

TOWN HOLLER

WINTER 2011

DEDICATIONS AT HORIZON HOUSE



Timothy Sainte-Hilaire/Record-Courier

Looking over the new Karen Gorman Recovery Room at Horizon House are family members of Gorman, Charlie Nopper (son-in-law) and Theresa Nopper (daughter), their sons Ethan (bottom left) and Zach Nopper; her son, Dan Gorman, and Mimi Domnie, Clinical Services Director, Townhall II.

Two dedications occurred at the recent open house of Horizon House, the women's halfway house operated by Townhall II. Ronald McDonald Charities Foundation NEO funded and sponsored the children's room at Horizon House and equipped the facility with age appropriate play and educational equipment and furniture. The Karen Gorman Recovery Room was unveiled to guests and family members of Karen Gorman, honoring the late Townhall II Substance Abuse Counselor who helped women find their way from addiction to recovery by learning to love themselves.

Horizon House specializes in individualized alcohol and drug treatment for pregnant women, women with children, women of childbearing age and other women who meet the level of care.



Ruth H. Simera, Townhall II

Sue E. Whitehurst, Executive Director of Townhall II and Ann Newman, Executive Director of Ronald McDonald Charities Foundation, NEO, hold a check for \$4,040 for the new children's room at Horizon House.

The program offers a comprehensive program to women 18 years of age and older, who are willing to participate in the program for a minimum of 90 days. Referrals are accepted from anywhere in Ohio, although priority is given to pregnant women.

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NEWSLETTER MAILING LIST

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DEDICATIONS (CONTINUED FROM PAGE 1)

Primary funding for Horizon House is through the Ohio Department of Alcohol and Drug Addiction Services; however, additional sources of support are required to maintain operations, provide individualized services, provide age appropriate activities and space to children who visit or have overnights with their mothers, and maintain or replace necessary household items.

This was the first Open House at the facility, which opened two years ago but has been undergoing

renovations and improvements during those two years. Special thanks were expressed and displayed to the following entities for their significant financial support and gifts in-kind that made possible the purchase, renovation, and furnishings for Horizon House: Ohio Department of Alcohol & Drug Addiction Services, Portage County Mental Health & Recovery Board, Portage County Board of Commissioners, Portage County Regional Planning Commission, Ernie Passeos, Liberty Harley Davidson, David

Sommers, AIA Architects, Ronald McDonald House Charities, NEO, Chuck Galloway - McDonald's Owner-Operator, Josh Staley of Staley Mechanical Consulting, Inc., United Way Days of Caring, Don Ashton and Ashton Security, Mr. & Mrs. Gerard Antonucci, Callahan's Carpet One, Garrettsville Lions Club, AT&T, Mimi Domnie & Steve Plummer, Amy Anderson, Lynne Maimone, Iris Meltzer, Jan Rusnack, Sue E. Whitehurst, and Paul & Kim Hengle.

TOWNHALL II AND THE TOWNHALL II FOUNDATION ARE DEEPLY GRATEFUL TO THE INDIVIDUALS, GROUPS, AND BUSINESSES WHO DONATED GENEROUSLY WITH MONETARY AND IN-KIND GIFTS FROM MAY 1, 2010 – NOVEMBER 30, 2010 .

Major Gifts

Brimfield Lions Club
People International, Inc.
Sue E. Whitehurst

General Donors

Maryann Jackson
Kent United Methodist Women
Mimi Domnie & Steve Plummer
Jan Rusnack
John Daley & Diane Francis
Barb Deakins
Andy Cohen
Melissa Pfile, Playland Amusements
Diane Knaser-Forsyth
Church Women United in Kent
John Barnes & Ruth Simera
GoodSearch
Kiwanis Club of Kent
Wilma Crawford
Terry Corsello
Cynthia Osborn
Richard Eshler
Debbie Kostrub, Art N Flowers
Doug Fuller
William Nome
Tia Ivy
Cynthia Moore, JFS Heroes Committee
Patricia Haines
Kenitha Washington

Kathy Walker

Partners in Fundraising Efforts

Last Exit Books
Guidos Pizza & Catering
Citco-Gem Foods-Chester's Chicken
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Pita Pit
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McKay Bricker Gallery
Wordsmiths
Wild Goats Café
Anthony's
Triangle Pharmacy

Uniquely Yours Boutique
Off the Wagon
Windham Hardware
Huntington National Bank, Kent
Woody's Music
Guy's Pizza
Stamp'n Scrap Haven

In Memory of Pat Morton

Lisa Horwitz
Kurt Bolotin

In Memory of Karen Gorman

Helen Grate

Women's Health Fair

Beckwith Orchards
Dick's Sporting Goods
Target
Café` Toscano
Kent Natural Foods Co-Op

Cell Phones for Victims of Crime

Steve & Laura Marko
Frank Navarrete
Annette & Frank Dowling
Billy Johnson
David Zarin
Jennifer & Donald Jones
Denise Craig, Builders Club

TREATMENT COLLABORATION FOR YOUTH AND FAMILIES

Children's Advantage and Townhall II have been jointly awarded a grant from the Margaret Clark Morgan Foundation to improve services to youth and families with co-occurring substance use and mental health disorders. The overall goal of the partnership is to provide a holistic approach to treatment, based on treating both problems while reducing the duplicated efforts that often burden families.

Children's Advantage and Townhall II have seen an increase in the number of youth and families presenting with co-occurring substance use and mental health treatment needs. According to reports published in the *Journal of the American Medical Association*, roughly fifty percent of individu-

als with severe mental disorders are also affected by substance abuse. The development and implementation of a system of care approach to treatment planning, including co-occurring integrated treatment and high quality documentation and tracking, is an evidence based approach that lends to a greater impact on the overall success of treatment.

Through this partnership the agencies will address co-occurring disorders through a holistic team approach that will assure that youth and identified family members are receiving appropriate, well coordinated services and following through on recommendations to improve treatment outcomes. Eligible families in this project will include youth 13-17 years old with co-occurring disor-

ders and their families, as well as children with mental health disorders who have parents with substance use disorders.

Children's Advantage and Townhall II will receive \$78,000 over a three year period from the Margaret Clark Morgan Foundation to help plan, develop, and implement the organizational framework needed to make this program successful. The project will include selection and training of key staff to establish shared intake and documentation procedures, a shared clinical treatment team, implementation of shared electronic health record software, and a pilot of families participating in the collaborative treatment model. The project will begin January 1, 2011 and run through December 31, 2013.

WOMEN'S HEALTH FAIR 2010

A successful Women's Health Fair was once again held at Roosevelt High School in Kent on Saturday, October 16, 2010. Approximately 100 members of the community attended the event put on by Townhall II. The health fair was a success thanks to over 20 participating vendors and the help of Roosevelt High School. Vendors represented a wide range of community resources and gave out information on all areas of women's health.

Alongside the community agencies were students from Dr. Cynthia Symons' Methods and Applications in Health Education class at Kent State University. The students provided interactive health booths for those who attended on topics such as physical activity, nutrition, and stress. The Health Fair received positive feedback and is pleased to have had another year to provide participants with important health screenings and information.

We would like to thank all those who helped implement this important opportunity to reach out to the women of our community. We would also like to thank those businesses that donated to our health fair, specifically: Beckwith Orchards, Walmart in Streetsboro, Walmart in Brimfield, Target in Streetsboro, Café Toscano in Aurora, Dick's Sporting Goods in Aurora, and Kent Natural Foods.

LIFE-STYLE ABC'S

Townhall II Medical Clinic received a grant from Novo-Nordisk pharmaceuticals to initiate "Life-style ABC's," an eight-week course for patients with diabetes and pre-diabetes. The course teaches participants to know and understand their "numbers"-lab values, blood pressure, BMI and the relevance to their disease. Each week focuses on a different topic to encourage lifestyle changes that can promote positive disease outcomes. Weight loss and diet are an integral part of the program. Participants are initially weighed for BMI calculation and waist circumference on week two; afterwards these are evaluated every four weeks. Lab values are obtained and reviewed approximately every six months.

Additional educational topics include reading food labels, grocery shopping, healthy food choices, snack foods, fast foods, water consumption, exercise, medications, and stress. Guest speakers include a KSU dietician and a local yoga instructor. Participants are given weekly tools according to the topic for interactive group participation. They are taught and encouraged to set obtainable short and long term goals.

Challenges as well as celebrations end each weekly discussion. After the eight week course, classes meet every four weeks to review BMI calculations, discuss challenges, and celebrate successes.

The course has been offered to 58 clinic patients (including 12 non-diabetics and 6 pre-diabetics); 37 began the course. To date, 25 have completed the entire course and another five are on their way. Some clinic patients with combinations of hypertension, elevated cholesterol values, elevated fasting blood glucose levels, and/or family history of diabetes - in other words facing possible development of diabetes - have shown an interest in the program and were offered this valuable experience. Classes have been offered on Thursday mornings and afternoons, or early Saturday morning.

The first class of nine individuals just recently met one month after completion of the course. Their numbers are impressive with a total of 18 pounds, 25.5 inches from abdominal girth, and 11.5 inches from waist circumference lost over a twelve week period. Two other classes just finished the course,

and one class has just begun the course.

Most important are the behavior changes demonstrated by the participants, e.g., asking for blood pressure readings, "trying to learn my numbers," having labs drawn without repeated prodding, and parking further back than usual in the parking lot to increase walking. One "chef" revised recipes to decrease fat, eliminate sugars, and decrease calorie content. Another participant took her son to his doctor to be tested for diabetes. One participant's family member asked to participate due to symptoms of diabetes and subsequently became a clinic patient, and the list goes on.

Participants of "Life-style ABC's" are attempting conscious lifestyle changes, and as witnessed, the program and the people are working, and some changes are proving beneficial to their family members. The program is not required. New classes will be starting soon.



BECOME PART OF A 40 YEAR TRADITION...

BECOME A HELPLINE VOLUNTEER!

The training schedule for becoming a Paraprofessional Crisis Interventionist at Townhall II is available for the Spring session.

Training sessions are held at 155 North Water Street in downtown Kent.



Attendance at all sessions is required.

Application deadline is Monday, February 7, 2011.

Please call Townhall II at 330-678-3006 to speak with the Training Coordinator, or find the schedule and application at www.townhall2.com

REACHING OUT TO RURAL RESIDENTS

Nearly half of Portage County's population resides in rural areas; therefore, it was concerning that only 5.5% of the Townhall II Helpline calls and 10% of Victim Outreach Services had been utilized by rural residents in recent years. Many townships do not have town centers or locations to post information, and at least 9 townships are a significant distance from a hospital or other crime victim services. These are but a few of the reasons that reaching out to rural areas was thought to be of vital importance.

Many folks look at us quizzically when we mention "Victim Outreach" – just what does that mean? We all listen to the daily news and are inundated with stories of violent crime – physical assaults, elder abuse, stalking, domestic violence – but may not feel directly affected by such a crime. Or, someone may be hesitant to talk about a crime that has affected them personally. There can be a wide range of resulting effects, and many are painful to deal with. Victim Outreach is a service that provides support, advocacy,

information, and referrals to victims of crime 24 hours a day. Outreach can include accompaniment to hospitals, police stations, and court. Victim Outreach is a service we hope people will never need, but if and when crime does affect a person's life, it's important to know where to turn for support, advocacy, and assistance. Especially for those that may be more isolated and alone.

With the help of a special grant from the Office of Criminal Justice Services, victim outreach staff has traveled to all corners of the county, meeting many community leaders and residents that may not ordinarily have access to the same resources and media found in Kent, Ravenna, Aurora, or Streetsboro.

Participating in Chamber of Commerce meetings, along with presentations at Village Council and Township Trustee meetings has allowed repeated opportunities for community leaders to hear about the services available and also pass information on to others. Brochures on victim outreach, elder abuse, and

stalking were distributed throughout the county at libraries, churches, schools, the hospital, laundromats, convenient stores, cafés and restaurants. Materials and resources were provided to Fire Departments and Emergency Medical Services. Every police department in the county took interest and was provided with a supply of information packets that they can give to victims. We were also able to participate in several community events.

We believe these efforts have been successful. Helpline calls from rural Portage County areas have significantly increased so far this year when compared with the same time period in 2009. Those increases range from 22% to almost 50%. It has been a pleasure and a privilege getting to know more of the county's community leaders, service personnel, and neighbors. We've made a lot of friends and have been received with many friendly faces and kind words – we hope that in a time of need, we are able to return the favor – the first step is to call (330) 678-HELP.

SAVE THE DATE: CASINO NIGHT BENEFIT

When: Saturday, February 26, 2011
7:00pm-11:00pm

Where: Sheraton Suites,
Cuyahoga Falls

Hosted by Beachboyz Entertainment

Enjoy an evening of games and "gambling" with friends old and new. Take part in a silent auction, raffles, and much more. Proceeds will benefit Townhall II, a Portage County non-profit agency that provides Violence Prevention Programs, a Free Medical Clinic for uninsured adults, the 24-hour Helpline, and more.

For questions or to reserve tickets, please call
Townhall II
330-678-3006

Interested in becoming an underwriter or table sponsor?
Call us to find out how!



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TOWNHALL II

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EDUCATION**

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(DRIVER INTERVENTION)**

MISSION

TOWNHALL II PROMOTES THE HEALTH, WELLNESS, AND RECOVERY OF INDIVIDUALS AND COMMUNITIES THROUGH PREVENTION, EDUCATION, ADVOCACY, INTERVENTION AND TREATMENT.

VISION

THE VISION OF TOWNHALL II IS OF A COMMUNITY WITH THE SUPPORT, RESOURCES, AND SKILLS TO CHOOSE, ACHIEVE, AND MAINTAIN THE OPTIMUM HEALTH, SAFETY, AND SECURITY OF ALL ITS CITIZENS.



Townhall II offers equal employment and service opportunities and does not discriminate based on race, color, religion, sex, sexual orientation, national origin, age, disability, or veteran status.