

TOWNHALLER

The official newsletter of Townhall II



Telehealth in Counseling

Rob Young, M.Ed., LICDC-CS

All of us have been impacted by the COVID-19 virus and for those struggling with addiction or other mental health issues, this can be a particularly stressful time. At the start of the pandemic, Townhall II was identified as an essential business and as a result, we never stopped providing our counseling and clinic services. Our team quickly adapted to the new realities of providing services less through face-to-face sessions and more toward telephone or telehealth (video) options. However, as we shifted focus to more telephone or telehealth appointments, we realized that the people we serve were still having difficulties coping with relapse issues, anxiety, depression, or other concerns. In general, many were saying that they were missing the human connection that is so vital to recovery. It was at that point we decided to allow individuals to access face-to-face counseling and clinic service if that was their preference, while at the same time providing telehealth counseling and medical services. Currently, we provide both face-to-face and telehealth options for all of our services (assessment, individual counseling, groups, Medication Assisted Treatment, and Peer Support).

In order to keep both clients and staff as safe as possible, Townhall II has adopted all of the recommendations put forth by the CDC. These include:

- All staff and clients are required to wear masks while they are in the building.
- All staff and clients undergo a health screening each time they arrive. This includes taking staff and client's temperature.
- Proper Social Distancing is practiced in all groups and during face-to-face appointments/ sessions.
 - Air purifiers are located throughout the entire agency.

If you need any alcohol or drug services, including Medication Assisted Treatment, or if you have been a victim of any crime, call us TODAY at 330-678-3006 for an appointment. We can usually schedule you an appointment within 1-3 days.

IN THIS ISSUE

**TELEHEALTH IN
COUNSELING**

**WHAT'S HAPPENING
THIS MONTH?**

**PREVENTION
EDUCATION
UPDATES**

**MENTAL HEALTH TIP
OF THE MONTH**

STAFF SPOTLIGHT

Happenings this Month



National Immunization Awareness Month

This month highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases with vaccines.

For more information click [here](#).

National American Family Day August 2nd



- Play a game
- Build a fort
- Have a dance party
- Make dinner together

Spend time with your family today to share love and appreciation of one another.

National Nonprofit Day August 17th



Today, nonprofits (like Townhall II!) get recognition for the goals and positive impact that they have on their communities.

Want more? Take some time to discover the non-profits in your area!

National Grief Awareness Day August 30th



Today recognizes that grief comes in many forms. There is no set way to grieve loss in your life. Be gentle to yourself and remember to take care of your mental health!

24/7 Helpline:
330.678. HELP (4357)

Maintaining relationships can be challenging on its own without the added stressors of a public health crisis. Now more than ever, people may be in need of ways they can keep their relationships manageable. Click [here](#) to check out some ways you can help keep your relationship healthy, safe and happy!

Prevention Education Updates

The prevention education department has served over 8,000 people this year! Check out what the community is saying about our programs!

Substance Abuse Prevention Education: Total 4218

Too Good for Drugs: 2291

"These issues and conversations come up more and more. It's so important that the students have a safe space to ask questions with a trusted adult that knows how to present the information in an age-appropriate way."

*Southeast Elementary School Teacher

"This program is great. It covers all the important topics that these kids deal with everyday!"

*Streetsboro High School Teacher

Project Alert: 1411

"This is an amazing program."

*Streetsboro Middle School Teacher

Exploring Addiction: 516

"The program was great. Topics were relevant, lots of activities, and keep students engaged."

*Southeast High School 10th Grade Teacher

Youth Led Prevention: Total 126

Portage County Youth Summit: 103

"It was very inspirational and encourages me to make a change to my school."

*Student Participant

"I always knew about the issues that surrounded the youth, but today I learned about the statistics of the problems shadowing teens."

*Student Participant

Youth Led School Projects: 23

Health & Wellness: Total 44

Families First: 44

"I cannot understand why this room is not full each week. This was a great program, we were fed and it cost nothing."

*Parent Participant

"I wish my parents had a program like this...lol...seriously, thank you! We enjoyed coming and learned a lot."

*Parent Participant

Violence Prevention Education: Total 2883

Personal Body Safety: 1789

"I like the information presented. I think it's extremely important, especially in our district, that those students understand their body safety rights."

*Southeast Elementary School Teacher

"The material is important for our kids to know and understand. It is presented in a non-threatening way and they take the subject seriously."

*Windham Elementary School Teacher

Stand Up: 1017

"I really liked the speaker's enthusiasm, keeping the topic serious but making the atmosphere feel safe and comfortable." *Aurora High School Student

SAVE: 6

Healthy Relationships for Seniors: 71

"They love your presentations and activities on healthy relationships." *Kentway Activity Director

Gambling Prevention Education: Total 1041

Problem Gambling Presentations: 238

Problem Gambling Screenings: 793

SMART BET Presentations: 10

*"An ounce of prevention is worth a pound of a cure."
-Benjamin Franklin*

Portage County School Districts

Dear Portage County School Personnel,

We understand that this year is going to be much different from the past. Your compassion, dedication, and relentlessness to provide education for our community is admirable! Townhall II simply wants to say **THANK YOU!** You have embraced Townhall II's Prevention Programming to ensure that these students are not only receiving essential core subjects, but crucial social and emotional learning skills.

Our entire prevention team is welcomed into your buildings every year and we consider those buildings our second office! We deeply enjoy working with all of you and can't wait for the day where we get to be in community with all the students once again!

We would like you to know that we will still be offering our prevention programs this year. We will modify in anyway needed to make the programs work for you and your students. If you are interested in having any of the programs, please contact the prevention specialist above.

Substance Abuse Prevention(K-12):

Amanda Perrin, MS, LPC, OCPs
amandap@townhall2.com

Child Violence Prevention (K-5):

Juliana Myers, CHES
julianam@townhall2.com

Violence Prevention (6-12):

Tiffany Martin
tiffanym@townhall2.com

New Parenting Education Program

Townhall II's Prevention Department was chosen as a recipient of a grant from the Ohio Children's Trust Fund. With this grant, Townhall II will be providing two parenting focused programs.

Active Parenting is an evidence based parenting education program focused on families of children 5 - 12 years. The four sessions will include parenting styles, child brain development, communication and problem solving & responsibility & discipline. Our hope is to provide this program in person at local elementary schools throughout the county. The program will replace Townhall II's Families First program, but will run very similar. The program will meet once a week for 4 weeks for 2 hours each evening. Families will receive a meal at each session, followed by a family craft or activity. Interactive break out groups for the children will be provided while parents attend the presentations.

Parenting Wisely is an evidence based online/DVD home-based program that provides parents with the tools needed to navigate through family issues at their own pace. Parenting Wisely uses video scenarios & interactive quizzes that target topics such as school issues & family conflict. Townhall II will provide families with web links or DVDs to the Young Child Edition (for parents of children 3 - 11 years) & provide 3 - 1 hour in home video or face to face sessions for follow up and discussion.

These programs are free of charge and participants who complete all sessions of either program will also be eligible for a gift card to a local grocery store!

To learn more about these two new opportunities, please contact Sarah McCully at sarahmc@townhall2.com or 330-346-3025.

Mental Health Tip of the Month

UNPLUG!

Sarah McCully, OCPS

Seriously, check your favorite news feed ONCE throughout the entire day and then don't look back. Of course, many people feel it's important to stay informed. But an article by Times magazine suggests that recent changes to the way everyone gets their news—coupled with the style of news that dominates today—may not be good for mental and even physical health. Along with increased anxiety and stress comes physical ailments as well. Stress-related hormones have been linked to inflammation associated with rheumatoid arthritis, cardiovascular disease and other serious health concerns.

We want our bodies to be healthy and our immune system at its optimal state! Search YouTube for a yoga for beginners video to watch and engage! Download a mindfulness app to your phone and carve out times in your day to utilize it. Take a walk, call a friend, color or do a puzzle! Divert your attention from the constant access to news and keep your mind and body healthy!

Click [here](#) to check out the Times article.



Staff Spotlight

Rob Young



Start Date: May 29th, 1995

Current Title: Clinical Services Director

Previous Job Titles: Counselor, Counseling Department Manager

Background in the field: "I was scrambling for an internship after my initial agency said they could not provide supervision. I contacted Portage County Alcohol & Drug Abuse Services and they took me on as an intern. Four months later I was offered a counselor position because someone had to run a group at the Portage County Jail and no other staff wanted to do it. From that day I have not left."

Fun Fact about Rob: His original career goal was to be a Sports Psychologist and went to graduate school at the University of North Carolina for sports psychology. As he was wrapping up that program, their Ph.D. program did not get accredited!

Rob's Quote to Live By: "People will forget what you said. People will forget what you did. But people will never forget how you made them feel." -Maya Angelou