

Welcome to our September 2020 edition of the Resource e-newsletter.

Family Center Opens



Supporting hope and healing for the whole family with comprehensive care is the goal for the Family Center officially opened by Children's Advantage this summer.

Children's Advantage has provided behavior health services for children and families for over 45 years with their primary headquarters on North Chestnut Street in Ravenna. Now, with their new 7,000 square foot facility located on 5968 New Milford Rd in Ravenna, they can expand their services.

"We saw the need to expand our services to treat the whole family rather than just focusing on the children," CEO Kathy Regal explained. "With the drug epidemic in the community, we have seen so many children being removed from their natural families -- children who were losing their parents through the drug epidemic. We started talking about a model of care to treat the whole family, and we developed the Family Center to do just that, to really look at the intergenerational trauma, the intergenerational poverty issues that affect the whole family."

Along with counseling offices, the center has group therapy rooms with comfortable seating and a full kitchen for families to build meal planning, budgeting, and meal preparation skills. The center also includes a sensory room where children can be observed during play therapy through a one-way mirror.

"We are learning more and more about the impact of traumatic events and the importance of providing evidence-based trauma treatment to help children and families cope and move toward recovery," commented John Garrity, PhD, executive director of the Mental Health & Recovery Board. "This new space will allow Children's Advantage to provide counseling, parenting, and kinship programs as well as some youth after-school programming."

The Family Center cost around \$600,000 to acquire and renovate and was paid for with help from a \$367,000 grant from the Ohio Department of Mental Health and Addiction Services and \$122,500 from the Mental Health and Recovery Board of Portage County. The Portage Community Bank also helped finance a loan for the remainder of the costs. [For more information, call 330.296.5552](tel:330.296.5552)



Suicide Prevention Awareness

A message from the Portage County Suicide Prevention Coalition:

For the past several years, the number of Portage County residents dying by suicide has increased.

Suicide is complicated and tragic. There is no single cause of suicide - it is the outcome of multiple contributing factors and events. However, suicide is also preventable. Environmental factors such as access to lethal means increase the risk for suicide.

Safe storage of firearms to prevent suicide is an important part of suicide prevention. Lock your firearm and limit access to the keys and combination. Never allow children and teens to have unsupervised access.

If someone is in crisis, remove the gun and ammunition for now. Without a gun, less than 5% of suicide attempts result in death. But with a gun, 85% of attempts are fatal.

In a moment of crisis, access to a gun is the difference between life and death.

Free gun locks are available at the Portage County Health District and the Aurora, Brimfield, Garrettsville, Hiram, Kent, Ravenna, and Streetsboro Police Departments.

A person may be at risk for suicide after experiencing a death of a loved one, an end of a relationship, or a job loss. Some warning signs individuals display include talking about wanting to die, feeling hopeless, behaving recklessly, increasing alcohol or drug use, and withdrawing and isolating themselves.

September is National Suicide Awareness Month. Reach out to friends and family. Let them know you care and support them. If you know they have guns in their home, share this message regarding the importance of safe storage. If you are concerned for yourself or a loved one, please, call the Portage County Helpline at 330-678-4357.



Lock & Limit Access to All Your Firearms

Free gun locks available at Portage County Police departments: Aurora, Brimfield, Garrettsville, Hiram, Kent, Ravenna, & Streetsboro and at the Portage County Health District in Ravenna.

These Are Stressful Times. We're Here to Help

View the quick video of John Garrity, PhD, executive director of the Mental Health & Recovery Board of Portage County sharing a message for Portage County residents.

Our mental health & addiction services are open and available!

Children's Advantage: 330.296.5552

Coleman: 330.296.3555

Family & Community Services: 330.677.4124

Townhall II: 330.678.3006



Welcome Our New CFO George DeBord



The Board welcomed George DeBord as Chief Financial Officer on August 25. George has over 20 years of accounting experience in behavioral health including CFO at Oriana House in Akron as well as at Child and Adolescent Behavioral Health in Canton. He has extensive experience working with State, County, and Federal grants and audits, and working with the Summit and the Stark County ADAMHS Boards.

George is positive, energetic, and collaborative, and will be a great addition to our team.

Mental Health First Aid Class Added

Another session of Mental Health First Aid has been added. The class will be held on Thursday, October 29 as a live webinar from 9am-3:30pm. 2 hours of online self-paced pre-work will also be required.

Mental Health First Aid teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

The class is free and the deadline to register is August 22. Contact Laura 330-673-1756 ext 201 or laurab@mental-health-recovery.org



Voting in the November election

Election Day is November 3. In Ohio, a person can vote by mail, in person on election day, or in person before election day at the Board of Elections Office in Ravenna.

Census Deadline is changed to September 30, 2020

It only takes ten minutes to complete your Census questionnaire, and it impacts our community for the next ten years. Census results are used to direct the distribution of billions of dollars in federal funds to local communities for schools, roads, and other public services. That is why it is so important that we get everyone counted. You can fill it out online at www.my2020census.gov or by phone at 844-330-2020.

Mental Health & Recovery Board of Portage County
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330.673.1756

www.mental-health-recovery.org