



QUAD CITY
Health Initiative

QCHI E-Newsletter



Partner Points

Showcasing a strategy to improve the health of our community and/or tap us into resources.



Change. We've all had to adapt to new practices thanks to COVID-19. Recognizing change can be especially stressful, the Quad Cities Behavioral Health Coalition (made up of 50+ organizations--including Quad City Health Initiative) wants to make it easier for our community to navigate available and local mental/behavioral health resources. In celebration of May as Mental Health Awareness Month, the Coalition released a "COVID-19 Service Update List," which can be found on the [TogetherQC.com](https://www.togetherqc.com) site. This list was compiled by Coalition members and highlights services/resources in both Illinois and Iowa that support our mental health and well-being. For more on the Coalition, check out Facebook at [facebook.com/QCBHC](https://www.facebook.com/QCBHC).

QC Trail of the Month

Highlighting a regional trail for your next adventure.

[Mississippi River Trail \(MRT\): Illinois](#)

Getting outdoors is a great way to keep your mental/brain health healthy! This month's spotlight is on the Mississippi River Trail Illinois section. Thanks to at least three large connectors, this trek provides more than 60 miles of uninterrupted trails (from Rock Island to Savanna), and provides sweeping views of riverfront communities and countryside.

There are numerous places to hop on the trail, including Sunset Park in Rock Island; Ben Butterworth Parkway in Moline; Empire Park in East Moline; Heritage Park, Illiniwek Forest Preserve, and Fisherman's Corner in Hampton; Shuler's Shady Grove Park in Rapids City; and the riverfront park in Port Byron.



Photo Courtesy: QCTrails.org

PLEASE REMEMBER: IT'S STILL IMPORTANT TO PRACTICE PHYSICAL DISTANCING AND AVOID LARGE GROUPS WHILE ON THE TRAILS.



Resource Corner

Tools to create a healthier you - a healthier community.

Knowing you're part of a larger group can help in multiple ways. That's one of the foundational cores to Make It OK-- a mental health, anti-stigma campaign run regionally through the Iowa Healthiest State Initiative. The point of the program is to help educate and get conversations going. Visit their site to learn what a mental illness really is, find out what to say and not to say when someone opens up to you, and take the Make It OK Pledge! You can also help others by sharing your own story-- a great way to show people they aren't alone.

For more information on how to set up Make It OK training at your organization, please contact quadcityhealthinitiative@gmail.com.

BOTTOM LINE:

We encourage you to Move More (a Be Healthy QC Coalition motto). It can be a great way to clear your mind and keep stress levels low.



Visit QCTrails.org

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STAY CONNECTED

