and passion for working towards a just society through the lens of food security, climate resilient agriculture, and ecological farming. She has worked as a food system educator, horticulturist, and farmer for over 16 years.

If you're interested, we have a number of ways for you to get in on the action. Last week we held the first of many **"Meet the Farmer Brown Bag Lunch"** info sessions at Box Mill Hall, on the grounds of the A.D. Makepeace Co. Soil health, growing, gleaning, food as medicine, and climate smart farming were all hot topics of conversation! Want to partake yourself? Upcoming dates include: [June 26th](#), [July 17](#), [August 14](#), and [Sept. 18th](#).



We also have ways for you to get your hands dirty if that's more your thing. [Sign up to be a Frogfoot volunteer!](#) Volunteers will have the opportunity to help Frogfoot Farm eradicate invasive weeds that are trying to take hold on our native plant hedgerows. As we move into late May, volunteers will also participate in the critical first steps of helping us build better soil health at the farm. [Sign up for volunteer days!](#)

Join the Eat Local Southcoast Challenge 2024!



Interested in learning practical tips and ways to eat healthier and purchase more local food this summer? Join our annual summer **Eat Local Southcoast Challenge**. For six-weeks we will bring you along on a journey of sourcing, eating, and learning about local food and your role in our regional food ecosystem. [Sign up today](#) and receive a free bumper sticker!

MARION INSTITUTE SOUTHCOAST FOOD POLICY COUNCIL



Our Contact Information

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