

the Resource



MENTAL HEALTH & RECOVERY BOARD OF PORTAGE COUNTY

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

Welcome to our August 2019 edition of the Resource e-newsletter. Please feel free to share with your friends and colleagues.

Spreading the Word on Proper Medication Disposal



Search Site
For 24 HR help in a crisis
Crisis lines:
330-296-3555 or 1

Properly disposing of your unused and expired medications is something we can all do - and encourage our friends and family to do - to help keep our communities safe.

Do not flush pills down the toilet! Each Portage County police station has a drug drop-off box which are open 24 hours. Also available are pouches that people can use at home to safely dispose of medicine.

The pouches look like black resealable bags, but they're coated with a biodegradable compound on the outside and activated charcoal on the inside, which breaks down medications on the interior. The user pours water into the pouch, allows the compound inside to react with the water and the medication, and then can dispose of the medication in the trash. The medication can also safely biodegrade in a landfill.

Disposal pouches are available at Acme pharmacy and the Mental Health & Recovery Board. Call us at 330.673.1756 for pouches for your use or to distribute at your organization.



Board member Al Barber explains why it's important to dispose of medication properly in a video at www.mental-health-recovery.org

Family Conference Nominated for Celebrate Portage Award

The Portage Substance Abuse Community Coalition's Family Conference on Addiction was nominated for a Celebrate Portage Healthy Communities Award.

When a family member or loved one struggles with substance abuse, it causes much stress and heartache on family members and everyone involved. It's important for family members to learn about the disease of addiction, how to help their loved one, and how to take care of themselves in the process. The conference provided important education and resources for community members. It was sponsored & organized by the Board, the Portage County Health District, Townhall II and OhioCAN.



Congratulations to all the nominees and to the winner of this category -- HOPE Program (drug court).

Ribbon Cuttings & Open Houses

Our agencies celebrated new services and programs being offered to the community with several ribbon cuttings and open houses this spring. The Board is proud to support these needed services in Portage County.

Transitional Youth Apartments – Coleman Professional Services



Opioid Recovery Clinic at Townhall II (155 N Water Street, Kent)



Children's Advantage Family Center (in Ravenna)



PORTAGE COUNTY SUBSTANCE ABUSE & MENTAL HEALTH CONFERENCE



Wednesday
October 30, 2019
9:00am-4:00pm

NEW Center Ballroom
4209 OH-44, Rootstown



Addiction in Adolescence • Medication-Assisted Treatment • Suicide Assessment
State & County Updates • CIT Officer of the Year Awards • Compassion Fatigue & Wellness

Registration opens September 9
Online at mental-health-recovery.org or call 330.673.1756





Mental Health First Aid Training

Upcoming Sessions:

Monday, Oct 14 & Wednesday, Oct 16
8am-Noon each day

The trainings are held at
Coleman Professional Services
3922 Lovers Lane, Ravenna

Registration fee \$25
includes workbook, training materials,
and continental breakfast

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illness, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to their appropriate professional, peer, social, and self-help care. The class also includes a Project DAWN training.



A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Register online at:
www.mental-health-recovery.org
or call 330.673.1756 ext 201

Participants must attend the full 8-hour training to receive certification. Checks payable to Coleman Professional Services, due on training day.

Training led by Ashley Baden, certified Mental Health First Aid instructor.

