

CREST

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Welcoming

Commercial Broker Ryan King to our team!



Ryan King



Tom Turner

Ryan is a third generation Flagstaff native with countless ties to the community. Tom is a true insurance professional with over 40 years of experience in the industry. Along with Crest, we are set up to help with any insurance need out there.

What We Offer

- We specialize in Commercial Property, General Liability, Workers' Compensation, and Commercial Auto Insurance.
- We provide access to several specialized and competitive markets.
- Our local office provides the opportunity for in-person consultations and superior customer service

The Crest Advantage

- Top 100 P/C Agency for 7 consecutive years
- Dedication to continuing education with changing markets and new programs
- A vast amount of insurance resources with offices in six states.
- Crest gives back to the community and we sponsor countless organizations.



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Northern Arizona Healthcare Brings Mental Health into Focus

By Maraka Oltrogge

May is Mental Health Awareness Month, an annual observance established by Mental Health America in 1949 to emphasize the importance of mental well-being. The month of May is the time to raise awareness and reduce the stigma surrounding behavioral health issues, as well as highlighting how mental illness and addiction can affect all of us.

This observance brings additional attention to the challenges faced by those with mental health conditions and the need for a supportive, understanding environment. Despite years of advocacy, awareness and discussion, the stigma around mental health still exists. People can still suffer in silence, brush off emotional struggles or feel ashamed to seek help. Mental health struggles are more common than we might realize.

According to the National Institute of Mental Health, one in five adults in the United States experiences mental illness in a given year.

Mental wellness is crucial for overall health and well-being. It influences all aspects of our life, from our physical health and relationships, to our ability to cope with challenges and make decisions. By building a solid mental foundation, including emotional resilience, healthy coping skills, strong relationships and self-awareness, we can arm ourselves with the tools needed to withstand challenges.

Promoting wellness is not a one person job, it's something that we all must do as a community. There are times when mental health issues get dismissed; physical injury gets sympathy and support, but anxiety, depression or trauma may get minimized or those experiencing it can feel shame or blame that they wouldn't feel with physical health issues. The gap between how we treat mental health versus physical health needs to close.

Northern Arizona Healthcare's Role

Hospitals and health systems play an important role in the conversations we have about mental health care. Northern Arizona Healthcare (NAH) knows that mental health is an important issue in our region, and has a continued commitment to expanding our behavioral

health services. This expansion of care helps to ensure that access to quality services is available to all, by providing mental health care close to home.

And, as part of its long standing commitment to supporting all organizations that work in the realm of behavioral health care, NAH will ensure that the community has access to the full continuum of care for all who need it.

Flagstaff Medical Center (FMC) currently offers both inpatient and outpatient behavioral health care to patients from across Northern Arizona. NAH also provides integrated care, with licensed psychologists practicing in its Coconino County and Yavapai County primary care clinics, realizing the connection between patients' physical and mental health conditions.

Taking care of one's mental health is ongoing work, just like physical health, and it needs daily attention and care. By continuing to have open conversations about mental health we can reduce stigma, while encouraging regular check-ins with both loved ones and health care providers. NAH is here to help create a culture where seeking help for your mental health is seen as a strength and not as a weakness. **FBM**

To learn more about FMC's Behavioral Health and Psychiatry services, please visit <https://www.na-health.com/behavioral-health-and-psychiatry/>.

The national mental health hotline is 988. When you call or text this number, you are connected with crisis intervention services here in Arizona.

In recognition of Mental Health Awareness Month, NAH's Office of Philanthropy has partnered with local organizations and businesses to host a series of Mental Health Matters events throughout the month of May. NAH is so thankful for our community partners who have joined us in this effort, including our co-title sponsor, Health First Foundation of Northern Arizona. The next edition of Flagstaff Business News will have more details on these events, and readers can also visit nahealth.com/mental-health-matters for more details.

Maraka Oltrogge is the vice president of philanthropy at Northern Arizona Healthcare.

