

Renewed Reflections

Let's Pour into Twenty-Four



Welcome to 2024! It's important that we remember to always pour into each other in an effort to build an indomitable network of individuals who are dedicated to growing mental wellness in our communities. Caregivers understand the challenges that they encounter when navigating the mental health care system and it's imperative that they are aware of the

resources available and how to utilize them fully. In the coming months, I would like to have an online discussion regarding some of those challenges that African-Americans in particular experience with behavioral health.

Audacious Love

by **C.D. Caldwell** January 2024

Have you ever found yourself in a predicament that tested the fierceness of your love for a relative or friend who was suffering from the lack of mental health resources? To succinctly explain my personal experience, I decided to seek out the meaning of audacious love with the help of Artificial Intelligence. The definition that ChatGPT gave "is a fearless and daring form of affection that defies conventions and embraces intense passion, transcending boundaries to express deep emotional connections". Being intensely frustrated as a result of the lack of transparency and inability to directly communicate with a relative who had been unmedicated for several months, I filed a civil rights violation with the U.S. Justice Department. In addition, I began to research the necessary steps to sue the U.S. government. Ensuring the well-being of my relative wasn't predicated on having direct access or control, but having the audacity to say my love and care won't be disregarded. If

you were to find yourself in a similar situation would you be willing to stop at nothing to get the results you desire? In my experience things worked out as I had hoped they would, and it can for you too.

FIRST SPONSORED CHRISTMAS GIFT GIVING

Mind ReneWell is pleased to share that we sponsored Christmas gifts for two young girls. Ages 4 and 11. We were blessed to be able to give them a couple of gifts. We look forward to providing another family with assistance to purchase gifts for the holidays. This year's recipient is a single mother who is presently incarcerated and wouldn't be able to give her children any toys. She was selected due to her willingness to assist another inmate during her transition to prison. We want to do our part in creating opportunities that promote mental wellness.



72 Hour Hold

By Bebe Moore-Campbell

In this novel of family and redemption, a mother struggles to save her eighteen-year-old daughter from the devastating consequences of mental illness by forcing her to deal with her bipolar disorder highs and lows, ex-husbands and boyfriends.... Universally touching." -- San Francisco Chronicle

*Recommended
Reading*