

The RESOURCE

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

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

Kicking off Youth-Led Prevention with Summit



Vaping, alcohol use, and social media bullying were some of the topics discussed by nearly 100 Portage County high school students during a Youth Leadership Summit organized by the Board and Townhall II. The event was facilitated by Joe Markiewicz, a national youth trainer.

The students analyzed local youth survey data and prioritized the risk factors that lead to problem behavior in youth such as substance abuse, mental health issues, and bullying. The students shared their concerns for their own school districts with the group.

They learned about protective factors that help buffer youth from risk. Markiewicz shared a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. The list includes assets such as family support, a caring school climate, creative activities, faith community, and a positive view of personal future.

Over time, studies of more than 5 million young people consistently show that the more assets that young people have, the less likely they are to have problems with alcohol & drug use, violence, and sexual activity.

The students developed action plans to increase the protective factors for the youth in their community to take back to their school for implementation.

"As children age, it becomes more effective for them to be involved and lead drug prevention efforts," said John Garrity, PhD, executive director of the Mental Health & Recovery Board. "Youth-led prevention addresses the emotional and behavioral health of young adults. They are given a voice in planning, decision-making, implementation, and evaluation processes."

High school students from Field, James A Garfield, Kent Roosevelt, Maplewood, Ravenna, Rootstown, Southeast, Streetsboro, and Windham participated.

"Our students left the Summit excited about their plans to get more students involved in the high school experience and create a more positive culture for everyone," said Field High School teacher Beth Dyer. "We are hoping this includes more participation in clubs, after school activities, and volunteer opportunities."

To help keep the students on track implementing their action plans, Townhall II will send a Youth-Led Prevention Specialist to meet with the students in their schools this spring.

"These students were absolutely amazing," commented Sarah McCully, Prevention & Outreach Director at Townhall II. "Their enthusiasm made all of us in attendance feel so proud about the youth in this county."



Ravenna students working on their action plan.



Sarah McCully, Townhall II; Vince Peterson, Congressman Tim Ryan's Office; Karyn Kravetz, MHRB; Joe Markiewicz, facilitator.



Area high school students getting to know each other during the ice breaker activity.

Suicide Prevention & Safety Awareness

The Suicide Prevention Coalition is alarmed over the increase of suicide deaths in the nation and in our county. Everyone can help with the effort to reduce suicides by helping to reduce the stigma around mental illness which is a barrier for individuals seeking help.

Promoting gun safety is another way to prevent suicides. Coalition members distributed gun locks and suicide prevention information at the Portage Sportsman dinner. Free gun locks are available at the Portage County Health District office in Ravenna and most police stations.



Mental Health in the Workplace Conference in April

"Mental Health in the Workplace: Promoting Productivity through Positivity" is the theme for this year's Leadership Portage County Annual Conference being held April 2 at the NEW Center from 8am-4pm.

Local experts will cover topics such as the Impact of Mental Health in the Workplace, Wellbeing & Productivity, Employing Individuals with Disabilities, Violence and Mental Illness, Coping with Stress, and Mindfulness. Participants will also be trained in QPR (Question Persuade Refer), a suicide prevention training.

Cost is \$50 LPC alumni or \$60 per person and includes lunch. Register <http://www.leadershipportagecounty.org/>

NAMI Spring Family to Family Course

Registration is now open for the Portage County Family-to-Family Education Program, a free, 12-week class for family members and caregivers who have a loved one with a mental illness.

Some of the topics covered will include the types of mental illness, medications and side effects, how to communicate more effectively with your loved one, recent changes in mental illness courts, medical insurance, and more.

The class will run every Tuesday starting March 3, 6:30 to 9 p.m., at the Mental Health & Recovery Board located at 155 E. Main Street in Kent. Call 330-673-1756 ext 201 to register.

Save a Life



- Suicide is a leading cause of death and it is preventable.
- Guns are the most deadly method of suicide.
- 60% of all Ohio firearm deaths in 2016 were suicides.

You can help protect your family & friends.

If someone is in crisis, remove the gun 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.



Suicidal urges are impulsive and brief.
Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. Just as you would offer to hold a friend's car keys if they have had too much to drink, you can offer to hold onto someone's guns temporarily until the situation improves.

Is Your Safety On?

Free gun locks available at:

Portage County Health District (705 Oakwood, Ravenna)
& the following Portage County Police Departments:
Aurora, Brimfield, Garrettsville, Hiram, Kent,
Ravenna, and Streetsboro

Lock & Limit Access to All Your Firearms

Do Young People Live In or Visit Your Home?

82% of teens who die by suicide with a gun use a family members' firearm.

Lock Up	Limit	Choose
For their protection, do not allow children & teens unsupervised, unauthorized firearm access	Only firearm owner or designee should access keys and combinations	Carefully select a safe, storage device for home-defense firearms with fast access only for you

Concerned for Yourself, Friend, or Family Member?

Hold	Limit	Transfer
Give a trusted individual keys and combinations	Temporarily lock guns & ammo separately, or remove ammo from the home	Ask a friend to hold firearms in an emergency temporary transfer

Warning Signs of Suicide

- Talking about wanting to die or killing themselves
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves

Need to talk? We're here for you 24/7

Crisis Helpline: **330.678.HELP (4357)**

Mental Health Emergency: **330.296.3555**

Addiction Helpline: **330.678.3006**

Crisis Text: 4hope to **741741**

Suicide Prevention Coalition of Portage County

Sources: Buckeye Firearms Association, Everytown for Gun Safety, Safer Homes Coalition, Ohio Department of Health

www.mental-health-recovery.org



Treatment Works. People Recover.

Recovery is possible with services funded by the Mental Health & Recovery Board of Portage County.

Children's Advantage • Coleman Professional Services • Family & Community Services • Townhall II

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