

TOWNHALLER

Your Monthly Townhall II Newsletter

Creative Beginnings Month

It is a great time to get out the craft supplies, the musical instrument that has been sitting in the closet, or getting ready for that house project you have been wanting to get around to do. Did you know that being creative can improve your overall health? How fitting for Mental Health Awareness Month! Being Creative:

Increases Happiness

Reduces Dementia

Improves Mental Health

Boosts the Immune System

Makes you Smarter

Learn more about how being creative improves health [here](#).

Not sure where to start? [Check out this blog for some ideas.](#)

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“There is no doubt that creativity is the most important human resource of all. Without creativity, there would be no progress, and we would be forever repeating the same patterns.”

—Edward de Bono

Townhall II's Youth Empowerment Summer Camp

Townhall II is proud to announce our 2022 camp experience specifically geared towards youth ages 11 - 14. Townhall II's Youth Empowerment Summer Camp (TYES) is a free 6-week camp experience designed to engage pre-teens and teens with upbeat, interactive curriculum dealing with relevant topics such as substance use and abuse, life skills, healthy life choices, and youth leadership. All activities and curriculum are adapted from evidence-based programming that offers age appropriate content to get youth moving and thinking.

This year, camp will be held at Kent United Church of Christ located at 1400 E. Main St. in Kent. Each camper will receive a t-shirt and lunch will be provided each day.

Camp runs Monday through Thursday from June 6th through July 22nd from 8:00 AM - 2:45 PM. There is no camp July 4th - 8th to allow for family vacations or other summer plans. Field trip Fridays will take place on June 17th, July 1st, & July 22nd. Field trips are planned for the Akron Zoo, Akron Natural History Museum and Scene 75.

This is a **free** summer camp experience, and registration is currently open. Camp size is limited to the first 25 campers. If you have any questions about registration, please call Tiffany Martin at 234.236.4807 or tiffanym@townhall2.com. If you are a school district that would be interested in receiving flyers for distribution to your students, please contact Sarah McCully at 234.236.4803 or sarahmc@townhall2.com.



Happenings this Month

May 6th: World Maternal Mental Health Day

World Maternal Mental Health Day draws attention to mental health concerns for mothers and families. Life changes around pregnancy make women more vulnerable to mental illness. Women of every culture, age, income level, and race can develop perinatal mood and anxiety disorders. Symptoms can appear any time during pregnancy and the first 12 months after childbirth. In many countries, 1 in 5 new mothers experiences some type of perinatal mood and anxiety disorder.

May 7th: National Children's Mental Health Awareness Day

SAMHSA created this day over a decade ago to show the importance of caring for every child's mental health and to reinforce that positive mental health is essential to a child's healthy development.

May 8th:



May 30th:



May 31st: World No Tobacco Day

This year's theme is "Tobacco: Threat to our Environment." This campaign is designed to raise awareness on the environmental impact of tobacco from cultivation, production, distribution, and waste.

Mental Health Awareness Month

TOGETHER for Mental Health

Every May, NAMI joins the national movement to raise awareness about mental health. This year's message is "Together for Mental Health." When we all work together we can achieve far more than one person alone. Everyone can be a part by knowing the warning signs, being there to listen to someone in need, reducing stigma, and knowing where to turn for help.

Mental illness is common!

- **1 in 5 U.S. adults experience mental illness each year**
- 1 in 20 U.S. adults experience serious mental illness each year
- **1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year**
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24 (NAMI, 2022)

Warning Signs

- Change in sleep patterns
- Unable to carry out everyday tasks
- Isolating from friends and family
- Extreme mood changes
- Overuse of substances
- Change in appetite
- Trouble thinking and focusing
- Excessive worry or fear
- Loss of interests in hobbies

Mental illness is treatable!

Townhall II Helpline

330.678.4357 (HELP)

Crisis Text Line

741741 (Text HOME to start)

National Suicide Prevention Lifeline

800.273.8255

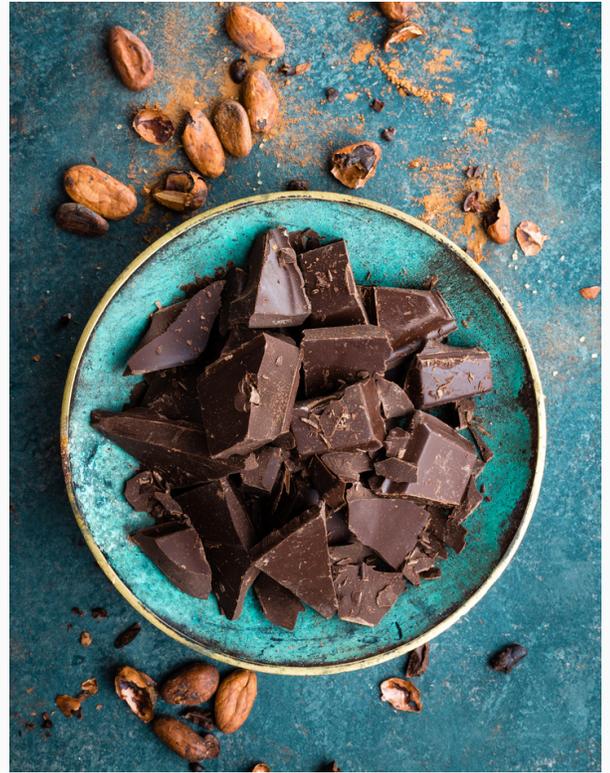
Health Tip of the Month

Eat Dark Chocolate

Dark chocolate (in moderation) has many benefits both mentally and physically!

- Fights cell damage due to aging
- Increases insulin sensitivity
- Helps keep bones and teeth healthy
- Improves quality of sleep
- Improves blood flow
- Lowers blood pressure
- Protects skin from sun damage
- Produces feelings of pleasure and enjoyment

Cleveland Clinic, 2022



Team Member Appreciation

"It's rare to find a supervisor that is caring, kind, compassionate, and fun! Sarah McCully, Prevention and Outreach Director, always finds ways to show her employees that she appreciates them and the work that we do together. Last month was especially fun when she hid Easter eggs around the office for all of us to find with little surprises in them! Even as adults we all enjoyed searching through the office and finding our color eggs! Thank you for everything you do for our department Sarah!"

- Amanda Perrin, Substance Abuse Prevention Manager

"April 18 had the most time spent on calls in one shift in the helpline. There were 14 hours' worth of calls packed into an 8-hour shift from 8:00 am to 4:00 pm. Our team of the day was Paul, Kyle, Carolyn, Helen, Lisa & Andrea. Carolyn Good took a 4-hour crisis phone call and did a fantastic job of de-escalating and supporting the caller in crisis. She is a shining example of the stellar work our Helpline does, and a tremendous credit to Townhall II's Victims of Crime Advocate (VOCA) program. "

-Maria Landry, Director of Behavioral Health

Staff Spotlight

Carolyn Good



Start Date: September 5th, 2018

Current Title: Lead Advocate II and Helpline Liaison

Previous Job Titles at Townhall II: Victims of Crime Advocacy volunteer and volunteer supervisor on call

Background into the field: "I have a bachelor's degree in public health, a master's degree in health education, and have worked as an advocate since 2017."

Fun fact about Carolyn: She has a 19-year-old cat named Baby Girl.

Something Carolyn Says Often: "We're here for you 24/7, even on Christmas!"

NEW STAFF

Christina Yeager
Peer Supporter

John Safar
Substance Abuse Counselor



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