

Overdose Awareness Day, August 31

Overdose Awareness Day is August 31. The Mental Health & Recovery Board will be holding an event at the Gazebo in downtown Kent on Franklin Ave. from 4-6pm to honor and remember loved ones who have overdosed. Naloxone and hygiene products will be distributed as well as other treatment and recovery resources.

Other community organizations, Townhall II, AxessPointe, Medmark, and University Hospitals Portage will be there as well to help raise awareness and fight the stigma surrounding the disease of addiction.

As of August 16, 22 people have died by accidental overdose in Portage County this year. Last year (2022) 48 people died, which was the highest number on record for Portage.

“Many people are dying with a combination of fentanyl and methamphetamine and/or other drugs in their systems,” stated John Garrity, PhD, executive director of the Mental Health & Recovery Board. “Sadly, we are learning from reports that many times people are not alone when they pass away, and their friends or family members believe that they are just sleeping.”

That is why it is important for people to learn the signs of overdose:

- Dizziness and confusion
- Drowsiness or difficulty staying awake
- Can't be woken up
- Slow, weak or no breathing
- Blue lips or nails
- Choking, gurgling or snoring sounds

Call 911 immediately if you suspect someone is overdosing and start administering naloxone. Every moment counts.

PORTAGE COUNTY OVERDOSE AWARENESS DAY EVENTS

August 30

Brightview

1951 OH-59, Kent 8:30am-11:30am

Breakfast, naloxone, fentanyl test strips, resources

August 31

Kent Health Department

multiple tabling events

1:00-3:00pm

Kent Social Services, 1066 S. Water Street

Kent Free Library, 312 W Main Street

Kent Gateway, 201 E Erie Street

Kent State Student Center

Mental Health & Recovery Board Event

Kent Gazebo Downtown Kent, Franklin Ave

4:00pm-6:00pm

Partner agencies: AxessPointe Community Health, Medmark, Townhall II, University Hospitals Portage Hygiene products, naloxone, fentanyl test strips, peer support, resources

OUR Place

Ravenna City Park 6:00pm-8:00pm

Speakers, naloxone, resources

“We want the community to know that treatment is available, and recovery is possible,” Garrity stated.

Detox, residential treatment, medication-assisted treatment, recovery housing, counseling, peer support services are all available. Contact the Portage Addiction Helpline 330-678-3006 for resources and information.

Stepping Up for Change: Portage County Tackles Mental Illness in Community and Jail

Portage County agency administrators, staff, and consumer advocates from the mental health, substance use, and criminal justice system participated in a 1.5 day workshop to develop strategies to effectively identify and respond to the needs of justice-involved adults with co-occurring mental and substance use disorders.

Sequential Intercept Mapping facilitated by Ohio’s Criminal Justice Coordinating Center of Excellence (CJ CCoE) is a workshop designed to help communities identify existing community resources, service gaps, and opportunities for improved service coordination and communication between mental health, substance use, and criminal justice professionals.

Leading the Portage planning committee were Dr. John Garrity, Executive Director of the Mental Health & Recovery Board and the Honorable Patty Smith of Portage County’s Probate Court. During the workshop, participants developed a map detailing the flow of criminal justice contact from arrest to incarceration, referral and access to services, and points for diversion from the justice system across Portage County. Strategies for systems change implemented by other US communities were considered.

Nationally, individuals with co-occurring mental health and substance use disorders are an increasing presence within the criminal justice system. This problem is especially pronounced in rural communities, where the availability, accessibility, and acceptability of behavioral health services prevent many from receiving the help that they need. With more than 650,000 individuals returning to communities each year from US prisons and seven million individuals returning from jails, effective linkage and access to community services for people with a mental illness and co-occurring substance use disorder is critical to reduce an often-repetitious cycle of justice involvement.



988 1-Year Anniversary

988, the Suicide and Crisis Lifeline in Ohio and across the nation launched in July of 2022. On average, over 12,000 Ohioans per month who are experiencing or affected by suicidal, mental health, and/or substance use crises have used the lifeline to receive free, 24/7, confidential support and connections to local resources.

People who call 988 are connected to trained crisis counselors and local crisis care resources. If you need to be connected immediately to police or fire, call 911.

The Differences Between 911 and 988 for Mental Health



Emergency

- Active suicide threat.
- Threatening harm to self or others.
- Self-injury that needs medical attention.
- Severe intoxication.
- Inability to care for oneself.
- Apparent drug overdose.

911



Crisis

- Thinking about suicide or planning to harm oneself.
- Talking about harm to self or others.
- Non-life-threatening self-injury
- Overuse of alcohol or drugs.
- Depression, anxiety, or other mental illness symptoms.

988

SAVE THE DATE:

Portage Substance Abuse & Mental Health Conference, October 25, 2023 at the NEW Center in Rootstown

MENTAL HEALTH & RECOVERY BOARD OF PORTAGE COUNTY

155 E. Main Street, Kent, OH 44240

www.mental-health-recovery.org

SUICIDE PREVENTION & MENTAL HEALTH TRAININGS FOR BUSINESSES & COMMUNITY GROUPS

QPR

A Suicide Prevention Gatekeeper Training

Question. Persuade. Refer.

These are actions we all can take to help someone who is in crisis, prevent a suicide and save a life.

QPR is a 90-minute lifesaving, evidence-based, suicide prevention intervention training. Become a "Gatekeeper": someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.



What You'll Learn:

- Recognize the warning signs and risk factors for suicide
- Intervene and ask tough questions when someone is at risk for suicide
- Refer someone at risk of suicide to an appropriate lifesaving resource

Interested in bringing a FREE QPR Training to your community group or business? Contact the Mental Health & Recovery Board at 330-673-1756 or karynk@mental-health-recovery.org