

TOWNHALLER

The official newsletter of Townhall II



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Separate but Together

Prevention Department

Summer is looking much different this year for our prevention department. Typically, we spend time at the community centers in Ravenna teaching social and emotional skills, drug awareness and violence prevention to the youth. However, with the centers being closed as safety is the number one priority, we had to get creative.

We have created packets for the youth to do at home with their families. The topics include decision making, managing emotions, goal setting, violence prevention, stress, dealing with peer pressure, personal body safety, and drug awareness. While we are in our separate spaces, we can still learn together!

Each packet has several activities for the youth to complete such as word searches, obstacle courses, and mazes to teach the importance of each topic.

When the youth complete the packets, they are rewarded with a certificate of completion and recognition on our social media accounts.

Thanks to Skeels Community Center, King Kennedy Community Center, and Community Action Council for helping us educate the youth on these topics.

Happenings this Month



International GBS Awareness Month

"Group B Streptococcus (GBS), or Streptococcus agalactiae, is a type of bacteria that is naturally found in the digestive and lower reproductive tracts of both men and women. About 1 in 4 pregnant women carry GBS, the leading cause of sepsis and meningitis in newborns according to the CDC. GBS can cause babies to be miscarried, stillborn, born prematurely, become very sick, have lifelong handicaps, or die."

Learn more about GBS here:

www.groupbstrepinternational.org

July 23rd: National Vanilla Ice Cream Day

Enjoy a nice cold scoop of ice cream to celebrate!



July 30th: World Day Against Trafficking in Persons



"On this World Day against Trafficking in Persons, let us reaffirm our commitment to stop criminals from ruthlessly exploiting people for profit and to help victims rebuild their lives." - UN Secretary-General António Guterres

"Every year, thousands of men, women and children fall into the hands of traffickers in their own countries and abroad."

Learn what Ohio is doing:

humantrafficking.ohio.gov

Learn more about the day here:

<https://www.un.org/en/events/humantrafficking/>

Mental Health Tip of the Month

Sarah McCully, OCPS

Start a “What Went Well Journal”

We are SO quick to think about what is going wrong that we never really think about all the things that went right! Our “what went right” list is actually longer than the “what went wrong” list. We are just so used to overlooking those good things and brushing them off as “normal.” Find an old notebook and start writing down the good stuff. Let me start....On Saturday night, around 8:00 p.m. I had this horrible feeling that our refrigerator was NOT working. We stocked it with all the food we thought we would need for a few weeks, so this was NOT the time for a malfunction. We were scrambling, trying to figure out what we could do to save all of our food until we could get a new refrigerator. Suddenly, the motor started running and the cold air started blowing! We were BEYOND THRILLED! That is something I literally never think about. Is your refrigerator working today?? Write it down!! Do you have toilet paper?? Write it down. You will be amazed at what you have in comparison to what you don't have! You will be amazed at what went right as opposed to what went wrong!

DORA Proposal in Kent Authorized

The city of Kent has authorized the proposal of the designated outdoor refreshment area (DORA). DORA allows patrons to walk around with alcoholic beverages in specific areas of downtown Kent. This new open container law will allow businesses to continue to serve alcohol while practicing social distancing.

As an agency that provides treatment to those in recovery, we feel that it is important to make sure that our clients feel safe with this new law in effect. Our CEO, Sue Whitehurst, has ensured that our building and parking lot not be included in the designated area in an effort to reduce triggers and anxiety around the substance. Our clients and their health is always our number one priority.

We fully support the businesses in our community and want to see them not only survive but thrive during these difficult times. We also want to make sure that anyone who is drinking is doing so responsibly. The Mental Health and Recovery Board of Portage County (which is also located in the area) will provide information and education on alcohol consumption to the public through signs and advertisements in an effort to keep the community safe.

For more information on DORA visit: mainstreetkent.org/DORA

School Personnel Teen Dating Violence Prevention Training

Angela Kovach, MA, CHC, CDCA II, OCPSA

We are pleased to announce a new online format for the mandated School Personnel Teen Dating Violence Prevention Training required for all school faculty who work with students in the 7th-12th grade! This is a one hour training (less than 60 min...actually) that will be facilitated through GoToWebinar, and it is FREE for you to participate. Once completed, you will have met the requirements for House Bill 19 with the state of Ohio.

Please register for School Personnel Training: Teen Dating Violence Prevention on **August 10th, 2020 3:00 PM EDT** at: <https://attendee.gotowebinar.com/register/6062244628402234126>

After registering, you will receive a confirmation email containing information about joining the webinar. I hope to "hear" you there!

For more information on House Bill 19:

https://saferschools.ohio.gov/content/dating_violence_prevention

Staff Spotlight

Sue Whitehurst



Start Date: January 22, 1991

Current Title: CEO of Townhall II

Previous Job Titles: Prevention Specialist, Director at Portage County Alcohol and Drug Abuse Services (merged with Townhall II in 1997)

Background in the field: "I started out my career as a High School History teacher. A number of years later, I applied for the prevention specialist position. I love education and teaching. I was a one women department. The reason I stayed with this job was because I thought that I could make a difference in people's lives. I really loved helping support people with addiction and their families."

Fun Fact about Sue: She is one of seven children and is the only girl!

Quote from Sue: "In these most difficult times, we need to remember our humanity, equality, and our vision for a future filled with peace."