

WHEN TO CALL FOR A WELLNESS CHECK

WHEN TO CALL FOR A WELLNESS CHECK: A GUIDE TO KNOWING WHEN TO REACH OUT

WORRIED ABOUT A LOVED ONE? UNSURE IF THEIR RECENT BEHAVIOR WARRANTS A WELLNESS CHECK? KNOWING WHEN TO CALL FOR A WELLNESS CHECK CAN BE A DIFFICULT DECISION, FRAUGHT WITH UNCERTAINTY AND POTENTIAL GUILT. THIS COMPREHENSIVE GUIDE WILL EQUIP YOU WITH THE KNOWLEDGE AND UNDERSTANDING TO MAKE INFORMED CHOICES, HELPING YOU DETERMINE WHEN A WELLNESS CHECK IS NECESSARY AND HOW TO PROCEED. WE'LL EXPLORE VARIOUS SCENARIOS, SIGNS TO WATCH FOR, AND THE PROCESS OF REQUESTING A CHECK, ENSURING YOU FEEL CONFIDENT IN YOUR ACTIONS.

UNDERSTANDING WELLNESS CHECKS: WHAT THEY ARE AND WHO THEY HELP

A WELLNESS CHECK IS A PROACTIVE MEASURE TO ENSURE THE SAFETY AND WELL-BEING OF AN INDIVIDUAL WHO MAY BE AT RISK. IT'S NOT JUST FOR EMERGENCIES; IT'S A VALUABLE TOOL FOR CHECKING IN ON SOMEONE WHO MIGHT BE STRUGGLING WITH THEIR MENTAL HEALTH, EXPERIENCING ISOLATION, OR SHOWING SIGNS OF POTENTIAL SELF-HARM OR NEGLECT. THIS COULD BE AN ELDERLY PARENT, A FRIEND FACING A DIFFICULT TIME, OR EVEN A NEIGHBOR YOU'RE CONCERNED ABOUT. THE AIM IS TO ASSESS THEIR SITUATION, OFFER SUPPORT, AND ENSURE THEY HAVE THE RESOURCES THEY NEED. THE RESPONSE CAN VARY, FROM A SIMPLE PHONE CALL TO A FULL IN-PERSON VISIT BY EMERGENCY SERVICES OR SOCIAL WORKERS, DEPENDING ON THE LEVEL OF CONCERN.

RED FLAGS: SIGNS YOU SHOULD CONSIDER A WELLNESS CHECK

SEVERAL INDICATORS CAN SUGGEST THE NEED FOR A WELLNESS CHECK. THESE AREN'T ALWAYS DRAMATIC EVENTS; SOMETIMES, SUBTLE CHANGES IN BEHAVIOR WARRANT CONCERN. CONSIDER CALLING FOR A WELLNESS CHECK IF YOU OBSERVE:

SUDDEN AND SIGNIFICANT CHANGES IN BEHAVIOR: THIS COULD INCLUDE UNUSUAL MOOD SWINGS, INCREASED IRRITABILITY, WITHDRAWAL FROM SOCIAL ACTIVITIES, CHANGES IN SLEEP PATTERNS (INSOMNIA OR EXCESSIVE SLEEPING), NEGLECTING PERSONAL HYGIENE, OR SIGNIFICANT SHIFTS IN APPETITE.

SELF-HARM OR SUICIDAL IDEATION: ANY MENTION OF SELF-HARM, SUICIDAL THOUGHTS, OR PLANS SHOULD BE TAKEN EXTREMELY SERIOUSLY. THIS IS A CRITICAL SITUATION DEMANDING IMMEDIATE ACTION.

ISOLATION AND LACK OF CONTACT: IF YOU HAVEN'T HEARD FROM A LOVED ONE IN AN UNUSUAL AMOUNT OF TIME, ESPECIALLY IF THEY TYPICALLY MAINTAIN REGULAR CONTACT, IT'S CRUCIAL TO REACH OUT. UNEXPLAINED ABSENCE FROM WORK, SOCIAL EVENTS, OR REGULAR ROUTINES CAN BE ALARMING.

CHANGES IN COGNITIVE FUNCTION: NOTICEABLE DECLINES IN MEMORY, CONFUSION, DISORIENTATION, OR DIFFICULTY PERFORMING EVERYDAY TASKS COULD INDICATE UNDERLYING HEALTH ISSUES REQUIRING IMMEDIATE ATTENTION.

SUBSTANCE ABUSE: A NOTICEABLE INCREASE IN ALCOHOL OR DRUG USE, OR VISIBLE SIGNS OF INTOXICATION, CAN BE A SERIOUS CAUSE FOR CONCERN.

NEGLECT OF SELF-CARE: THIS ENCOMPASSES FAILURE TO MAINTAIN HYGIENE, NEGLECTING MEDICAL NEEDS (MISSED APPOINTMENTS, UNMANAGED MEDICATIONS), OR A SIGNIFICANT DECLINE IN PERSONAL APPEARANCE.

UNUSUAL PARANOIA OR FEAR: IF SOMEONE IS EXHIBITING HEIGHTENED ANXIETY, UNFOUNDED FEARS, OR A SENSE OF BEING CONSTANTLY WATCHED OR THREATENED, IT MAY INDICATE A MENTAL HEALTH CRISIS.

HOW TO CALL FOR A WELLNESS CHECK: A STEP-BY-STEP GUIDE

THE PROCESS FOR REQUESTING A WELLNESS CHECK VARIES DEPENDING ON YOUR LOCATION AND THE URGENCY OF THE SITUATION. HOWEVER, THE GENERAL STEPS REMAIN CONSISTENT:

1. **CONTACT THE APPROPRIATE AUTHORITIES:** IN MOST CASES, THIS WILL INVOLVE CALLING YOUR LOCAL EMERGENCY SERVICES (911 OR YOUR COUNTRY'S EQUIVALENT). EXPLAIN THE SITUATION CLEARLY AND CALMLY, PROVIDING AS

MUCH DETAIL AS POSSIBLE, INCLUDING THE INDIVIDUAL'S NAME, ADDRESS, PHONE NUMBER, ANY OBSERVED CONCERNING BEHAVIORS, AND THE REASON FOR YOUR CONCERN.

2. PROVIDE SPECIFIC INFORMATION: BE PREPARED TO OFFER DETAILS ABOUT THE PERSON'S MEDICAL HISTORY, ANY EXISTING MENTAL HEALTH CONDITIONS, THE FREQUENCY AND NATURE OF CONCERNING BEHAVIORS, AND ANY KNOWN TRIGGERS.
3. BE PREPARED TO ANSWER QUESTIONS: THE DISPATCHER WILL LIKELY ASK SEVERAL QUESTIONS TO ASSESS THE SITUATION AND DETERMINE THE APPROPRIATE RESPONSE. ANSWER HONESTLY AND PROVIDE ACCURATE INFORMATION.
4. STAY ON THE LINE: UNLESS INSTRUCTED OTHERWISE, REMAIN ON THE PHONE WITH THE DISPATCHER UNTIL THEY GIVE YOU FURTHER INSTRUCTIONS.
5. FOLLOW UP: AFTER THE WELLNESS CHECK HAS BEEN COMPLETED, FOLLOW UP WITH THE INDIVIDUAL TO OFFER SUPPORT AND ENSURE THEY ARE RECEIVING NECESSARY CARE. REMEMBER TO RESPECT THEIR PRIVACY AND AUTONOMY.

WHEN A WELLNESS CHECK MIGHT NOT BE NECESSARY

WHILE IT'S BETTER TO ERR ON THE SIDE OF CAUTION, THERE ARE SITUATIONS WHERE A FORMAL WELLNESS CHECK MAY NOT BE THE MOST APPROPRIATE ACTION. IF YOUR CONCERN IS RELATIVELY MINOR, SUCH AS A MISSED PHONE CALL OR A BRIEF PERIOD OF UNCHARACTERISTIC SILENCE, A SIMPLE PHONE CALL OR TEXT MIGHT SUFFICE. IF YOU'RE UNSURE, IT'S ALWAYS ADVISABLE TO REACH OUT AND INITIATE A CONVERSATION.

OVERCOMING HESITATION: WHY YOU SHOULDN'T DELAY

DELAYING A WELLNESS CHECK CAN HAVE SERIOUS CONSEQUENCES. MENTAL HEALTH CRISES CAN ESCALATE RAPIDLY, AND EARLY INTERVENTION IS CRUCIAL FOR EFFECTIVE TREATMENT AND IMPROVED OUTCOMES. DON'T LET FEAR OF JUDGMENT OR AWKWARDNESS PREVENT YOU FROM ACTING ON YOUR CONCERNS. YOUR ACTIONS COULD SAVE A LIFE. IT'S ALWAYS BETTER TO REACH OUT AND BE PROVEN WRONG THAN TO HESITATE AND REGRET IT LATER.

CONCLUSION

KNOWING WHEN TO CALL FOR A WELLNESS CHECK IS A CRITICAL SKILL, AND ONE THAT CAN BE THE DIFFERENCE BETWEEN A POSITIVE OUTCOME AND A POTENTIALLY DEVASTATING SITUATION. BY RECOGNIZING THE WARNING SIGNS, UNDERSTANDING THE PROCESS, AND ACTING PROMPTLY, YOU CAN MAKE A SIGNIFICANT DIFFERENCE IN THE LIFE OF SOMEONE YOU CARE ABOUT. REMEMBER, IT'S ALWAYS BETTER TO ERR ON THE SIDE OF CAUTION. YOUR CONCERN IS VALUED, AND YOUR ACTION MAY SAVE A LIFE.

FAQs

1. WHAT IF THE PERSON REFUSES A WELLNESS CHECK? IF THE INDIVIDUAL REFUSES A WELLNESS CHECK, RESPECT THEIR DECISION WHILE STILL CONVEYING YOUR CONCERN AND OFFERING SUPPORT. YOU CAN TRY TO ENCOURAGE THEM TO SEEK PROFESSIONAL HELP, BUT YOU CANNOT FORCE THEM TO ACCEPT A CHECK. DOCUMENT YOUR ATTEMPTS TO CONTACT THEM AND YOUR CONCERNS.
1. IS THERE A COST ASSOCIATED WITH A WELLNESS CHECK? THE COST OF A WELLNESS CHECK DEPENDS ON THE SERVICES REQUIRED. IN MANY CASES, PARTICULARLY IF INITIATED THROUGH EMERGENCY SERVICES, THERE MAY BE NO DIRECT COST TO YOU. HOWEVER, IF HOSPITALIZATION OR OTHER EXTENSIVE MEDICAL CARE BECOMES NECESSARY, COSTS MAY APPLY.

1. WHAT INFORMATION SHOULD I PROVIDE TO THE DISPATCHER? BE AS DETAILED AS POSSIBLE. INCLUDE THE PERSON'S FULL NAME, ADDRESS, PHONE NUMBER, AGE, ANY KNOWN MEDICAL OR MENTAL HEALTH CONDITIONS, A DESCRIPTION OF THEIR CURRENT BEHAVIOR, AND YOUR REASON FOR CONCERN.

1. CAN I REMAIN ANONYMOUS WHEN REQUESTING A WELLNESS CHECK? WHILE SOME JURISDICTIONS ALLOW FOR ANONYMOUS REPORTING, IT'S GENERALLY RECOMMENDED TO PROVIDE YOUR CONTACT INFORMATION IN CASE THE AUTHORITIES NEED TO CLARIFY DETAILS OR FOLLOW UP.

1. WHAT IF I'M CONCERNED ABOUT A NEIGHBOR I DON'T KNOW WELL? EVEN IF YOU DON'T KNOW THE PERSON WELL, YOU STILL HAVE THE RIGHT TO REPORT YOUR CONCERNS. FOCUS ON THE OBSERVABLE BEHAVIORS THAT WORRY YOU AND PROVIDE AS MUCH ACCURATE INFORMATION AS POSSIBLE.

📖 **When to call for a wellness check:** *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

when to call for a wellness check: *Roll Call* Bobby Kipper, Joe St. John, 2021 Written by two seasoned law enforcement professionals, Bobby Kipper and Joe St. John, *Roll Call* is a Christian Spiritual Guide for other law enforcement professionals. Police work is a stressful and often dangerous job that puts a burden on the individual that most people will never understand. It also forces the police officer to see the world in a very real light and that light is not always positive. Kipper and St. John understand the challenges to staying spiritual in an often-harsh world. It is easy to lose focus on a loving and caring God in the midst of turmoil. It is easy to lose hope when a person sees so much hopelessness. *Roll Call* is as an easy-to-carry book that an officer can read in these troubling times. During a break from all the chaos, the officer can read a quick chapter and refocus on a loving God and the peace of Jesus. *Roll Call* is a "no-nonsense" book that places the Christian

Faith in the forefront of the officers' lives. In these drastic times of today and with the problems facing law enforcement, there is no better time for the faith community to have a police "Roll Call."

when to call for a wellness check: *Family Guide to Mental Illness and the Law* Linda Tashbook, 2019 Family Guide to Mental Illness and the Law offers the nuts-and-bolts legal information and problem-solving steps families need. This accessible resource explains how common legal issues uniquely impact people with various forms of mental illness and what family members can do to help.

when to call for a wellness check: *Policing Mental Health* Laura Huey, Jennifer L. Schulenberg, Jacek Koziarski, 2022-02-01 This brief addresses the question of the various ways in which mental health-related issues have become police responsibility. It provides a detailed understanding of the myriad of ways in which police are often called upon to be the primary responder to mental health-related issues, well beyond the standard media images of individuals in extreme crisis. Drawing upon the results of two separate ethnographies of police practices in Canada, this volume examines how public policing has become entangled in cases of persons with mental illness (PMI). It examines two aspects of the police role and mandate that brings police officers into contact with individuals dealing with mental health disorders: public safety, and crime prevention and response. It explores police perceptions towards the roles they play in the lives of PMI, and police demands in these types of calls for service that have transformed aspects of public policing. Appropriate for policing researchers, law enforcement and public policymakers, this book presents the argument that tackling this matter requires knowledge of police involvement in situations with PMI, as well as a set of evidence-based policy options that will not generate additional resource or other strains.

when to call for a wellness check: *Wellness Wake Up Call* David J. Barczyk, 2014-06-24 With few exceptions, the human body is a self-healing organism that would function perfectly when given the things it needs, such as nutrition, exercise, and social and spiritual food. Most of the time, however, life gets in the way. The good news is that everyone has the chance to make right with physical, emotional, and spiritual needs and to live in a way that allows the body to function better. For those headed in the wrong direction, inaction is a choice. Reversing downward spirals to get life back on track requires each person to make a choice to live differently.

when to call for a wellness check: *My Life: Of Faith in God and Divine Interventions* Dr. Anthony Ikechukwu Akubue, 2024-01-04 This book is the outcome of the persistent nudging of the Paraclete in the author to shine the light on God's handiwork in his life. It is in keeping with Dr. Anthony Akubue's belief in giving credit to whom credit is due and his conviction not to let the favors of God to him a well-kept secret. You do the right thing when you light a lamp by putting it on a lampstand, not under a bowl or bed, for people to see. The author finds himself breaking down and crying occasionally, being overwhelmed that the Lord God loves a puny sinner like him. What you read in this book about the experiences of divine interventions in the life of the author will leave you in awe and conviction that God truly exists and is omnipotent, omniscience, and omnipresent. For instance, who was the old woman walking with a staff in hand that warned the author on September 4, 1968, afternoon to leave the site of a market square immediately, after which the market was heavily bombed and many people were slaughtered?

when to call for a wellness check: *Your Consent Is Not Required* Rob Wipond, 2023-01-24 Asylums are supposed to be in the past. However, though the buildings were closed, many of the practices lived on. In fact, more law-abiding Americans today are being involuntarily committed and forcibly treated "for their own good" than at any time in history. In the first work of investigative journalism in decades to give a comprehensive view into contemporary psychiatric incarceration and forced interventions, *Your Consent Is Not Required* exposes how rising numbers of people from many walks of life are being subjected against their will to surveillance, indefinite detention, and powerful tranquilizing drugs, restraints, seclusion, and electroshock. There's a common misconception that, due to asylum closures, only "dangerous" people get committed now. But forced psychiatric interventions today occur in thousands of public and private hospitals, and also in group

and long-term care facilities, troubled-teen and residential treatment centers, and even in people's own homes under outpatient commitment orders. Intended to "help," for many people the experiences are terrifying, traumatizing, and permanently damaging. Driven partly by individuals' genuine concerns for the "mental health" of others, and partly by institutions entangled with goals of power, profit, and social control, psychiatric coercion is increasingly used to: manage school children and the elderly quell family conflicts police the streets control people in shelters, community living, and prisons fraudulently increase hospital profits "resolve" workplace disagreements detain protesters and discredit whistleblowers Thoroughly researched, with alarming true stories and hard data from the US and Canada, Rob Wipond's *Your Consent Is Not Required* builds an unassailable case for greater transparency, vigilance, and change.

when to call for a wellness check: If You Can't Quit Cryin', You Can't Come Here No More Betty Frizzell, 2021-03-16 On May 12, 2013, 48-year-old Vicky Isaac of rural Puxico, Missouri—a woman with a history of learning disabilities, traumatic brain injuries, and drug addiction—loaded a .22 caliber handgun and shot her violent addict husband while he slept in the trailer they shared with Vicky's adult son. Or did she? According to police reports, Vicky called 911 and confessed to the crime. Was this another sad case of murder amongst addicts or something more? Betty Frizzell escaped her family's legacy of crime, addiction, and abuse to become a respected law enforcement officer and teacher. Drawn back to the town and people of her past, Betty works to uncover the truth of murder and her family's history of violence. Her investigation uncovers sad realities about mental illness, small-town politics, and a society that doesn't care about "poor, white trash". There are never easy answers when the odds are stacked against you and no amount of "elegies" will save your family.

when to call for a wellness check: They Call Me Picky That Do Talk of Me Cynthia Lauri, 2016-08-26 Cynthia Lauri shares her story of her lifelong battle with weight that impacted her life on every level and eventually led to a mental breakdown. Now in her sixties she reflects on the tragic reality that she kept putting her life on hold until she could get thin enough to live it the way she dreamed it could be. A cautionary tale to anyone else waiting to be thin before they can begin living their life.

when to call for a wellness check: The Maltreated Child Jan Carter, 1974

when to call for a wellness check: An Unfair Advantage Juanita Tischendorf, 2015-11-04 Homicide investigations are clearly one of the highest priorities for any state or local law enforcement agency. In murder investigations, many agencies follow the 72-hour rule, in which officers closely investigate the first 48 hours after the homicide occurred and the 24 hours prior to the homicide. The investigations success is judged by the final outcome.

when to call for a wellness check: Medicare For Dummies Patricia Barry, 2016-06-02 *Medicare For Dummies*, 2nd Edition (9781119293392) was previously published as *Medicare For Dummies*, 2nd Edition (9781119079422). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Make your way through the Medicare maze with help from For Dummies America's baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. *Medicare For Dummies*, 2nd Edition provides a detailed road map for navigating Medicare's often-baffling complexities and helps consumers avoid pitfalls that could otherwise cost them dearly. In plain language, the new edition explains: How to qualify for Medicare, according to your personal circumstances, including new information on the rights of people in same-sex marriages When to sign up at the time that's right for you, to avoid lifelong late penalties How to weigh Medicare's many options so you can be confident of making the decision that's best for you What Medicare covers and what you pay, with up-to-date details of the costs of premiums, deductibles, and copays—and how you may be able to reduce those expenses By conveying not only the basics but also how to troubleshoot problems and where to find assistance, *Medicare For Dummies*, 2nd Edition helps you to get the most out of Medicare.

when to call for a wellness check: The Bones of Beacon Hill Steve Repko, 2022-10-30

Steve Repko was born in 1932 amid the Great Depression of that period and was raised by Hungarian immigrant parents, John and Tressa. His father was a coal miner who passed away suddenly in 1935 during a mining accident leaving a wife and nine children to suffer in utter poverty for many years. Steve would eventually serve four years in the United States Air Force as a Control Tower Operator in a bomber base that was active during the Korean War and upon his discharge from the air force, he spent 35 years as a civilian Enroute Air Traffic Controller for the FAA. He has written three novels referring to his rich memories of his childhood days that he is proud of. His desire is to preserve those memories to the descendants of all people who lived during that period as part of the Great Generation. Steve is married to Rose Marie and has recently celebrated their 67 years together. They have four children, eleven grandchildren and twelve great grandchildren. He and Rose Marie currently live in Wading River New Jersey,

when to call for a wellness check: A Hustler's Queen: Reloaded Sandra, 2021-08-31 In this explosive new novel from rising urban lit star Sandra, a good girl turned L.A. drug kingpin's lady discovers lethal skills, mega success—and deadly secrets—she never banked on . . . Forced to trade her college plans for dealing on the streets of L.A., Precious Cummings has a new priority: stay on top of the game and carry on her murdered lover's kingpin legacy. With the empire growing under her watch, and her late father's dry-cleaning business still booming, Precious sets her sights on owning more legit businesses. When an offer of a night club unexpectedly comes her way, Precious's goals are set in motion overnight. Then suddenly, Miami and new territory calls . . . Now with three legit businesses, the respect of one of the biggest suppliers in the U.S., and holding down the title as one of L.A.'s most powerful female drug dealers, Precious's success seems endless. When her twin sister Promise encourages Precious to get her personal life back in gear, Precious just tightens down on her hustle—until a casualty and a kidnapping reveal shocking deceptions and betrayals. Soon, revenge takes form in the only way the game knows how . . . Praise for Sandra and her novels "Tough, smart characters . . . fast-moving drama." —Booklist on Hustle Hard "Sandra continues to flawlessly portray the dog-eat-dog code that Detroit goes by." —RT Book Reviews on Her Sweetest Revenge 3 "Sandra should be applauded. . . . Enthusiasts of the series will love revisiting Mya." —Library Journal on Her Sweetest Revenge 3

when to call for a wellness check: Defund the Police Chris Cunneen, 2023-04-25 This book examines the 'defund the police' movement from historical and contemporary perspectives. It uses international case studies to reimagine community safety beyond policing and imprisonment.

when to call for a wellness check: What Remains of Elsie Jane Chelsea Wakelyn, 2023-01-31 "A poignant, laugh-out-loud funny, weird, and heartbreaking window into being bereft and being in love... a striking reminder that there can be beauty in devastation." — EMILY AUSTIN, author of Everyone in This Room Will Someday Be Dead A heartbreaking and darkly funny portrait of a woman unravelling in the wake of tragedy. Sam is dead, which means that Elsie Jane has just lost the brilliant, sensitive man she planned to grow old with. The early days of grief are a fog of work and single parenting. Too restless to sleep, Elsie pores over Sam's old love letters, paces her house, and bickers with the ghosts of Sam and her dead parents night after night. As the year unfolds, she develops an obsession with a local murder mystery, attends a series of disastrous internet dates in search of a "replacement soulmate," and solicits a space-time wizard via Craigslist, convinced he will help her forge a path through the cosmos back to Sam. Examining the ceaseless labour of motherhood, the stigma of death by drug poisoning, and the allure of magical thinking in the wake of tragedy, What Remains of Elsie Jane is a heart-splitting reminder that grief is born from the depths of love. A RARE MACHINES BOOK

when to call for a wellness check: Abolish Social Work (As We Know It) Craig Fortier, Edward Hon-Sing Wong, MJ Rwigema, Abolish Social Work (As We Know It) responds to the timely and important call for police abolition by analyzing professional social work as one alternative commonly proposed as a ready-made solution to ending police brutality. Drawing on both historical analysis and lessons learned from decades of organizing abolitionist and decolonizing practices within the

field and practice of social work (including social service, community organizing, and other helping fields), this book is an important contribution in the discussion of what abolitionist social work could look like. This edited volume brings together predominantly BIPOC and queer/trans* social work survivors, community-based activists, educators, and frontline social workers to propose both an abolitionist framework for social work practice and a transformative framework that calls for the dissolution and restructuring of social work as a profession. Rejecting the practices and values encapsulated by professional social work as embedded in carceral and colonial systems, *Abolish Social Work (As We Know It)* moves us towards a social work framework guided by principles of mutual aid, accountability, and relationality led by Indigenous, Black, queer/trans*, racialized, immigrant, disabled, poor and other communities for whom social work has inserted itself into their lives.

when to call for a wellness check: *Crime Without Criminals?* United States. Congress. Senate. Special Committee on Aging, 2004

when to call for a wellness check: *What You Were Fighting For* James Sallis, 2024-11-07
WHAT YOU WERE FIGHTING FOR is a wonderful collection of short stories that provokes the mind with its weird and intriguing tales. We catch glimpses of worlds that are similar to our own, but always different enough to make you wonder and sit at the edge of your seat. Reading this collection you often have to work out what is truly happening as Sallis weaves his imaginative portrayals of idiosyncratic characters with all the subtlety of the mind that spawned the Lew Griffin novels, *Willnot*, *Sarah Jane*, and *Drive*.

when to call for a wellness check: *The Color of Love* Marra B. Gad, 2019-11-12 In this award-winning memoir, a mixed-race Jewish woman recounts her journey from adoption and prejudice to helping the family that once shunned her. Marra B. Gad's biological parents were a black man and a white Jewish woman. In 1970, at three days old, she was adopted by a white Jewish family in Chicago. For them, it was love at first sight—but the world was not ready for a family like theirs. In black spaces, Marra was considered “not black enough” and encountered antisemitism. In Jewish spaces, she was mistaken for the help, asked to leave, or worse. She even faced racism within her own family. Marra's family cut ties with relatives who refused to accept her—including her once beloved and glamorous Great-Aunt Nette. But after fifteen years of estrangement, Marra discovered that Nette had Alzheimer's, and that she was the only one able to reunite Nette with her family. Instead of revenge, Marra chose love, and watched as the disease erased her aunt's racism, making space for a relationship that was never possible before. *The Color of Love* explores the idea of *yerusha*, which means “inheritance” in Yiddish. At turns heart-wrenching and heartwarming, this is a story about what you inherit from your family—identity, disease, melanin, hate, and most powerful of all, love. Winner of the 2020 Midwest Book Award in Autobiography/Memoir

when to call for a wellness check: *When Lightning Strikes Twice* Melody Leclair, 2018-09-14
When the doctor said those two crushing words—bipolar disorder—the only thing rolling around in Melody Leclair's head was confusion. This could not be happening... not again. With no documented family history of mental illness, the Leclairs now faced the unexpected diagnosis of bipolar disorder in not one, but two of their three children. *When Lightning Strikes Twice* is an unparalleled memoir with first-person accounts, family perspectives, and collective insights from an extraordinary community of friends and clinicians. Follow this family's heart-wrenching yet hope-filled journey of finding their new normal. With three teenagers in high school, the Leclairs' world now included hospitalizations, medication, self-care, and prayer on top of the typical challenges of raising teenagers. Read this heartfelt and authentic family experience of mental illness, punctuated with honesty and humour. You will undoubtedly be captivated, informed, and inspired.

when to call for a wellness check: *PDX Portland 2022 Spring-Fall* L.J. Breedlove, 2024-02-27
Who Decides Who You Are? The personal is political. — Carol Hanisch What if you know something, but you're not sure what it is you know, and moreover, you're not sure anyone would believe you if you told them? P3 — Percy Abbott III — is afraid to find out. Jennifer's willingness to copyedit the reams of writing by inexperienced reporters makes the newsroom favorite. Nobody messes with the

copyeditor! It's a rule. (And this gang of non-conformists have few rules they're willing to abide by.) But going out for coffee isn't going to hurt anything. Right? Portland is famous for its literary community of writers, readers, bookstores, coffeehouses, and literary magazines like the Portland Review — a part of Newsroom PDX. Covid had been devastating, but the literary community is coming back. But the scars from the pandemic haven't gone away. This is the seventh omnibus in Newsroom PDX, a political suspense series about a college newsroom in downtown Portland during some of the most tumultuous times the city has ever faced. Foul language. Some sex. Lots of politics. Rather like the city itself. This omnibus includes *Who Do I Tell?*, *My Body*, and *A Literary Life*.

when to call for a wellness check: *The Brighter Side of a Darker Thing* Kathy Leigh Berkowitz, 2013-01-17 *The Brighter Side of a Darker Thing* is a testimony of one woman's journey of healing from sexual abuse. Kathy Leigh Berkowitz takes a final step toward her healing in the public telling of her life and her recovery from her past, ending with a bold resolve to continue sharing her story, in hopes that others likewise may find healing. Fallout from abuse often leaves behind broken pieces of a shattered self-esteem and many questions about the why. The author explores her own feelings and shares her innermost thoughts, while encouraging the reader with Scriptures to allow the Holy Spirit to do His perfect work, the strengthening of the inner soul. Kathy Leigh also faced numerous other challenges, including the death of her baby sister, her mother's mental illness, her father's post-traumatic stress disorder, time spent in a Texas orphanage, poverty, and suicidal thoughts. *The Brighter Side of a Darker Thing* includes triumphant moments, her awards for various high school beauty pageants, the births of her four children, and the eventual path that led her to a full-time career in journalism. *The Brighter Side of a Darker Thing* is proof that a person's past doesn't define who they are, and that no matter the pain, there is hope and healing in Jesus. It is the author's belief that healing from sexual abuse is a lifelong journey, but along the way, there will be much cause to celebrate, especially when one walks through the portal of forgiveness.

when to call for a wellness check: *Police Brutality and White Supremacy: The Fight Against American Traditions* Etan Thomas, 2022-01-11 An NBA veteran offers engaging interviews and reflections that explore police brutality, white supremacy, and the struggle for racial justice in America. Thomas's interviews demand careful reading by all who want to expose racism, hold police accountable, and create an American society that practices social justice. —Library Journal, a Best Book of the Year in Political Science/Civil Rights My family and I are extremely grateful for the support and love from my brother in the movement, Etan Thomas. —Emerald Garner, daughter of Eric Garner Etan Thomas, an eleven-year NBA veteran and lifelong advocate for social justice, weaves together his personal experiences with police violence and white supremacy with multiple interviews of family members of victims of police brutality like exonerated Central Park Five survivor Raymond Santana and Rodney King's daughter Lora Dene King; as well as activist athletes and other public figures such as Steph Curry, Chuck D, Isiah Thomas, Sue Bird, Jake Tapper, Jemele Hill, Stan Van Gundy, Kyle Korver, Mark Cuban, Rick Strom, and many more. Thomas speaks with retired police officers about their efforts to change policing, and white allies about their experiences with privilege and their ability to influence other white people. Thomas also examines the history of racism, white supremacy, and the prevalence of both in the current moment. He looks at the origins of white supremacy in the US, dating back to the country's inception, and explores how it was interwoven into Christianity--interviewing leading voices both in and outside of the church. Finally, with prominent voices in the media and education, Thomas discusses the continued cultivation of these injustices in American society. *Police Brutality and White Supremacy* demands accountability and justice for those responsible for and impacted by police violence and terror. It offers practical solutions to work against the promotion of white supremacy in law enforcement, Christianity, early education, and across the public sphere. Featuring original interviews with: Steph Curry, Chuck D, Yamiche Alcindor, Isiah Thomas, Jemele Hill, Craig Hodges, Stan Van Gundy, Mark Cuban, Jake Tapper, Mahmoud Abdul-Rauf, Sue Bird, Kyle Korver, Rick Strom, Cenk Uygur, Tim Wise, Chris Broussard, Breanna Stewart, Rex Chapman, Stephen Jackson, Kori McCooy, Lora Dene King, Chikesia Clemons, Raymond Santana, Alissa Findley, Amber and Ashley Carr, Michelle and Ashley

Monterrosa, Chairman Fred Hampton Jr., Abiodun Oyewole, Marc Lamont Hill, Officer Carlton Berkley, Pastor John K. Jenkins Sr., Officer Joe Ested, Captain Sonia Pruitt, and Bishop Talbert Swan.

when to call for a wellness check: A Brief History of Stigma Ashley L. Peterson, 2021-11-08 Stigma can have a huge impact on the lives of people living with mental illness. That needs to change, but how can we make it happen? A Brief History of Stigma explores the past and present of stigma to give a solid basis to examine strategies to reduce stigma and critically evaluate their effectiveness. It also incorporates the author's experiences as a former mental health nurse living with a chronic mental illness. The book is divided into three parts. Part I explores what exactly stigma is, including relevant sociological theory and common stereotypes. Part II looks at some of the contexts in which stigma can occur, including the media and health care. Part III explores different stigma reduction strategies and what the research has to say about their effectiveness. You'll likely be surprised to learn how ineffective certain commonly used strategies are when it comes to changing public attitudes. This book is for anyone who's interested in understanding stigma and making the world a better place for people with mental illness. Together, we can create positive change!

when to call for a wellness check: *The Doppelgangers* David Ray, 2016-05-26 In September of 2006, David Blue and his girlfriend Deanne Rae Byrd witnessed horrifying and haunting occurrences at their farm in Port Clinton, Ohio, which challenged their reasoning and logic. They were joined by some unwelcomed and harmful guests, which resulted in David being committed to a psychiatric hospital for six months. David is ready to be released from the hospital-but not from the nightmares that landed him there in the first place. Vowing never to return to the family farm in Port Clinton, David and Deanne are unavoidably pulled back by dark forces. They will not be alone, because joining them is a man in a ballerinas tutu, and sneakers wearing a clowns mask. At the farm, the couple also finds a strange little teddy bear and a horde of creepy little kids. In the meantime, people are disappearing, all the way from Columbus to Port Clinton. A skeleton key with a red ribbon drives a group of strangers to Davids farm. What these strangers cant anticipate is the horror that awaits them.

when to call for a wellness check: *Mysterious Night Visitor* G. L. Didalesuky, 2024-06-01 I graduated from Wayne State University with a secondary education degree in Unified Science and a minor in English. I then graduated from University of Detroit-Mercy with a Physician Assistant degree. Life experiences and an overactive imagination motivates my passion for writing. My favorite authors are Tess Gerritsen, Robin Cook and several Rogue Phoenix Press authors. My previous novels touch different genres, including medical mystery/suspense; medical supernatural; medical thrillers, and thriller suspense. My eight novels and a book of short stories are published by Rogue Phoenix Press. I live in Florida with my wife, Holly.

when to call for a wellness check: *The Shell of Me* Donna Patricia Castle, 2024-05-08 "Your life has had and still has beautiful things in it, but there are lots of weeds. You pull the weeds out, and for just a little while, everything is beautiful again. Then come the new weeds, and you must pull those out too." When Pat Castle was a little girl, her beautiful childhood came crashing down in an instant due to the violent act of a man she trusted. Told with raw and unflinching honesty, this gripping memoir bravely recounts how Pat's life was forever altered by the haunting echoes of Childhood Sexual Abuse (CSA). As the narrative weaves between cherished memories and the shadows of her past, readers come to understand how Pat navigated the aftermath of the abuse she faced—battling anger issues, fractured relationships, infertility, and PTSD. Amidst the chaos, Pat clings to the one place that always offered solace—the shores of Lake Manitoba. The vast expanse of water becomes a mirror to her journey, with the raging waves reflecting the turbulence within her soul. It is here that she discovers a remarkable resiliency within herself. Supported by meticulous research on CSA survivors, *The Shell of Me* is a powerful testament to the human spirit's capacity to survive in the face of unimaginable adversity. Even in the darkest moments, strength and determination prevails.

when to call for a wellness check: *Becoming Abolitionists* Derecka Purnell, 2021-10-05 A NONAME BOOK CLUB PICK Named a Kirkus Reviews Best Book of 2021 *Becoming Abolitionists* is ultimately about the importance of asking questions and our ability to create answers. And in the end, Purnell makes it clear that abolition is a labor of love—one that we can accomplish together if only we decide to. —Nia Evans, Boston Review For more than a century, activists in the United States have tried to reform the police. From community policing initiatives to increasing diversity, none of it has stopped the police from killing about three people a day. Millions of people continue to protest police violence because these solutions do not match the problem: the police cannot be reformed. In *Becoming Abolitionists*, Purnell draws from her experiences as a lawyer, writer, and organizer initially skeptical about police abolition. She saw too much sexual violence and buried too many friends to consider getting rid of police in her hometown of St. Louis, let alone the nation. But the police were a placebo. Calling them felt like something, and something feels like everything when the other option seems like nothing. Purnell details how multi-racial social movements rooted in rebellion, risk-taking, and revolutionary love pushed her and a generation of activists toward abolition. The book travels across geography and time, and offers lessons that activists have learned from Ferguson to South Africa, from Reconstruction to contemporary protests against police shootings. Here, Purnell argues that police can not be reformed and invites readers to envision new systems that work to address the root causes of violence. *Becoming Abolitionists* shows that abolition is not solely about getting rid of police, but a commitment to create and support different answers to the problem of harm in society, and, most excitingly, an opportunity to reduce and eliminate harm in the first place.

when to call for a wellness check: *Heart Strings* Deborah Atkinson, 2016-02-23 Greg and Susan Stone long for a child. Abused and abandoned five year old Gene needs a new family. Adopting an older discarded child is never easy, but add the child's immediate family, government red tape and your own heart, makes it even more difficult -- and equally rewarding.

when to call for a wellness check: *When Demons Float* Susan Thistlethwaite, 2019-09-27 Kristin Ginelli, Chicago-cop-turned-religion-professor, is horrified when her new Muslim faculty colleague is targeted with a hate crime by self-styled white supremacists. She investigates, wading into the disgusting waters of white supremacist hate online. She is stunned to learn how young people and adults are being tempted into hate and violence on the Internet. As she teaches her religion classes, she comes to realize this is what philosophers and theologians have meant by the demonic. In this kind of extremism, hate rises to the surface and it is hard to keep it down. When a student is killed, and Kristin is threatened, she has to cut through the university's stalling and what looks increasingly like corruption in the Chicago police and Immigration and Customs Enforcement (ICE) to find the killers and try to stem the tide of hate.

when to call for a wellness check: *My Body* L.J. Breedlove, 2022-11-24 A Conservative Voice Luke Kent had come to the student-run Eyewitness News in downtown Portland with a chip on his shoulder. He freely admitted it: he thought EWN was a bunch of ignorant liberals who were going to hell if they didn't repent. And he told his boss that the first day of class. She'd just laughed and asked if he was staying or going. He stayed. How could he not? These liberals flakes were the first people to accept that he was blind and wanted to write sports. The first to argue with him rather than say he shouldn't argue at all. He now had his own radio show where they did just that, in fact. He even debated the faculty advisor — on critical race theory, and wasn't that a hoot? And no hard feelings afterwards either. And then the Supreme Court overturned *Roe v. Wade*. Book 4 in PDX Year 3, the 20th book in the Newsroom PDX books. Warning: triggers, foul language, some sex, lots of politics. It's Portland.

when to call for a wellness check: *Almost to Heaven* Jean Nielsen, 2018-11-30 This book, *Almost to Heaven* by Jean is written to thank the community, church, hospital and Jean's family for all that was accomplished while working together with Jean's emergency care one important morning. These values brought Jean back into realizing the importance of why she is here, on earth. The book is an account of Jean's Near Death Experience with God. Jean died on August, 26, 2013

and was given another chance of life on August 28, 2013 because of the expertise of Dr. Jeff Rayl with the New Ulm' Medical Center and Dr. Tim Henry at Abbott Northwestern Hospital in the cities. Jean's life was given back because of more than the medical care she received. It was through her husband, Rod, daughters, Lori, and Rachel, sisters, parents aunts, uncles, cousins, nieces and nephews and church, co-workers, friends, neighbors that showed Jean what can happen when a community works together and how the power of prayer truly works. This book is written as well to remind the media how positive stories can always develop from stories/experiences if we choose to work together even in a smaller community for the good of the whole, the sake of one person. For those reading this story, please know, your prayers will always be remembered in my heart. It is three years since the time this experience happened. Even though the book is technically finished, the story continues as Jean pledges to serve the New Ulm community and God while distributing and setting up the most precious gift we have on Earth, the Real Presence of Jesus in the Eucharist while being in Full Communion of the Catholic Church! PLEASE KNOW THAT NO MATTER WHAT AREA OF LIFE I'M LIVING IT'LL BE LIVED IN FULL COMMUNION OF THE CHURCH TO GLORIFY GOD'S NAME! MAY ONLY GOOD COME OUT OF THIS BOOK!

when to call for a wellness check: Broken Promises Lorhainne Eckhart, 2021-07-31 She gave her daughter up. Now she wants her back. NY Times & USA Today bestselling author Lorhainne Eckhart brings you a new O'Connell family novel about secrets and lies, and a woman who has no reason to trust anyone. -- Deeply emotion & stirring. Catlou -- A story telling the whole ugly and corrupt goings on within the justice system. C. Logue, Reviewer What do you do when a woman shows up on your doorstep, suddenly wanting her daughter back? Never in a million years did Marcus and Charlotte O'Connell expect to be faced with this kind of dilemma, but when Reine Colbert is released from prison, she shows up at their house, demanding they return her daughter, Eva. Worse is the fact that Sheriff Marcus never received a courtesy call from the prison or parole board to warn him that Reine was about to be released. As far as he and Charlotte were concerned, they had followed Reine's wishes, adopting her daughter so she could serve her time, knowing Eva was loved and in a good family. But now she's changed her mind, and she believes Marcus is somehow responsible for her lost years with her daughter. Though Marcus and his siblings step in to talk it through with Reine, who has been given a raw deal, little Eva is the one caught in the middle of the tug of war. Will the O'Connells be able to reason with a woman who has no reason to trust anyone? Find out in a novel about secrets, hurts, lies, and the true of meaning of family.

when to call for a wellness check: Wisdom and Understanding Nija Walker, 2022-06-17 Wisdom & Understanding provides answers to many of life's greatest challenges. The book explains clearly how to transform yourself into the greatest version of you. It also provides you with great insight into how to connect with and grow your personal relationship with God. This book is strategically divided into ten chapters that address significant core values. Wisdom & Understanding reveals the truth about the purpose for our lives and how to achieve true success.

when to call for a wellness check: Josiah Reynolds Mysteries Box Set 4: Death By Malice, Death By Drama, Death By Stalking Abigail Keam, 2019-08-05 Three Great Mysteries In One Package! Death By Malice 10 Josiah Reynolds opened her front door to find her neighbor, Sandy Sloan, clutching her little dog, Georgie. "Hi Josiah. Sorry to bother you. Can you keep my dog for a couple of days while I check on my mother? She's ill and needs help." Josiah reluctantly said yes, not because she didn't want to take care of the animal. She had plenty of room for a little dog like Georgie. She was reluctant because she knew Sandy's mother couldn't possibly be ill. Her mother was, in fact, dead. Josiah knew this because she had attended the woman's funeral. Why would Sandy tell such a lie? And a stupid lie at that. Was Sandy trying to signal she was in distress and needed help? Josiah had no way of knowing that in four hours, Sandy would disappear from the face of the earth, and no one-not, even Josiah, would be able to find her. Death By Drama 11 Josiah joins an amateur thespian group that puts on plays in quirky places like public parks and crumbling antebellum mansions. It is a way to socialize, and Josiah feels lonely when her boyfriend Hunter stops calling. Since the new play is being staged at Hunter's ancestral home Wickcliffe Manor, Josiah

sees this as a win-win situation. She gets to have fun and remind Hunter that she is still alive and kicking. Hint. Hint. What could go wrong? Everything! Hunter ignores the acting group including Josiah, and it doesn't help when the leading lady, Madison Smythe, drops dead on Hunter's antique Persian rug. To make matters worse, Franklin, Hunter's brother, is arrested for her murder! Josiah does the only thing she can. She sends an S.O.S. to her daughter Asa to investigate the murder. Asa must also discover why a love note from Hunter was found in the dead woman's coat pocket. Josiah is ready for romance, but she doesn't want to fall in love with a cheater . . . and possibly a murderer! Death By Stalking 12 Josiah, Baby, her mastiff, and Lady Elsmere rush to the rescue of their neighbor, Rosie, who is being harassed by Gage Cagle, a mean, old stump of a man. Lady Elsmere confronts Gage and has him thrown in jail for trying to extort money from Rosie. Glad to be rid of this loathsome man, Lady Elsmere, Josiah, and Rosie attend the Bluegrass Antique Auction and Ball. To their surprise, Gage shows up and boldly threatens Josiah, Rosie, and even Baby. Dismissing Gage as nothing more than a loudmouth fussbucket, Josiah enjoys the ball until she stumbles upon Rosie covered in blood and standing over Gage's near lifeless body. "I didn't do this," Rosie swears before fleeing, leaving Josiah trying to save the life of a man they both detest. While Josiah attempts to staunch Gage's bleeding, she can't help but wonder, if Rosie didn't assault Gage, then who? If you like mysteries from Jana DeLeon, CeeCee James, Kathi Daley, Lynn Cahoon, Sally Berneathy, Tonya Kappes, Cindy Bell, Vikki Walton, Dianne Harmon, Janet Evanovich, Krista Davis, Leighann Dobbs, Heather Hoffman, Laurien Berenson, Hope Callaghan, and Leslie Langtry, you will love the Josiah Reynolds Mysteries by Abigail Keam.

when to call for a wellness check: *Death By Malice 10: A Josiah Reynolds Mystery* Abigail Keam, 2017-03-21 Death By Malice: Josiah Reynolds Mystery

when to call for a wellness check: *Autopsy* Patricia Cornwell, 2021-12-01 Scarpetta is back! In this twenty-fifth in the electrifying, landmark #1 bestselling thriller series chief medical examiner Dr. Kay Scarpetta hunts an ingenious killer who has mastered cutting-edge science for the most nefarious ends. Forensic pathologist Kay Scarpetta has returned to Virginia as the chief medical examiner. She and her husband Benton are headquartered five miles from the Pentagon, in a post-pandemic world that's been torn apart by civil and political unrest. Just weeks into the job, Scarpetta is called to investigate a woman's body which has been shockingly displayed on railroad tracks. As Scarpetta follows the trail, it leads unnervingly close to her own neighbourhood... At the same time, two scientists are found dead in a top-secret laboratory in outer space. Scarpetta is summoned to the White House Situation Room and tasked with finding out what happened. But even as she's working the first crime scene in space from the ground, an apparent serial killer strikes again. And this time, Scarpetta could be in greater danger than ever before... In this latest novel in her groundbreaking Kay Scarpetta series, Patricia Cornwell captivates readers with the shocking twists, high-wire tension, and forensic detail that she is famous for, proving once again why she's the world's #1 bestselling crime writer.

when to call for a wellness check: *Twenty-Two Shells* Tom Schulte, 2021-07-20 Detective Marvin Sludge, a former Special Services operative, lives a simple life. But he's the best detective in his department, the one always assigned to impossible cases and interrogations. With virtually no family left alive, he feels religion is for the weak and the soon-to-be-purged by natural selection—the ones who can't take the rigors of life. Sludge, who suffers from PTSD, catches a curious case. A young man, a senator's son, has been shot, and experts find twenty-two shell casings at the scene. That evidence points toward the makings of a serial killer intent on murdering one person a week for the next twenty-one weeks. As the bodies continue to pile up, Sludge and his partner search for a pattern and the killer. Soon the case requires him to attend a victim's church, starting him on his path to faith. Along the way, he addresses greater issues such as the meaning of life and who is really in charge of events.

when to call for a wellness check: *What You Become in Flight* Ellen O'Connell Whittet, 2020-04-14 Poignant and exquisite--The Los Angeles Review of Books An inspiring and powerful book--Booklist A genuinely absorbing read--Kirkus Revelatory, honest, and wondrous.--Chanel Miller,

author of *Know My Name* A lyrical and meditative memoir on the damage we inflict in the pursuit of perfection, the pain of losing our dreams, and the power of letting go of both. With a promising career in classical ballet ahead of her, Ellen O'Connell Whittet was devastated when a misstep in rehearsal caused a career-ending injury. Ballet was the love of her life. She lived for her moments under the glare of the stage-lights--gliding through the air, pretending however fleetingly to effortlessly defy gravity. Yet with a debilitating injury forcing her to reconsider her future, she also began to reconsider what she had taken for granted in her past. Beneath every perfect arabesque was a foot, disfigured by pointe shoes, stuffed--taped and bleeding--into a pink, silk slipper. Behind her ballerina's body was a young girl starving herself into a fragile collection of limbs. Within her love of ballet was a hatred of herself for struggling to achieve the perfection it demanded of her. In this raw and redemptive debut memoir, Ellen O'Connell Whittet explores the silent suffering of the ballerina--and finds it emblematic of the violence that women quietly shoulder every day. For O'Connell Whittet, letting go of one meant confronting the other--only then was it possible to truly take flight.

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