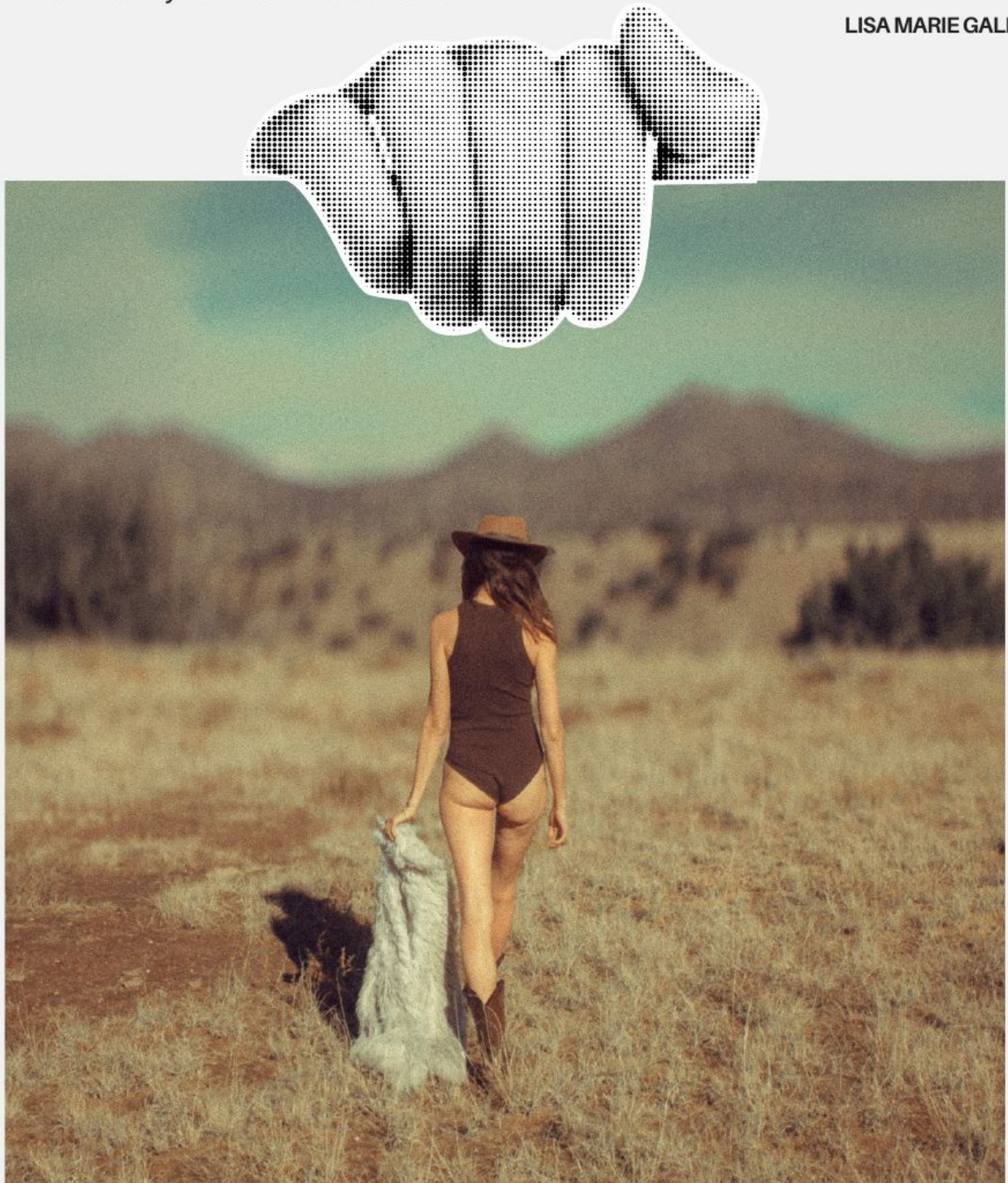


PORTFOLIO

Seer – to see language between worlds. To see not just what is, but what was, what could be, and what is desperately trying to emerge. To live with one foot in the visible and one in the liminal. Allowing the unseen to arrive sideways, in symbols and in the peripheral vision of the soul. Catching and birthing glimpses of what hasn't yet chosen to become.

LISA MARIE GALLO



THE LAST OF THE SEERS

Seer – to see language between worlds. To see not just what is, but what was, what could be, and what is desperately trying to emerge. To live with one foot in the visible and one in the liminal. Allowing the unseen to arrive sideways, in symbols and in the peripheral vision of the soul. Catching and birthing glimpses of what hasn't yet chosen to become.



Each piece I create is both an act of documentation and transformation. Through my lens, I seek to capture not just the visible, but the energetic, those moments where healing occurs, where the feminine reclaims itself, where the sacred appears in the sensual. My camera becomes a tool for both documentation and divination, revealing not just how we appear but how we exist energetically in the world.



our hearts



Working across commercial and artistic spaces has taught me that these worlds aren't separate but symbiotic. My background in marketing showed me how narratives shape reality, while my return to art has proven how creativity can reshape those narratives entirely. Creating content for youth initiatives and statewide campaigns has deepened my understanding of how visual stories shape collective consciousness, while my personal photographic practice, focused on portraiture, conceptual work, and the exploration of feminine power, feeds back into my professional work, bringing authenticity and depth to every project.

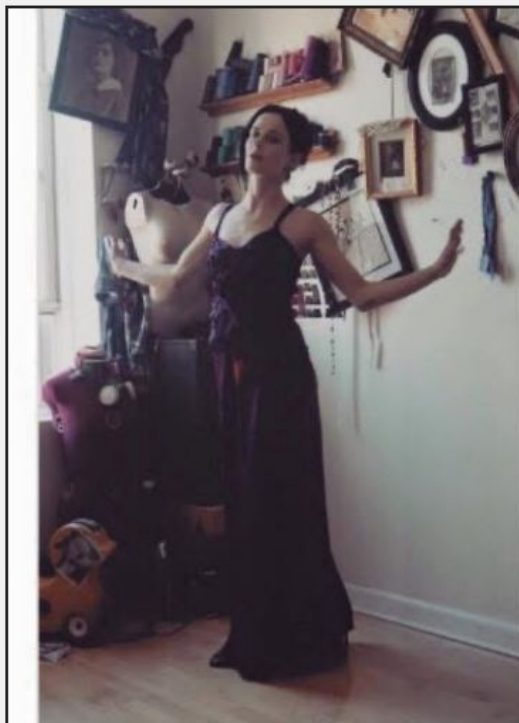
My creative process is deeply intertwined with my spiritual journey; they are not parallel paths but a single, spiraling evolution where one inevitably informs the other. I'm drawn to moments of transformation: the vulnerability in a portrait session, the energy shift when someone sees themselves reflected truthfully, the space where ancient wisdom meets contemporary experience.

I'm interested in peeling back the layers of conditioning to reveal what lies beneath: raw authenticity, embodied wisdom, and the courage to express all facets of the feminine experience. This is the thread that connects all my work, the belief that creativity and spirituality are inseparable, that our professional and personal evolutions are one journey, and that art making is ultimately an act of reclamation. My work invites viewers to consider their own relationship with pleasure, power, and the sacred, and to question the boundaries between them.

LISA MARIE GALLO



Sine Die



Sine Die By Beetle is the creation of Beetle, a multimedia artist whose work reflects a fascination with the deterioration of fabrics, objects, and materials. She established Sine Die in 2004, initially creating designs from recycled t-shirts. This concept of re-contextualizing and manipulating recycled materials has since evolved into high end designs, constructed from raw silk scraps collected from Designer Mimi Turner's cutting room, alongside a unique collection of vintage materials amassed over the years.

Rather than using patterns, Beetle sculpts and dyes each piece of fabric, resulting in bespoke garments a rebellion against fast fashion and capitalism at large. She is inspired by the effect that time has on objects and people, finding beauty in the way things fall apart, evolve, and weather with age. No two pieces are the same, each one shaped by instinct, time, and the materials themselves. The process is quiet and reflective, unfolding slowly until the piece settles into what it's meant to be.

UNTIL WE MEET AGAIN

SURRENDER

"Surrender" is a photography series inspired by Alexandra Roxo's column "Holy Fuck," which explores the profound connection between spirituality and women's sexuality. This work emerges from my own strong convictions about this sacred intersection and how society has historically demonized women's sexual expression.

One particular article that moved me focused on Shibari, the ancient Japanese practice of rope tying, and how it can become an avenue to the divine. Through this practice, one can enter an altered state and experience transcendent moments that connect us to something greater than ourselves.

What struck me most deeply was the potential for healing. Women who have experienced sexual assault often feel disconnected from their bodies, struggling to feel at home within themselves. Sexual trauma can make it difficult to feel safe, to be present with bodily sensations, or to connect with breath, often leading to challenges with arousal and orgasm.

Shibari has evolved to be recognized as a form of somatic therapy, a therapeutic practice that works with movement and the body to release stored emotions and trauma. During Shibari, participants can reach a state of complete presence, feeling the ropes and restraints in a way that grounds them fully in their bodies. For many women, this becomes the first time they've truly felt present in their physical form, creating a pathway to reclaim their relationship with sensation, pleasure, and the sacred feminine.

This series documents that journey, from disconnection to presence, from trauma to transcendence, from fear to surrender.





vision & narrative



To be both vessel and architect, simultaneously channeling visions and building the bridge for them to enter the world. To learn that your art will always know more than you do, revealing layers of meaning you didn't consciously embed, carrying messages meant for people you'll never meet. To learn to recognize that specific tension when something urgent needs to be made, not from ego or ambition, but from the same necessity that makes birds migrate.

Spelling out truths that bypass the rational mind, mapping territories that exist beyond ordinary perception. And ushering in new moments in culture and creation. The development of materials that goes beyond preference: certain colors pull revelations out of you, specific textures crack you open, particular movements unlock rooms in your mind you didn't know existed. When the work creates itself through you.



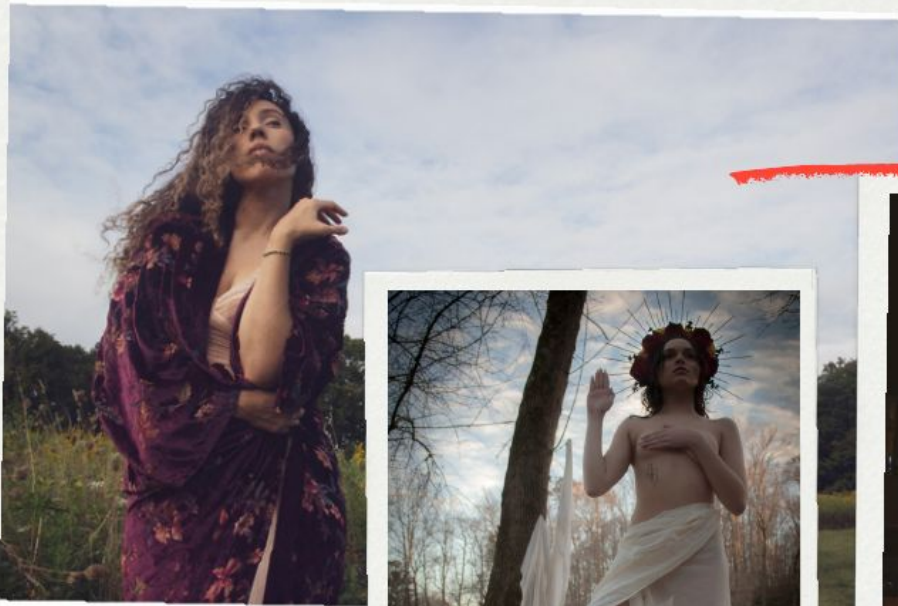
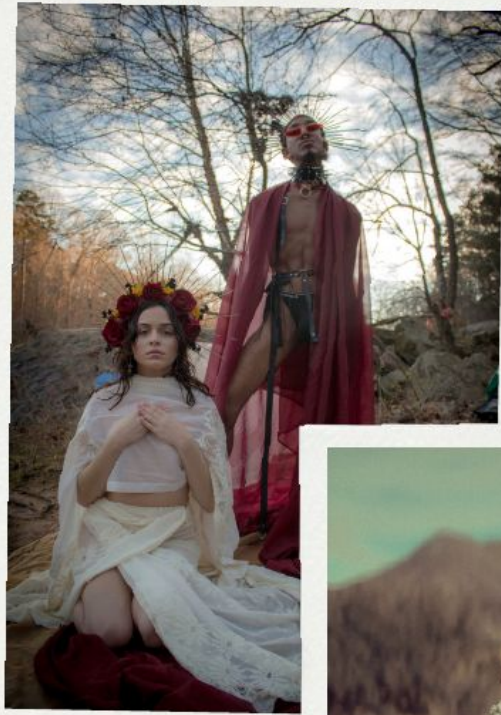
Living with what it reveals, both to you and through you. Your creations become evidence of realities others might prefer to ignore, documentations of the subtle violences and ecstasies that pulse beneath ordinary interaction. To learn that some people will see themselves in the work and feel exposed, others will finally feel seen. Accepting that vision functions as a kind of cultural acupuncture, hitting pressure points that release what's been stuck, sometimes causing discomfort before relief. It's medicine, prophecy, and invitation all at once, asking viewers to remember what they've trained themselves to forget.



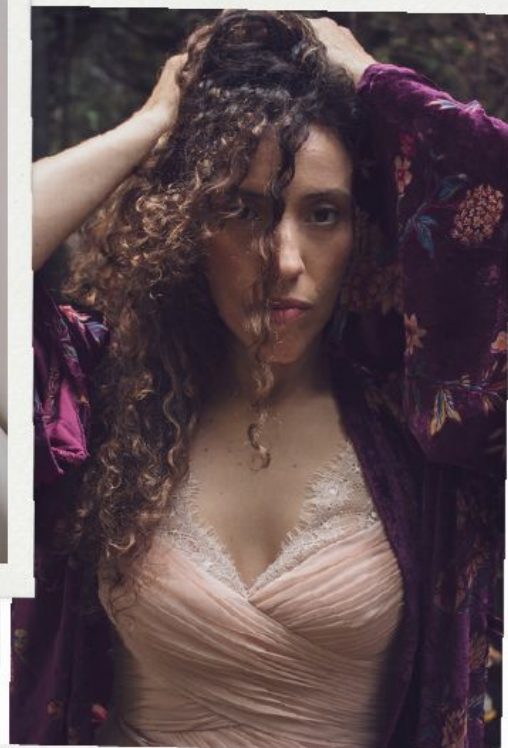
Photography

Creating work that serves as a cultural timestamp while developing a sense of the undercurrents moving through collective experience, those shared anxieties, desires, and transformations that haven't yet been named. This kind of art doesn't simply document what's happening on the surface; it gives form to what we're collectively metabolizing before we have language for it. To excavate patterns and symbols that reveal not just where we are, but where we're unconsciously heading. To create from this place is to process what is already emerging.

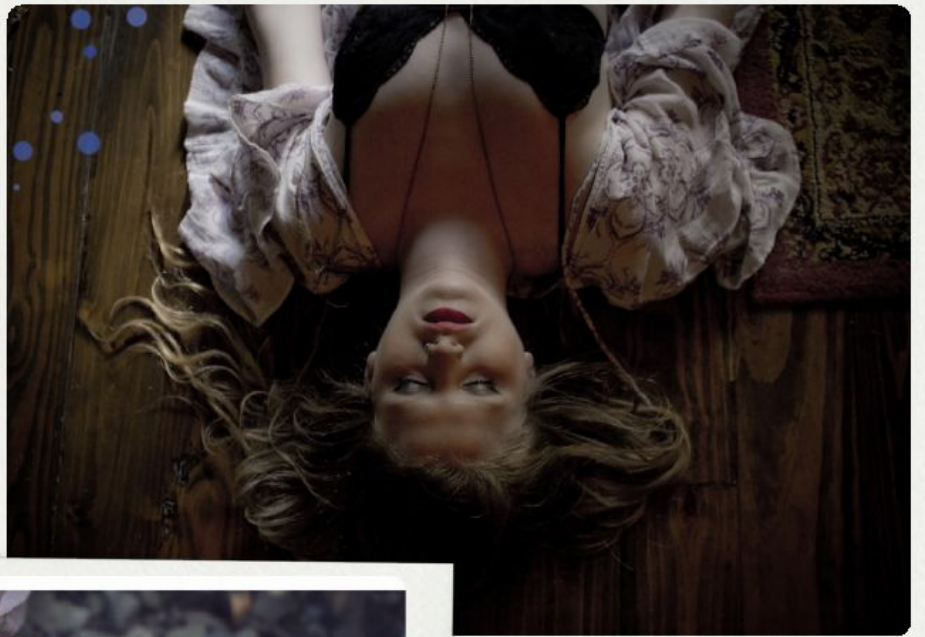
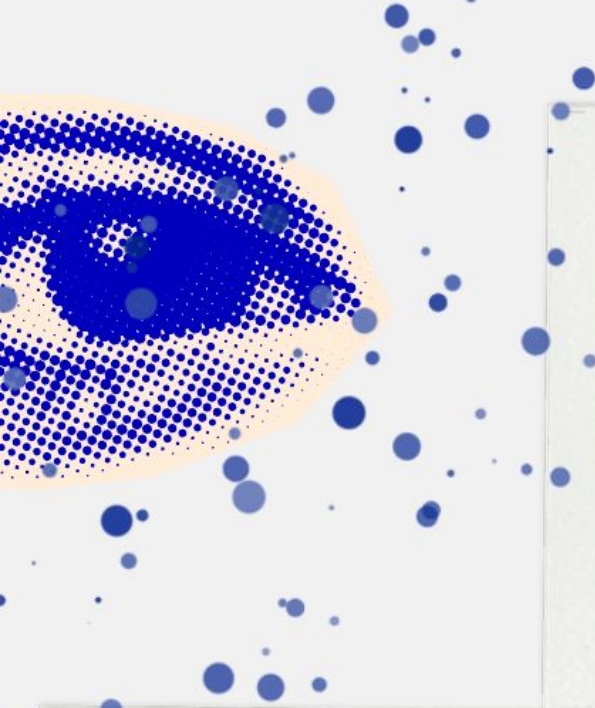
Catching the first tremors of change while others are still standing on seemingly solid ground. This work often feels uncomfortable or even incomprehensible when first presented, precisely because it's expressing what we don't yet have frameworks to understand. Years later, these pieces become obvious, even essential to understanding a period of transition. To see, is to work in this space and accept that the role is not meant to comfort or confirm but to serve as early warning system and wayshower for experiential maps for territory we're entering whether we're ready or not.



PHOTOGRAPHY



PHOTOGRAPHY



PHOTOGRAPHY





Branding

CROWN STUDIOS

CREATED BY LISA GALLO

BRAND GUIDELINES



CREATED BY LISA GALLO

BRAND GUIDELINES

DENTALCROWNS999.COM



CREATED BY LISA GALLO

BRAND GUIDELINES

FIONA

Typographic refers to the art and technique of arranging type to make written language legible, readable, and appealing. This includes everything from the font choice to the spacing between letters, words, and lines. Are you sure you're using the right type?

TYPE

ABCDEFGHIJKLMNOPQRSTUVWXYZ
0123456789

BRAND GUIDELINES

DENTALCROWNS999.COM

The design of social media platforms can greatly influence user engagement, brand recognition and overall user experience. Effective social media design should be eye-catching, intuitive and user-friendly. It should also be consistent with the brand's overall aesthetic and messaging. Social media design encompasses everything from the layout and colour scheme to the typography and imagery used.

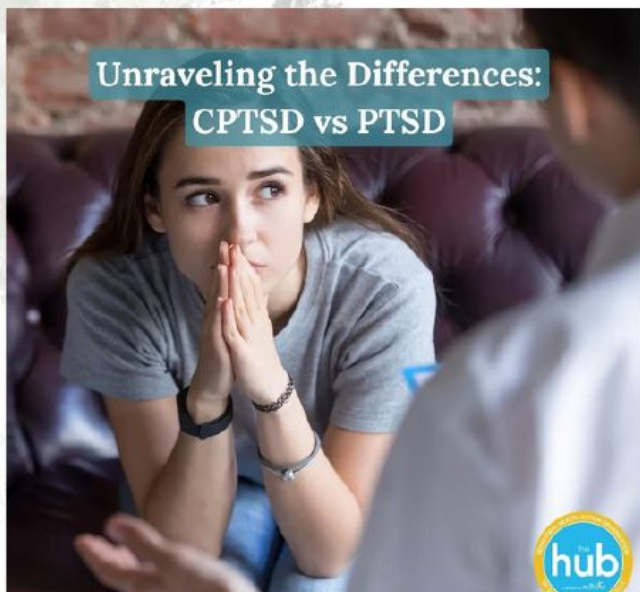
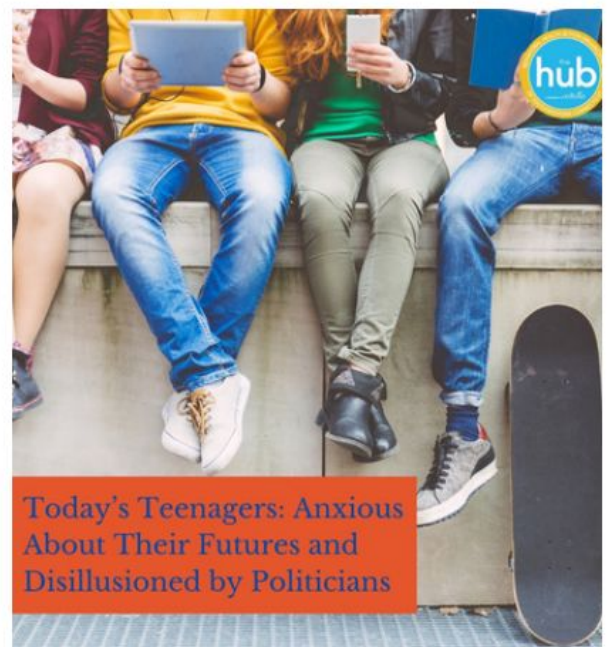
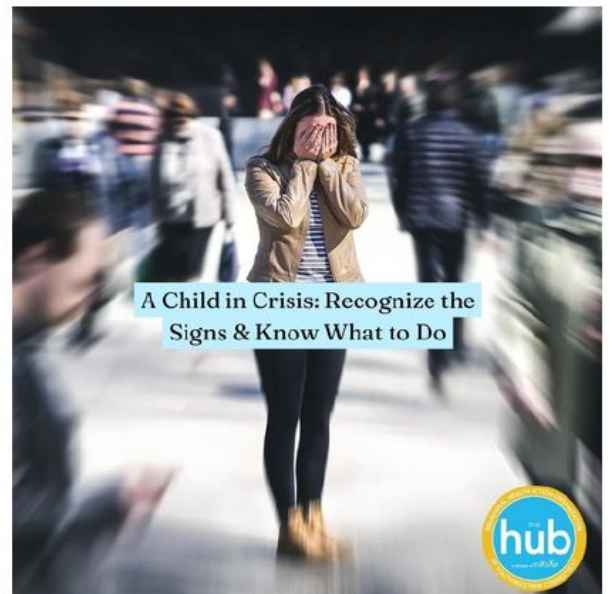
SOCIAL



BRANDING

The Hub

The Hub is Southwestern Connecticut's Behavioral Health Action Organization, responsible for coordinating mental health and substance use prevention efforts across local towns, schools, agencies, and communities. Their work centers on public education, resource distribution, stigma reduction, and building stronger, healthier communities through collaboration.



Ok To Talk About It

OK To Talk About It is a regional mental-health awareness campaign designed to break stigma, normalize help-seeking, and connect Connecticut residents with real resources for support. Through approachable language, inclusive storytelling, and accessible educational content, the campaign encourages open conversations about mental wellness across families, schools, workplaces, and communities.



Recovery Friendly Workplace

Recovery Friendly Workplace (RFW) is a statewide initiative led by The Hub and BHcare to help Connecticut employers create supportive, stigma free environments for employees in recovery from substance use or mental health challenges. The program provides workplaces with tools, trainings, policies, and resources that promote understanding, reduce stigma, and strengthen overall employee well-being.



RECOVERY HAPPENS HERE X

10 Ways to Support a Loved One in Recovery

1. Learn as much as possible
2. Listen carefully
3. Show interest in your loved one's treatment plan
4. Strive for an atmosphere of cooperation
5. Resume "normal" activities and routines
6. Don't push too hard
7. Find support for yourself
8. Express your support out loud
9. Keep yourself and your family member safe.
10. Prepare a crisis plan

Most important - Don't give up!

dmhas

RECOVERY HAPPENS HERE X

Recovery is Possible!



Maggie

"No matter what, just don't give up. Find the supports that are necessary."

CONNECTICUT

RecoveryHappensHereCT.org

The word "Recovery" has many meanings

- ✓ Every person can decide the meaning for themselves
- ✓ There is no right or wrong
- ✓ YOU determine the words that work for YOU!

dmhas

RECOVERY HAPPENS HERE X

Recovery Happens Here

Recovery Happens Here CT is a statewide initiative dedicated to celebrating recovery, uplifting lived experience, and connecting Connecticut residents to real pathways of hope, help, and healing. Through storytelling, education, and community engagement, the campaign works to normalize conversations around recovery and highlight the strength and resilience of individuals, families, and communities.

To stay well I...



THIS WORKS FOR ME

RECOVERY HAPPENS HERE X

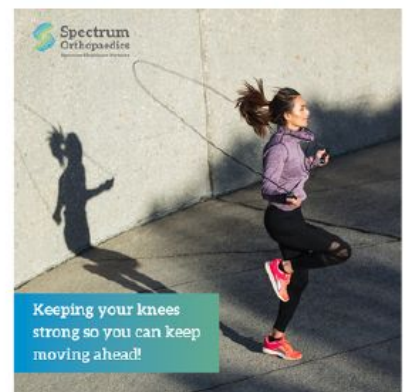
Do arts and crafts, crochet with Woobles kits and use social media to socialize with other crafters and get help with projects. There are a lot of free patterns and tutorials too.

CONNECTICUT

Spectrum Ortho

Ortho Associates of Maine is a full service orthopedic practice dedicated to providing high quality, patient-centered care across a wide range of specialties, including sports medicine, joint replacement, spine, hand & wrist, foot & ankle, and trauma services. Their mission is to keep individuals and families active, mobile, and supported through every stage of healing.

Formerly known as OrthoSpectrum, the practice expanded and rebranded to reflect its broader service area and commitment to advanced orthopedic care.



Office Of Healthcare Advocates

The Connecticut Office of the Healthcare Advocate (OHA) is a state agency dedicated to helping residents navigate the healthcare system, resolve insurance challenges, and access the care and coverage they need. OHA works to protect consumer rights, provide one-on-one advocacy, and educate the public on issues like insurance appeals, coverage options, medical billing, and healthcare equity.

STATE OF CONNECTICUT
OFFICE OF THE
HEALTHCARE ADVOCATE

SWITCHING JOBS?

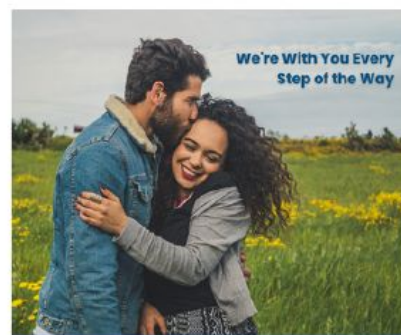
HERE'S WHAT TO DO:

- Don't assume new plan covers same doctors
- Check if medications need prior approval
- Understand waiting periods for coverage
- Keep COBRA as backup option
- Transfer medical records early

Need Help? Visit our website.
[CT.gov/OHA](https://ct.gov/OHA)



Medical Bills Crushing Your Budget?
We Can Help!



We're With You Every
Step of the Way

STATE OF CONNECTICUT
OFFICE OF THE
HEALTHCARE ADVOCATE

Find Help Now at:
[CT.gov/OHA](https://ct.gov/OHA)



Emergency Care is Always Covered -
Federal Law Guarantees It

STATE OF CONNECTICUT
OFFICE OF THE
HEALTHCARE ADVOCATE

TREATMENT DENIED FOR BEING "EXPERIMENTAL"?

HERE'S WHAT TO DO:

- Get a written denial with specific reasons
- Research if treatment is FDA-approved
- Find clinical guidelines supporting it
- Ask doctor for medical literature
- Contact us to help!

Need Help? Visit our website.
[CT.gov/OHA](https://ct.gov/OHA)



STATE OF CONNECTICUT
OFFICE OF THE
HEALTHCARE ADVOCATE

\$1,025 SAVED

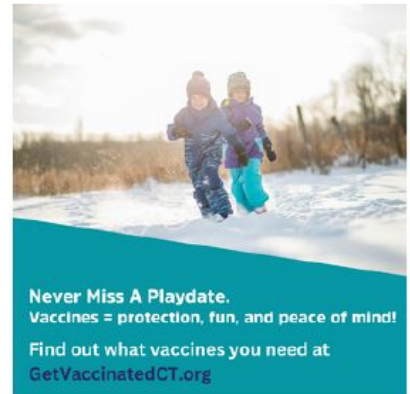
Mr. Collins thought his colonoscopy was preventive care and should be free, but received a \$1,025 bill for lab work on polyps found during the procedure. The lab had incorrectly coded the service as diagnostic instead of preventive. One phone call from OHA corrected the coding error, and Mr. Collins was fully reimbursed. Know your preventive care rights.

Saving CT Residents Money Every Day

Find out how OHA can help you at [CT.gov/OHA](https://ct.gov/OHA)

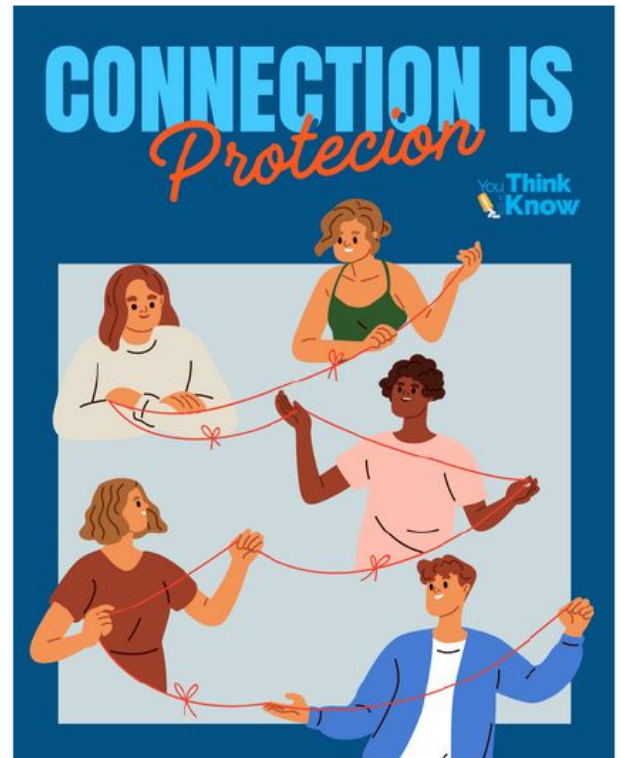
Get Vaccinated CT

Get Vaccinated CT is a statewide public health initiative designed to provide clear, accessible information about vaccines, immunization schedules, and community health resources for Connecticut residents. The program helps individuals and families understand vaccine benefits, find local providers, and stay informed about disease prevention and public health recommendations.



You Think You Know

You Think You Know CT is a statewide youth prevention initiative focused on empowering teens and families with real, evidence-based information about substance use, risk factors, and healthy decision-making. The campaign challenges myths, encourages honest conversations, and provides accessible education designed to keep young people informed, safe, and supported.



Cheshire

Collaborated on and created visuals for a comprehensive youth mental wellness PSA campaign for the Town of Cheshire, creating visually engaging social media content that addresses critical topics impacting young people in the digital age. The campaign demonstrates my ability to translate complex public health concepts into digestible, shareable content that resonates with youth audiences while meeting municipal standards, turning preventive mental health messages into culturally relevant conversations that young people actually want to engage with, showcasing the powerful intersection of creative direction and public health expertise.

Your worth isn't measured in
likes and follows



Privacy settings protect
more than just your photos.



Small actions, big impact on mental wellness



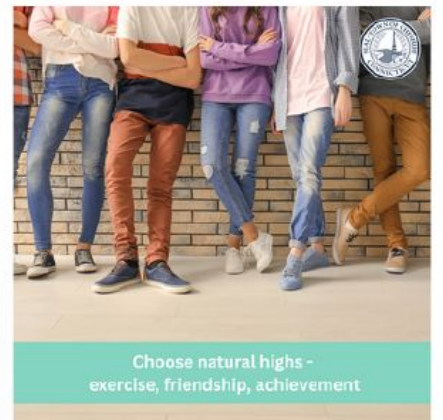
Your mental health toolkit starts
with one small step



You are enough, exactly as you are



Choose natural highs -
exercise, friendship, achievement



Ads



Today's Marijuana is Stronger than Ever!

It interferes with teen brain development.



LEARN MORE. TALK TODAY.



Teen Brains Develop Until Age 25.

Vaping nicotine impairs learning, memory and attention.



TALK TO YOUR TEEN TODAY!



Teen Brains Develop Until Age 25.

Vaping nicotine impairs learning, memory and attention.



LEARN MORE. TALK TODAY.



**5 out of 10
fake pills
have a
LETHAL DOSE
OF FENTANYL**



**You Can't See
Difference!**



**5 out of every 10 fake pills contain
A LETHAL DOSE OF FENTANYL**

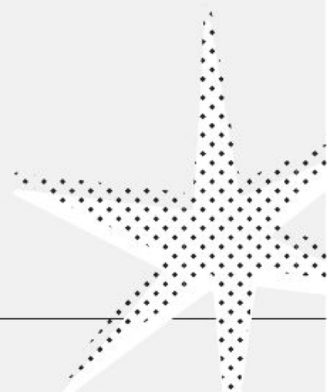


**Would you
Know which
ones are real?**



**Keep your family safe!
Get tips to help start the conversation.**

Artkidz Podcast



ARTKIDZ



ArtKidz Podcast

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Welcome to ArtKidz! Dive into the vibrant world of art with three college buddies, Lisa, Rhys, and Tracy. artkidzpodcast.com

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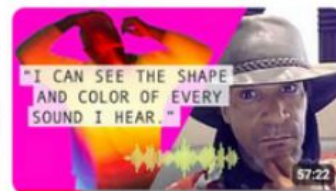
Carissa-Ann Santos: Living a Life of Magic & the Stories We Tell Ourselves
746 views · 10 months ago



Creative Jobs: Paths, Trends and Opportunities
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Burnout: The Secret to Unlocking the Stress Cycle
20 views · 1 year ago



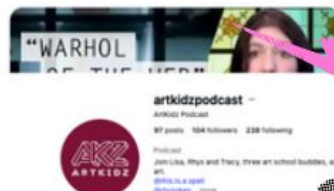
The Synesthetic Experience: Merging Senses
20 views · 1 year ago



Colors: Beyond the Rainbow
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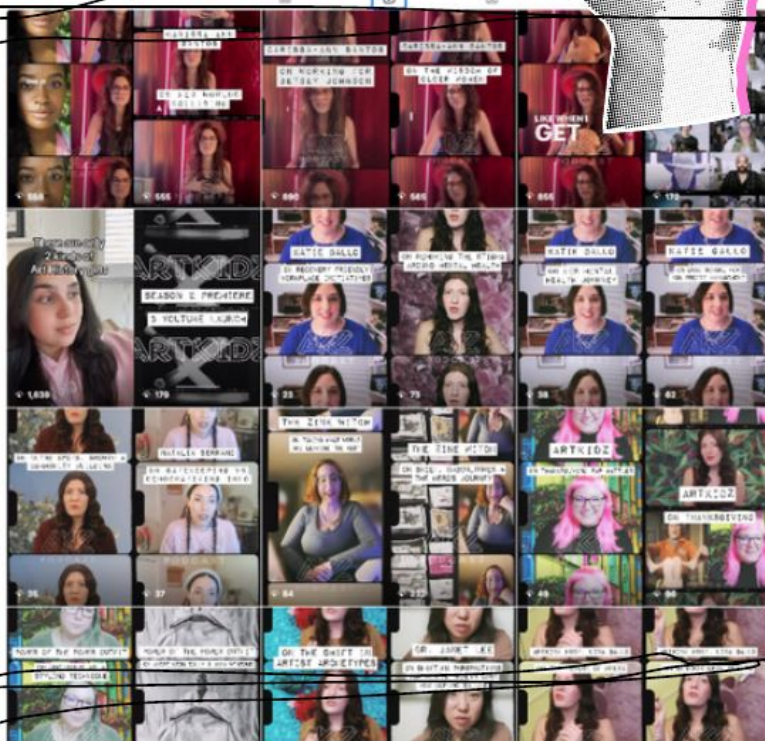


Art in the Digital Age: An Exploration of Connection
66 views · 1 year ago



WELCOME TO ARTKIDZ! DIVE INTO THE VIBRANT WORLD OF ART WITH THREE COLLEGE BUDDIES, LISA, RHYS, AND TRACY. FROM INTERVIEWS WITH INDUSTRY EXPERTS TO LIVELY DISCUSSIONS ABOUT THE LATEST TRENDS AND INNOVATIONS, THIS PODCAST IS PERFECT FOR ANYONE LOOKING TO BE INSPIRED AND INFORMED BY THE INTERSECTION OF CREATIVITY AND WELL-BEING. LIKE, FOLLOW AND SUBSCRIBE!

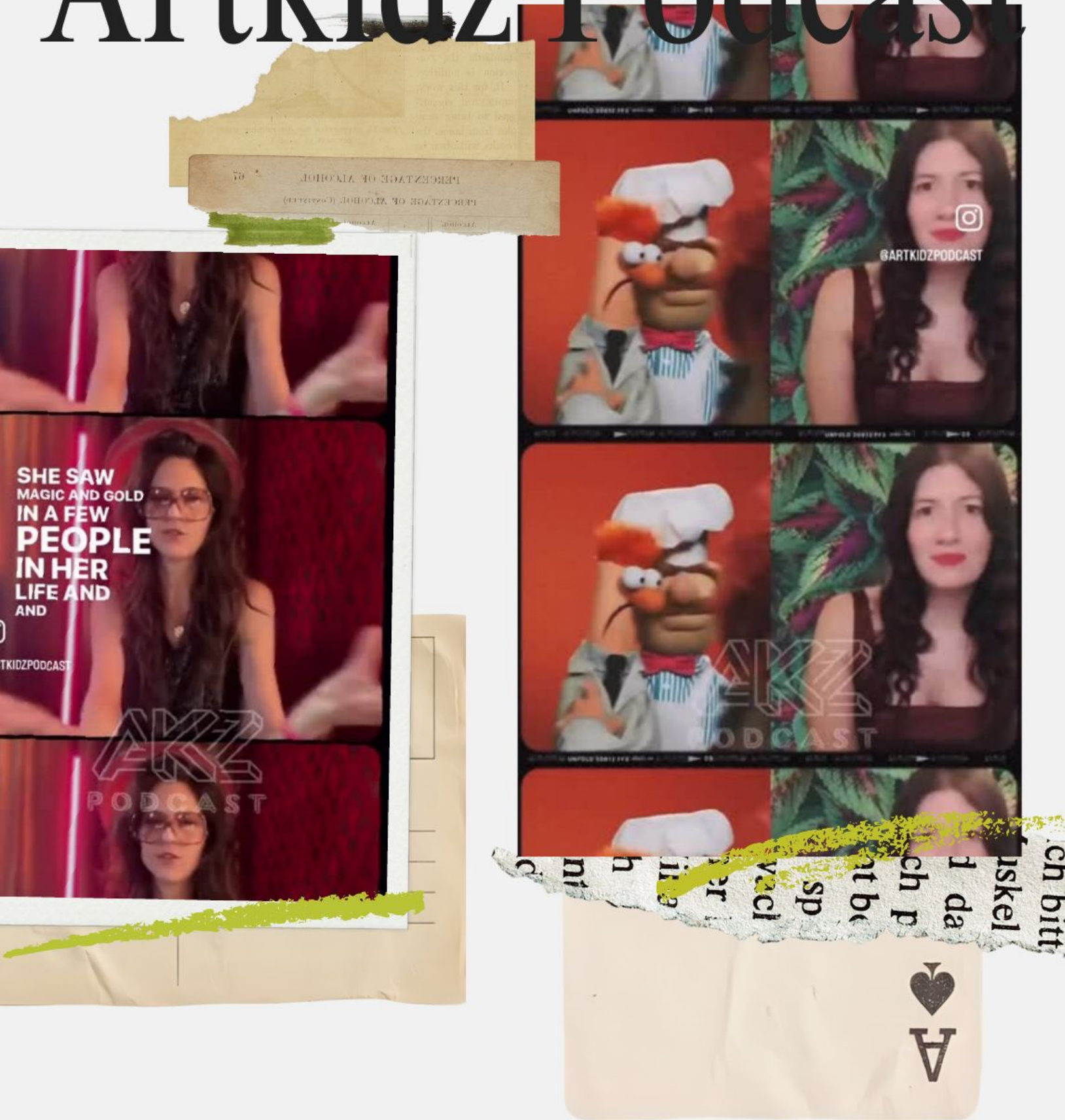
INSTAGRAM
YOUTUBE
ARTKIDZ.COM



ARTKIDZ



Artkidz Podcast



Men's Mental Health and the Burden of Masculinity



Good mental health is extremely important. While we have made very large strides in understanding mental health issues we still have work to do when it comes to men's mental health. Although both men and women are affected by mental illness, it is oftentimes overlooked in males. Researchers at [The National Institute of Mental Health \(NIMH\)](#) estimate that at least 6 million men suffer from [depressive disorders](#), including suicidal thoughts, annually. However, mental health conditions among men often go untreated because they are far less likely to seek treatment than women. Untreated mental health conditions increase the risk for suicide, so it's no surprise that suicide rates are higher among men. According to the [American Foundation for Suicide Prevention](#), men die by suicide 3.9x more often than females; 70% of suicide deaths are men. So what is preventing men from getting the treatment they need? Stigma and the culture norms surrounding masculinity are two contributing factors.

Stigma & Suffering In Silence

It's difficult to understand the [silent epidemic](#) of mental health issues growing among men in the United States. Silent, because it's a topic rarely spoken of, swept under the rug at both the individual level and by society at large. Stigma not only bars men from speaking to their loved ones about mental illness, but also from addressing it themselves and seeking help. Stigma affects the way men perceive mental health concerns and therapy.

Common ways this can manifest is:

- Men may struggle to express their emotions.
- Men may not realize that they have a mental health condition.
- Men may turn to substances or other unhealthy coping mechanisms over seeking treatment.
- Men may believe that they can push through negative emotions or work through problematic behaviors on their own.
- Men may have a negative opinion about the effectiveness of therapy.
- Men might not consider seeking treatment until their mental health or behavioral issues are severe.
- Men might have difficulties being vulnerable in therapy and connecting with their therapist. [Source](#)

Types of Stigma

Several types of stigma affect men's relationship with mental health.

1. **Social Stigma** refers to the negative attitudes toward and disapproval of a person or group experiencing mental health illness rooted in misperception that symptoms of mental illness are based on a person having a weak character. These perceptions can lead to discrimination, avoidance, and rejection of persons experiencing mental illness. This is usually the type of stigma that is discussed most often.
2. **Self-stigma** is the internalization of social stigma, in that the person with the mental illness feels shame about his or her symptoms.

3. **Professional stigma** occurs when healthcare professionals perpetuate stigmatization toward their patients through negative attitudes. These attitudes are often based on fear or misunderstandings of the causes and symptoms of mental illness.
4. **Cultural stigma** involves how an individual's culture interprets mental illness. Culture shapes one's beliefs, values, and norms, and it directly relates to how people attribute meaning to certain illnesses. Culture also affects whether people seek help, what type of help they seek, and their coping style and support.

Specific [barriers](#) to men of color:

- Different cultural perceptions about mental illness, help-seeking behaviors and well-being
- Racism and discrimination
- Issues of systemic racism such as higher incarceration rates and absence of economic opportunity
- Greater vulnerability to being uninsured, access barriers, and communication barriers
- Familial shame around mental health
- Fear and mistrust of treatment
- Lack of diversity in healthcare
- Poor competency among non- black clinicians
- Historical (and traumatic) context of systemic racism within the institution of mental health
- Find BIPOC mental health resources [here](#).

Healthy vs. Unhealthy Masculinity

According to the American Psychological Association, "Masculine ideals, such as the restriction of emotional expression and the pressure to conform to expectations of dominance and aggression, may heighten the potential for boys to engage in general acts of violence including, but not limited to, bullying, assault, and/or physical and verbal aggression." Those are considered unhealthy or "toxic" forms of masculinity.

Causes of Unhealthy Masculinity

When there is pressure about how we must show up in the world in order to be valued or admired, those expectations do not allow for the development of proper emotional or mental health. The expectation for men is to not show emotion or cry, yet it is ok to express aggression, anger or coldness; All emotions begin to show up similarly. Sadness might start showing up as irritability or anger. All of this leads to an inability for men to understand what they are feeling and even how to properly express themselves. A lack of emotional intelligence. Additionally, many [childhood factors](#) put an individual at greater risk of displaying unhealthy masculine traits, which can include: violence or trauma at home, dysfunctional family dynamics, lack of mental health treatment, social rejection, taught behaviors surrounding male dominance and violence.

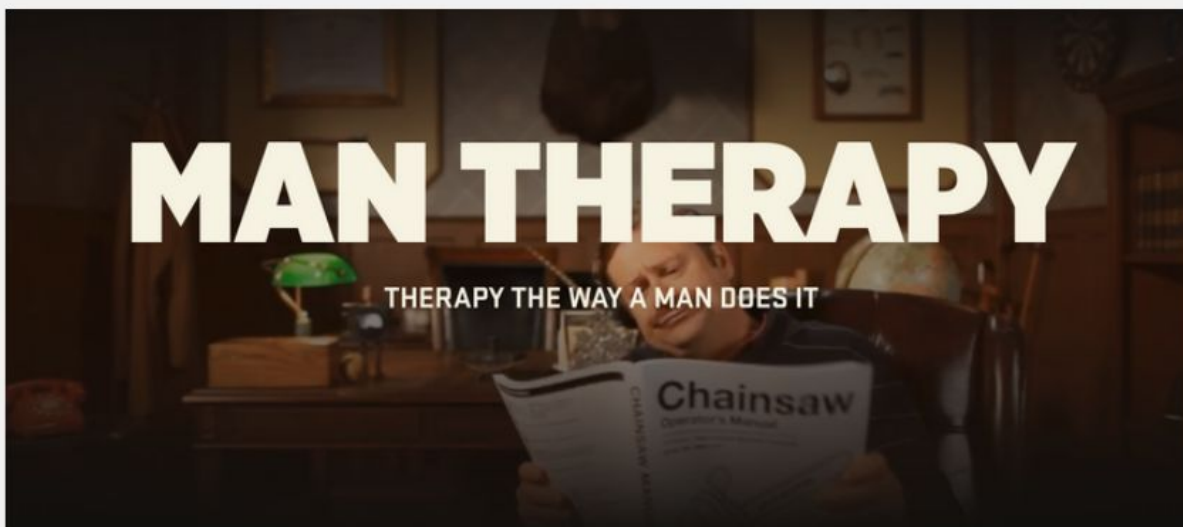
Examples of Healthy Masculinity:

- Not strictly adhering to stereotypes
- Understanding that being a man doesn't look just one way, there are many versions of manliness
- Healthy expression of emotions
- Ability to address perceived disrespect in a healthy manner
- Healthy communication skills
- Ability to be vulnerable
- Has compassion for themselves and others
- Able to ask for help when needed
- Calls in/out other men when they are disrespectful or aggressive

According to [Princeton University](#): "Research shows that MOST men don't personally agree with "real men" stereotypes. Unfortunately, many go along with the expected attitudes and behaviors because they think most other men endorse them. What that means is that most men actually support a fuller range of human emotions and behaviors."

How to End The Stigma

- **Normalize Mental Health:** Everyone struggles at times. And many people struggle with serious mental health issues. It's important for men to know that having mental health difficulties is part of being human and that getting help is okay. The more that men seek help, the more it will become the norm.
- **Open Discussion:** If you have struggled at times, talk about your story and share your experiences with those in your life. As men start to share their experiences the more other men will begin to take the steps they need to get help, which can potentially save their life. Stigma fades as men see examples of other men they respect seeking support and choosing mental health self-care. Check out [these tips](#) for having conversations with the men in your life.
- **Educate People:** The more people know the facts about mental illness and therapy, the more they'll be able to understand their mental health, identify symptoms, and know the benefits of getting help. This includes educating men on the unique ways in which males might manifest a mental health condition and how to recognize the signs and symptoms in themselves and others.
- **Shape Future Generations:** Be mindful of how you interact with boys, teens and young men. It's important that we educate boys from a young age that it is okay to talk about and experience emotions – even crying. Let them know that everyone has emotions and teach them how to name the emotion they are experiencing. Also teach them how to ask for help when they are feeling bad.
- **Self-Care:** Self-care is an important part of maintaining good mental and emotional health. Regular exercise, healthy meals, proper sleep, and relaxing activities are all vital parts of a self-care practice. Try to set priorities and goals and practice positivity and gratitude. Stay connected to your friends and family and talk openly with your trusted loved ones.



Recognizing Mental Health Disorders

Some of the mental health conditions that commonly affect men are:

- **Mood Disorders:** A mood disorder is a mental health condition that primarily affects your emotional state. They can cause persistent and intense sadness, elation and/or anger.
- **Anxiety Disorders:** Anxiety disorders are a type of mental health condition. Anxiety makes it difficult to get through your day. Symptoms include feelings of nervousness, panic and fear as well as sweating and a rapid heartbeat.
- **Post-Traumatic Stress Disorders:** Post-traumatic stress disorder (PTSD) is a mental health issue that may develop after a traumatic event. It causes negative, anxious emotions. Some people with PTSD relive the event over and over. Others avoid any reminders of it. PTSD interferes with life, work and relationships.
- **Mental Illness and Substance Use Co-occurring Disorders:** A [dual diagnosis](#), or co-occurring disorder, is when an individual has one or more mental health disorders combined with a substance use disorder (SUD). Often, mental health disorders and SUDs concurrently occur because some struggling with a mental illness will use substances to self-medicate, and substance abuse can sharply increase or even trigger new symptoms related to a mental health disorder. While co-occurring disorders can affect anyone regardless of gender, certain substance use disorders are more prevalent among men. 1 in 5 men will develop alcohol [dependence](#) during their lives.

Movember Conversations gives you the confidence to have conversations with the men in your life who might be struggling.



It's almost midday. Time to get out of bed and get on the beers!

Hey man. That doesn't sound like you! Is everything ok?

Yeah.

Just hardly any reason to get out of bed these days.

What would you say next? >



Symptoms of Mental Disorders Often Present Differently in Men
Men and women can develop most of the same mental disorders and conditions but may experience different [symptoms](#). Some symptoms include:

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches, digestive problems without a clear cause
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

When is it time to ask for help?

Changes in mood, changes in work performance, weight changes, sadness and hopelessness or physical symptoms such as headache and stomach ache can all be signs there may be a need for outside assistance. If symptoms last longer than two weeks and begin to get in the way of carrying out normal daily activities, it's time to seek help.

Check out these resources specifically for men.

- [Man Therapy](#)
- [Movember](#)

Sources

- [SAMHSA](#)
- [Green Hill Recovery](#)
- [American Psychological Associations](#)
- [Princeton University](#)
- [National Library of Medicine](#)
- [National Institute of Mental Health](#)
- [Medical New Today](#)
- [PSYCOM](#)
- [Counseling Today](#)
- [Youth Dynamics](#)
- [Healthline](#)
- [Mental Health America](#)
- [Mental Health Screening](#)
- [Addiction Center](#)
- [Cleveland Clinic Health Library](#)

Online Safety & The Rise of Sextortion: PROTECTING OUR KIDS IN A DIGITAL WORLD



The internet is a regular part of daily life, offering learning, connection, and entertainment. However, with all the good comes a lot of potential risk, especially for children and teens. One growing threat is online exploitation, including sextortion, a dangerous crime that is thought to be behind some tragic losses in Kentucky.

What Is Sextortion?

[Sextortion](#) is a type of online blackmail. It happens when someone tricks or pressures another person, often a child or teen, into sharing private or sexual photos or videos. Once the predator gets the images, they threaten to share them unless the victim sends more, pays money, or does something else they demand. This kind of abuse can cause deep emotional pain. Victims may feel scared, ashamed, or alone, putting them at risk for depression and suicide. That's why it's important for parents, caregivers, and the community to stay informed so they are prepared to protect children from online predators.

How to Keep Kids Safe Online

Here are some key ways to protect kids from online dangers:

- **Teach Them Early** - Talk to children about online safety, privacy, and why it's never safe to share personal or sexual images.

- **Use Parental Controls** - Set up privacy and safety settings on devices and apps to help manage what kids see and do online.
- **Keep Communication Open** - Make sure kids know they can come to you if something online makes them feel uncomfortable or scared.
- **Watch for Warning Signs** - Be alert to changes in behavior like mood swings, being secretive, or avoiding friends, these could be signs of online trouble.
- **Click Carefully** - Don't click on links in emails from people you don't know. These could contain viruses or steal your personal information.
- **Be Mindful of Cameras** - Assume webcams and camera devices can be turned on remotely. Don't point them at yourself while changing clothes or in private situations. Always cover your webcam when you're not using it. If your device doesn't have a built in cover, use a piece of tape or a sticker

What Kids Should Do If They're Targeted

If a child or teen is being threatened online, they should:

- **Never give in** - Never send more pictures, pay money, or keep talking to the predator.
- **Save the evidence** - Don't delete messages. Keep everything as proof.
- **Block and report the person** - Use the platform's reporting tools and call law enforcement.
- **Tell an adult they trust** - Getting help right away is the best way to stop the abuse.

The Mental Health Impact

Online exploitation like sextortion or cyberbullying can harm mental health. Victims may feel anxious, depressed, or even have thoughts of suicide. Many are afraid to speak up because they feel ashamed or think they'll get in trouble. That's why we must create a space where kids feel safe asking for help.

If You or Someone You Know Needs Help Contact:

- **988 Suicide & Crisis Lifeline** - Call or text 988 for 24/7 free, confidential help.
- **National Center for Missing & Exploited Children (NCMEC)** - Report online threats at the CyberTipline.
- **Local Mental Health Services** - Reach out to counselors or crisis centers in your area.
-

Safeguard Your Home

Protecting kids also means making your home safer. In addition to storing alcohol out of reach it's important to keep medications and firearms locked too. **Boone County Alliance provides free gun locks and lock boxes** to help families lower the risk of harm or suicide.

Every child deserves to feel safe, online and offline. By staying informed, talking openly, and supporting one another, we can help prevent tragedies and create a safer world for our kids. If you need support or more information, Boone County Alliance is here to help. [Visit our website](#) for social media and internet safety resources. Let's work together to help kids stay safe, strong, and confident in today's digital world.

Resources

[A Wired Family](#)

[Operation Parent](#)

[Background Checks.org](#)

[Take It Down](#)



Newsletters



At Daydream Communications, I developed and executed comprehensive newsletter strategies for multiple public health and prevention organizations including The Hub CT, Stamford Prevention Council, Amplify, and Boone County Alliance. These newsletters served as vital communication bridges between organizations and their communities, translating complex public health initiatives into accessible, engaging content that resonated with diverse audiences.

Working across these varied clients, I crafted editorial calendars that balanced educational content with community storytelling, turning data-driven prevention messages into narratives that connected on both intellectual and emotional levels. Each newsletter required a distinct voice, from The Hub CT's youth-focused energy to Stamford Prevention Council's community-centered approach, from Amplify's empowerment messaging to Boone County Alliance's grassroots advocacy tone. I managed the full creative process: conceptualizing content themes, writing and editing articles, designing visual layouts, and ensuring each piece aligned with broader campaign goals while maintaining authentic engagement.

These newsletters became more than information delivery systems; they were tools for community building, creating consistent touchpoints that kept prevention work visible and relevant. Through strategic content planning and careful attention to each organization's unique mission, I helped transform routine communications into meaningful connections between organizations and the communities they serve, ensuring that critical public health messages weren't just received, but genuinely heard and acted upon.

NEWSLETTERS

most of your time. Take a blog post. Make a

Newsletters



Amplify

North Central News Amplified

November
News, Events & Resources

In this issue...

- Veterans' Mental Health
- The Great American Smokeout
- The Power of Gratitude
- Amplify News
- Events & Training
- Employment Opportunities

Veterans' Mental Health

Our veterans face a silent crisis that demands immediate attention and compassionate response. The statistics paint a sobering picture of the behavioral health challenges confronting those who've served our nation:

Connecticut is home to approximately 180,000 veterans, with 42% over the age of 65. In our North Central region alone, we serve over 12,000 veterans who face unique challenges transitioning to civilian life. Last year, Connecticut saw a 15% increase in veteran suicide rates, highlighting the urgent need for expanded services. The good news is support is available!

VA Medical Centers & Clinics in Connecticut:

- VA Connecticut Healthcare System - West Haven: 950 Campbell Avenue, West Haven, CT | 203-932-5711
- VA Connecticut - Newington Campus: 555 Willard Avenue, Newington, CT | 860-666-6951

Connecticut-Based Veteran Organizations:

- CT Department of Veterans Affairs: 287 West Street, Rocky Hill | 860-616-3600 | portal.ct.gov/DVA
- Veterans Community Living Centers: Residential care in Rocky Hill (860-616-3600) and Orange (203-785-4100)
- Connecticut Veterans Legal Center: Free legal help | 203-932-5711 ext. 3528 | ctveteranslegal.org
- Homes for the Brave: Transitional housing in Bridgeport | 203-338-0669 | homesforthebrave.org
- Columbus House Veterans Services: New Haven | 203-401-4400 | columbushouse.org

North Central CT Specific Resources:

- Manchester Veterans Service Office: 860-647-3088 | Veterans Service Officer available Mon-Fri
- Vernon Veterans Commission: 860-870-3555 | Monthly meetings, emergency assistance fund
- Enfield Veterans Affairs: 860-253-6330 | Transportation to VA appointments available
- East Hartford Veterans Services: 860-291-7260 | Food pantry specifically for veterans



Veterans Crisis Line

24/7, confidential crisis support for Veterans and their loved ones. Contact the Veterans Crisis Line: Dial 988 then Press 1, chat online, or text 832855.

[Read More](#)



Help and Support for Veterans - Veteran Programs | WWP

Discover no-cost programs and support from WWP that help veterans heal, connect, and build brighter futures for themselves and their families.

[Read More](#)

The Great American Smokeout



Let's quit smoking together.
Sign up to make a quit plan on Nov. 20.

 **GREAT • AMERICAN SMOKEOUT**

Your Journey to a Smoke-Free Life Starts Today

The Great American Smokeout, sponsored by the American Cancer Society since 1977, is held annually on the third Thursday of November. This day challenges people to stop smoking cigarettes for 24 hours - a first step toward a permanently tobacco-free life. While originally focused on cigarettes, today's Smokeout addresses all forms of tobacco and nicotine use, including e-cigarettes and vaping devices.

The Benefits of Quitting Begin Immediately: According to the American Cancer Society, your body starts to heal the moment you quit:

- Within 20 minutes: Heart rate and blood pressure drop
- Within 12 hours: Carbon monoxide levels normalize
- Within 48 hours: Nerve endings begin to regrow, improving taste and smell
- Within 2 weeks to 3 months: Circulation improves and lung function increases
- Within 1-9 months: Coughing and shortness of breath decrease
- Within 1 year: Risk of coronary heart disease is cut in half
- Within 5 years: Risk of stroke can fall to that of a non-smoker
- Within 10 years: Lung cancer death rate is about half that of a continuing smoker



Newsletters

Events & Training



COMFORT BOATING Amplify Youth Peer Advocate Takes the Capitol Stage

- She recently spoke at a press conference at the Connecticut State Capitol, hosted by the Governor's Partnership for Resilience.



- During her remarks, Comfort emphasized the importance of prevention and raised awareness about the safe disposal of expired or unused medications using Denorex Powders—a simple, effective way to keep communities safe and drug-free.



"Prevention is about creating protective factors for people in the community so they don't end up in crisis."

—Comfort Boating

How are you REALLY?



The Fourth of July is almost here! We all look forward to celebrating our country's birthday with friends, family, and neighbors. It's a fun time with fireworks, barbecues, and lots of red, white, and blue. But it's also important to stay safe so everyone can have a great time.



Fireworks Safety

- Fireworks are exciting but can be dangerous. Here are some tips to keep everyone safe:
 - Watch the pros: Go to public fireworks shows instead of doing your own. They are bigger and safer.
 - Keep kids safe: Don't let kids handle fireworks, not even sparklers. Sparklers can get very hot.
 - Follow the rules: Make sure fireworks are allowed where you live and follow the rules.
 - Stay back: If you use fireworks at home, have a bucket of water or a hose nearby just in case.

Mental Health Awareness

- Sometimes holidays can be stressful, especially with loud fireworks. Here are some ways to feel better:
 - Plan ahead: Know what you're doing and take breaks if you need to.
 - Stay with friends: Spend time with people who make you feel good. If big crowds are too much, have smaller gatherings.
 - Stay calm: Try deep breathing or relaxing exercises to stay calm.
 - Set limits: It's okay to say no to things that make you stressed.

Alcohol and Substance Use

- People sometimes drink alcohol at celebrations, but it's important to be careful:
 - Know your limit: Don't drink too much.
 - Plan a ride: Have a plan for a safe ride home if you drink.
 - Make your own choice: It's okay not to drink. Do what's best for you.

Pet Safety

- Fireworks can scare pets. Here's how to keep them safe:
 - Keep pets inside: Loud noises can make pets run away.
 - Create a safe space: Give your pet a quiet place to feel safe.
 - ID your pet: Make sure your pet has an ID in case they get out.

Be Prepared

- Be ready for emergencies:
 - First aid kit: Have a first aid kit handy and know how to use it.
 - Emergency numbers: Know who to call and where to go if there's an emergency.

By following these safety tips, we can all enjoy a fun and safe Fourth of July. Let's celebrate our freedom and take care of each other. Have a happy and safe Fourth of July!

You Are Not Alone! Help is Available 24/7.

THE GREAT AMERICAN SMOKEOUT

NOVEMBER 21, 2025

Quitting smoking takes time and a plan. Join thousands on the third Thursday of November for the Great American Smokeout and take the first step toward a smoke-free life.

CT QUIT RESOURCES:

- My Life, My Quit:** Teens quitting vaping or smoking. Text Start My Quit to 36072 or visit mylifemyquit.com
- This is Quitting:** Free text support for young people who vape. Text VAPEFREECT to 88709
- Commit 2 Quit:** Free coaching and nicotine replacement for adults. Call 1-800-QUIT-NOW or visit Commit2QuitCT.com

Find more resources at www.AmplifyCT.org



Quit smoking for good.
committoquitct.com

How to Quit Smoking in CT

Want to quit smoking? Our goal is to help people quit smoking to avoid the costly health consequences of using tobacco, including vapes.

[Read More](#)

The Power of Gratitude



Building Resilience Through Thankfulness

Gratitude isn't just a feeling, it's a scientifically-proven tool that can transform mental health outcomes and strengthen recovery. As we enter the season of reflection, we explore how incorporating gratitude practices into daily life and clinical settings can create lasting positive change for individuals and communities. The Science Behind Gratitude:

- Neurological Impact:** Brain imaging studies show that gratitude activates the hypothalamus (regulating stress) and increases dopamine production, the same reward pathways targeted in addiction recovery (UCLA Mindfulness Awareness Research Center).
- Depression Reduction:** A study in the *Journal of Personality and Social Psychology* found that participants who wrote gratitude letters showed significantly better mental health 12 weeks later compared to control groups (APA PsychNet Study 2016).
- Improved Sleep:** Practicing gratitude before bed leads to better sleep quality and duration, critical factors in recovery and mental health (*Journal of Psychosomatic Research*).
- Stress Reduction:** Regular gratitude practice lowers cortisol levels by 23% according to research from UC Davis Health.

Connecticut Residents Ages 18+ CT 988 LIFELINE

Receive 24/7 Crisis Counseling by Phone



Your information will be kept private and confidential, and will be used to track trends about the awareness, perceptions, and importance of 988 in CT.



Resistencia de Connecticut against Participa en una línea de ayuda

LÍNEA 988 DE PREVENIR SUICIDIO Y CRISIS CONECTICUT



Si tienes una crisis o necesitas un apoyo emocional, puedes llamar al 988-558-8888. Tu información será mantenida en confidencialidad y se utilizará para rastrear tendencias sobre la conciencia, las percepciones y la importancia del 988 en CT.



Hope After Loss Groups - Mondays

8:00am - 9:00am

Topic	Facilitator	Location
Grief and Loss	Dr. Jane Smith	UConn Health Center
Supporting Others	Dr. John Doe	UConn Health Center
Self-Care	Dr. Emily White	UConn Health Center
Community	Dr. Michael Brown	UConn Health Center

Clinical Training Series

FREE Virtual

This training series is designed to provide clinical professionals with the latest research and best practices in the field of mental health. The series will cover topics such as assessment, diagnosis, and treatment planning. The training is available in both English and Spanish.

Employment Opportunities



JOIN OUR TEAM

Help save lives by providing compassionate, skilled support to individuals in crisis and connecting them with vital resources. Your empathy, active listening and problem-solving skills can make a real difference every day.



211

Connecticut

THE BENEFITS

- An outright 5% 401(k) contribution
- 25 days of Paid Time Off in a calendar year - you begin accruing immediately!
- 13 paid holidays per year
- Generous health benefits
- Tuition reimbursement after 1 year
- Employment at UWCT counts toward Public Service Student Loan Forgiveness
- Supportive, culturally diverse and inclusive company culture

APPLY TODAY





Who's that. girl?

L I S A M A R I E G A L L O

C R E A T O R & E N V I S I O N E R O F N E W W O R L D S

Lisa Gallo is a creative seer who works at the intersection of the mystical and material, creating photography, writing, and digital media that captures the language between worlds. Her practice explores spirituality, sexuality, and the evolving female experience, documenting not just what is visible, but the energetic undercurrents of transformation and reclamation.

Operating as both vessel and architect, she creates work that serves as cultural timestamp, catching the first tremors of collective change before we have language for it, giving form to what we're collectively metabolizing beneath surface narratives. Her work functions as cultural acupuncture, hitting pressure points that release what's been stuck, serving simultaneously as medicine, prophecy, and invitation. Through her lens, she reveals how we exist energetically in the world, creating experiential maps for territory we're entering whether we're ready or not, asking viewers to remember what they've trained themselves to forget.