



# Sanctuary Kickoff

We are having our kickoff to Sanctuary event on October 5th at the Hometown Bank Plaza in downtown Kent from 11AM-6PM.

We hope you can join us to learn more about the Sanctuary Institute and to find out what it means for us to become a Sanctuary Institute Agency. Learn how Sanctuary will affect our clients and employees, and how it can help make greater change within our community.

We will be providing meals between 11AM-1PM and 4PM-6PM. There will be face painting, music, and great conversations with Townhall II staff throughout the day. We will also have a s'mores station, apple cider, and ice cream!

At 5PM there will be a "Music & Message" with Chrissy Strong. Chrissy is a local musician and actor and will share her own recovery story.

Stop by to grab some food, meet our staff, learn about Sanctuary and enjoy the beautiful views of downtown Kent in the fall.

*"Autumn shows us how beautiful it is to let things go."*

**-Unknown**



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# Domestic Violence Awareness Month

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Did you know that *National Domestic Violence Awareness Month* was declared in October of 1989? This is a time to acknowledge domestic violence survivors and be a voice for its victims. Domestic Violence can affect anyone, regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Domestic violence includes physical, mental, and emotional abuse. It can include forms of manipulation and control over a partner. Domestic violence can result in physical injury, emotional trauma, and even death.

For someone that has experienced domestic violence, a good support system can make all the difference. Here at Townhall II, we have **Victim of Crime Advocacy Services**. Townhall II's advocates are dedicated to supporting survivors of violent crime and have specialized training for these interactions. Advocates are available 24/7 to listen, offer in-person support and to provide education on your options and resources as a survivor. Advocates can accompany clients to police stations, hospitals, and court hearings. Townhall II advocates are here for you. Please call 330-678-HELP (4357).

# Substance Abuse Prevention Month

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October was first declared as *National Substance Abuse Prevention Month* in 2011. During October, we highlight the vital role of substance abuse prevention. This month allows us to remember those who have lost their lives to substance abuse, to acknowledge those in recovery, and to support their children and families. Studies show that the earlier an individual starts using, the greater the likelihood of developing addiction.

Townhall II's **Prevention Education** department strives to provide effective, fun, and engaging prevention strategies to address substance use, violence, suicide, and parenting strategies through evidenced-based curriculums in the schools and community. Some of our substance abuse programs include:

- Too Good for Drugs (K-5th & HS)
- Project Alert (6th-8th)
- Signs of Suicide (6th-12th)
- Substance Use Online Education Classes:
  - Nicotine (2nd-HS)
  - Marijuana (HS & Higher Ed)
  - Alcohol (HS & Higher Ed)



# Fallin' Into Relaxation

Fall is a time of change, and with every change there is loss. The long summer pool days may be gone, but the scenery of Northeast Ohio doesn't get much more beautiful than the yellow, orange, and red hues seen during this time of year.

So, spend some time enjoying Fall with your friends and family. Focus on doing things that you consider self care to improve your mental health and bring you happiness!

Check out some ideas from Angelia Nicolardi, one of our Crisis Intervention Specialists here at Townhall III!



## Some Ideas...

- Exploring nature at hiking trails or state parks. Find your local park [here](#).
- Having a bonfire with s'mores.
- Visiting a local pumpkin patch. Check out [Dussel Farm](#).
- Cozying up with a good book.
- Rewatch a favorite TV show or movie.
- Baking apple crisp, pumpkin pie, or making caramel apples. Explore some recipes [here](#).
- Lighting a fall-scented candle like crisp leaves, pumpkin, or caramel apple.
- Playing board games at home with loved ones.
- Going on a hayride or scenic train ride. Cuyahoga Valley Scenic Railroad offers train rides [here](#).



# Calm, Collected AND Colorful

With the season change we have the “cool” part handled, but what about the “calm” and “collected” part of it? Well, great news, with this new free monthly event offered by Victim Services, we have the calm, the collected, AND the colorful.

Every second Monday of the month from 6pm – 7:30pm, the community is welcome to join us at the Prevention Office in Ravenna for 60 minutes of coloring. Victim Advocate and facilitator, Mallen Rush, provides coloring supplies and coloring books for attendees to color in a safe space. At the first session of Calm, Collected, AND Colorful, attendees were welcomed with fall-flavored cookies and homemade chicken noodle soup. Join us on October 9th for our second session with another hot meal, a Halloween themed treat, and a calm place to work on a coloring sheet. You can even bring your own craft project to work on amongst other like-minded people in the community.



## HAPPENINGS OF THE MONTH

### October 1st

#### *Pumpkin Spice Day*

Pumpkin spice was first invented in 1675 as a mixture of pepper, cloves, nutmeg, and cinnamon and sometimes even ginger. However, it was not popularized until Starbucks started adding it to their drinks in 2003.



### October 10th

#### *World Mental Health Day*



An international day for global mental health education, awareness and advocacy against social stigma. This years slogan is: ***“Mental health is a universal human right”***

### October 31st

#### *Halloween*



Fun Fact: Trick-or-Treating started off as children looking for food or money in exchange for performing songs or poems.

Kent’s Trick-or-Treating this year is Sunday, October 29th from 3pm-5pm.

**HAPPY HALLOWEEN!**

# EMPLOYEE SPOTLIGHT

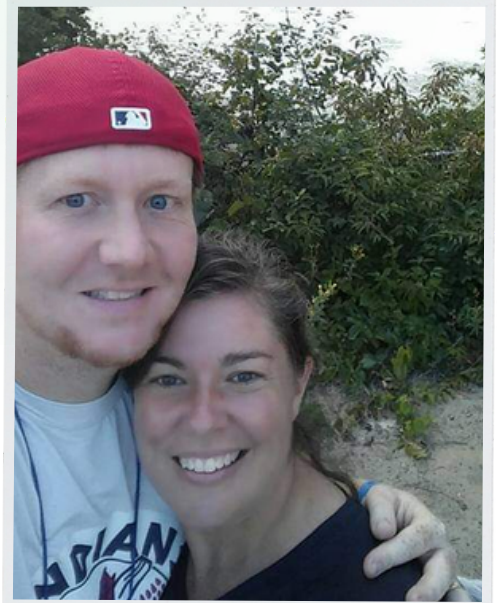
**Start Date:** April 4th, 2022

**Current Title:** AOD Case Manager

**Background:** Kodie has been in recovery housing and case management for approximately 7 years. He was a local business owner for over 10 years, but wanted to do something to make a difference in the world. He got into this field because he wanted to help people and see them succeed.

**Fun facts about Kodie:** Kodie is married and has 2 teenage children, 4 cats, a bird and a fish. He loves to go thrifting with his daughter and to concerts with his son. His favorite place to relax is Presque Isle in Erie, PA. In his free time, he loves checking the stats of his fantasy baseball team. "I used to be cool and was in a band called Jaymeer 😊."

**Kodie's favorite quote:** "Trust the process."



**Kodie McCully**

## NEW STAFF

**Mackenzie Pollock**

Crisis Intervention Specialist

**Harriett Weeks**

MAT Clinic Receptionist



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