

the Resource

A publication to increase awareness of mental health and substance use disorder issues in our community.

Mental Health &
Recovery Board
OF PORTAGE COUNTY

July 2017

Summer is here, stay safe and drug free!

Being a teen and saying no to alcohol and drugs is never easy. The Portage Substance Abuse Community Coalition has put together some tips for teens to use to stay safe.

- Choose like-minded friends. Avoid peer pressure by hanging out with friends who also disagree with underage drinking and using drugs.
- Make your parents the bad guys. Parents do not mind being labeled the bad guys when it comes to staying away from underage drinking. Tell classmates that your parents will ground you or take away your phone if you are caught drinking or using drugs.
- Use sports as an excuse. Remind your friends that you will be kicked off the team for using drugs or alcohol. Plus, a healthy body is important to you.
- Suggest better plans. What if your best friend wants to go to a party where you know everyone will be drinking? Come up with a different idea. Say, "I'd rather shoot hoops (or play Xbox or go shopping). Want to come?"
- Bring your own drink. Keep a bottled drink like a soda or iced tea with you to drink at parties. People will be less likely to pressure you to drink alcohol if you're already drinking something.
- Street drugs can be fatal. Lethal doses of drugs are on the street and people are dying. Your life is too important.
- Make an escape plan. If you end up in a dangerous situation, get out fast. Make up code words to text a parent or trusted adult. To them, your safety is always first priority.

Parents and caregivers are encouraged to share these tips with their children.

"Without a doubt, parents can have the greatest influence on their child's decision about using alcohol and drugs," said Joel Mowrey, PhD, executive director of the Mental Health & Recovery Board of Portage County. "In fact, children of parents who talk with them about alcohol and drugs are up to fifty percent less likely to use."

Adults can sign up for the Know! Parent Tips through the state of Ohio's drug prevention website, Start Talking at <http://starttalking.ohio.gov/>

The Portage Substance Abuse Community Coalition is a group of organizations and individuals dedicated to preventing and treating substance use disorders.

The Prevention Committee of the Portage Substance Abuse Community Coalition created several videos being shared on social media and through partners' websites. Flyers with the prevention tips are also being distributed at pizza shops throughout the county. View the videos at www.mental-health-recovery.org



Behavioral Health Walk-in Diagnostic Clinic for Children

Children's Advantage, provider of family behavioral health services in Ravenna, opened a walk-in diagnostic assessment clinic in June. A diagnostic assessment is the first appointment to assess the problem and determine the appropriate plan of treatment. Children's Advantage provides individual, family, and group psychotherapy and child and adolescent psychiatry.

"Often the first phone call is the most difficult one to make for families, and when they call, they may need the service now, not days or weeks from now," explained Kathy Regal, Children's Advantage Chief Executive Officer.

"Children's Advantage is committed to responding to the needs of children and families of Portage County and developed the open access clinic as an easy and convenient option for these families."

With funding from the Mental Health & Recovery Board, Children's Advantage also has therapists consulting at each school district in Portage County.

The importance of early detection and intervention is crucial. Adolescents with untreated mental illnesses are also more likely to drop out of school and have chronic physical health conditions in adulthood.

"Half of all lifetime cases of mental illness begin by age 14," commented Regal. "For some youth, the onset of symptoms can be scary and confusing, and for some parents, it can be unclear whether what they are seeing in their teen is typical adolescent behavior and personality changes or symptoms of a mental health condition. We can help."

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Board Thanks Gene Mills for Service



The Mental Health & Recovery Board thanked Gene Mills for his years of service on the Board, as he completed two four year terms.

Board Member Jamie Sitko and Director of Community Relations Karyn Hall presented Gene with a certificate of appreciation at the Substance Abuse Coalition Prevention Committee meeting.



Congratulations to this year's great group of school personnel and police officers who completed our Crisis Intervention Team Education Collaboration in July.

Children's Advantage Continued



The clinic will be available on Mondays, Tuesdays, and Thursdays from 9am-3pm and Wednesdays from 9am-2pm and is located at 520 N. Chestnut St., Ravenna. Families are also able to schedule appointments by calling their office at 330-296-5552.

Struggling with Addiction?



ADDICTION HELPLINE
for Portage County

330.678.3006

Resources are available:

Comprehensive Assessment • Individual Counseling
Detox • Medicated Assisted Treatment
Residential Treatment • Recovery Housing

Contact the Addiction Helpline at Townhall II for community information, support, and connection to services anytime, day or night.



Save the Date!

Substance Abuse Community Coalition Conference

Tuesday, Oct 31 • 1-5pm • NEOMED

Upcoming events:

Community Awareness Drug Epidemic

Aug 10 • 6pm at the Edinburg United Church

Mental Health & Recovery Board Meeting, 6:30pm

Aug 14 • 6:30pm at 155 E. Main Street, Kent

Lights of Change

OhioCAN International Overdose Day event

Aug 31 • 7pm at Ravenna City Park

Streetsboro Chamber Luncheon

Joel Mowrey, PhD, featured speaker

Sep 13 • 11:30am at Overlook Restaurant, Twin Lakes

Mental Health & Recovery Board of Portage County
155 E. Main Street, Kent, OH 44240

NETWORK OF CARE FOR ALL GENERATIONS

