

# Townhaller



## Do you know about Horizon House?

The Horizon House is a 60-90 day residential treatment facility that helps women struggling with addiction by providing a structured setting to promote recovery. We provide a safe, nurturing environment where women can learn how to implement long-term recovery tools. Residents of Portage County and women who are pregnant are given priority for admission. We have the capacity to house fourteen women in their own bedroom with their own bathroom. Each client is assigned an alcohol and drug counselor and a mental health counselor if needed, with a counselor onsite.

We specialize our services to encourage women to learn symptom management of mental health issues and to process any history of abuse, trauma, or grief. Residents attend group counseling seven days a week to learn specific recovery tools, and near the end of their stay are encouraged to take time off-site to practice implementing those learned tools. Resident's supportive family members are welcomed into our weekly family group to provide reunification and education to the family system.

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We support the involvement of twelve-step meetings and transport the residents to meetings daily. We have a weekly AA big-book study brought into the house by AA women in the community. We can provide case management needs utilizing our peer supports to link with other services in the community and provide transportation. There is an implemented daily schedule where residents are responsible for cleanliness, chores, and cooking. Other groups are provided throughout the day that consist of expressive writing, nutrition and exercise, and social/recreation therapy. After successful completion of the program, we assist in the transition to a safe a sober environment.



One of the most recent projects of the social/recreation group is an activity to allow each cohort of women in the facility to create a piece of art on a panel of the fence in the facility's backyard. The group is facilitated by Amanda Burke, Ph.D., CTRS, CHES, from Townhall II's prevention department. Each group will have the opportunity to plan, design, and create a mural that represents the meaningful time they have spent here on the path to their recovery. The most recent group of women chose to draw a rainbow as a vision of hope and selected an inspirational quote that was significant to all of them, "Recovery is like a Storm. Don't let the rain get you down. The Rainbow is coming."

**Please reach out to us at 330.678.3006 if you would like to take a step toward the journey of recovery at our facility.**

## *National Financial Planning Month*

Now is a great time to consider making a personal budget. By making a budget, it's easier to see how much money is being spent each month and where there are unneeded expenses. Budgeting can help you save more money than expected. It is also a great way to start planning for your future financial goals. Nerdwallet.com has a helpful and free budget worksheet to get you started exploring the different spending categories.

You can access it [here!](#)



# Talk about Medicines Month

Talk about Your Medicines Month has a yearly theme. This year, the theme is "Understanding Medication Labels-Making sense of your meds."

One thing that is important to remember is that even though you may not be taking any prescription medication, things that seem simple like over the counter pain medication, vitamins, supplements and herbal remedies are also considered medicine.

It is important to make sure that you are always reading the labels of all medications. Pay special attention and fully understand what the medication is used for, the directions for use and any warnings such as drug interactions.

Make sure you are having discussions with children about the proper use of medicine including vitamins. Many chewable vitamins made for children have a candy like taste and children may be tempted to take more than directed. These vitamins also may contain iron. Children should be taught to understand the importance of following proper directions for use. Consuming too much iron can lead to severe illness and in some cases, death in children.

If you are being prescribed new medication, or you are caring for someone who has been prescribed new medication, make sure that you ask questions. The prescribing doctor and/or pharmacist should be able to assist you in making sure these medications are taken as safely as possible.

## **Some questions that may be helpful to ask are:**

1. What is the medication for?
2. How should I take it?
3. How should I store the medication?
4. Why this medication?
5. How do I know if it's working?
6. What side effects can I expect?
7. Does this affect over-the-counter medications or any other medications I may be taking?
8. What do I do if I miss a dose?
9. Is this medication addictive?
10. Can I stop taking this medication whenever I want?



**Proper use of medication can be confusing but it is also extremely important. For more information, visit the following sites:**

[BeMedWise](#)

[Drugwatch](#)

[KnowyourOTCs](#)

# Happenings this Month

## Adopt a Shelter Dog Month

Since 1981, the American Humane has celebrated is Adopt a Shelter Dog Month each October. Are you interested in adopting a dog? If so, check out the Portage Animal Protective League for more information on adoption.



## October 8th: National Depression Screening Day

National Depression Screening Day began as an effort to reach individuals across the nation with important mental health education and connect them with support services. Screening for Mental Health established National Depression Screening Day as the first mental health screening initiative in 1990.

## October 10th:

### World Mental Health Day

The overall purpose of World Mental Health Day is to raise awareness of mental health issues around the world and to organize efforts in support of mental health. This year's World Mental Health Day campaign slogan is **Mental health care for all: let's make it a reality.**

## October 31st:

**HAPPY  
HALLOWEEN**





# FALL FAMILY FUN!



Autumn is a great time of year for family fun!

If you are looking for some fun things to do this year, here are a few ideas and resources.

**Play In the Leaves:** This can actually be a fun thing to do while getting some household chores out of the way! Make sure that everyone in the family has a job, that way, everyone feels included and is working toward the same goal. Someone can be in charge of raking, someone can put the leaves in the bin and so on. The most important thing to remember is to take a big jump in that leaf pile before putting them into the bin!

**Hiking Trails and State Parks:** Ohio is a great state for fall foliage! Go on a family hike at one of the local state parks and take in all the beautiful scenery. Some of the parks are hosting special fall events this time of year so be sure to check your local parks and recreation website for more information [here](#).

**Have a Bonfire:** This can be a family event or a neighborhood event! Make sure you have marshmallows, chocolate and graham crackers so you can enjoy some delicious s'mores! Make sure that the kids understand the safety rules and that you have checked with your local fire department about the rules for bonfires in your area.

**Fall Scavenger Hunt:** There are so many interesting things falling from the trees right now so why not have a fall themed scavenger hunt? Create a list of things you can find outside in your area. Some examples can be pinecones, different color leaves, acorns, and crabapples. You can have a race to see who can find them all first. Another version of this could be checking out your neighbors Halloween and fall decorations and making your list from those items. Some examples of these items might be a jack-o-lantern, paper skeleton or a black cat. Take a walk with the kids and see what they can find.

**Visit a Farm or a Local Pumpkin Patch:** Local farms and pumpkin patches are so much fun! Some let you do your own apple and pumpkin picking while others have activities like hayrides and corn mazes.

**Haunted Houses and Child Friendly Events:** For older kids and adults who want something spooky, check out local haunts!

**Click [here](#) for a list of all different types of events in Northeast Ohio for the fall. There are so many listed events, places and activities that anyone of any age and of any preference can find something fun!**

# DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month. It can be very difficult for people in a domestic violence relationship to recognize that they are in fact experiencing domestic violence. The four parts of the cycle of abuse are tension building, abusive incident(s), apology/reconciliation, and calm. The reconciliation and calm phases can cause survivors of domestic violence to believe that the abuser has changed and/or will not commit any more acts of abuse towards them. It is essential for people experiencing domestic violence to remind themselves that the abuser will likely abuse them again. Removing themselves from an abusive relationship can be difficult but it is possible. Victim advocates at Townhall II are available 24/7 to support and empower survivors of any crime including domestic violence. If you, or someone you know, could benefit from the Victim Advocacy Services at Townhall II, please call our 24 hour crisis helpline at 330-678-HELP (4357).



## *Staying Safe this fall*

While you are out enjoying the fun and the scenery, also remember that we need to stay safe. Here are some safety tips that are especially helpful in the fall!

**Change Smoke Alarm Batteries:** Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time.

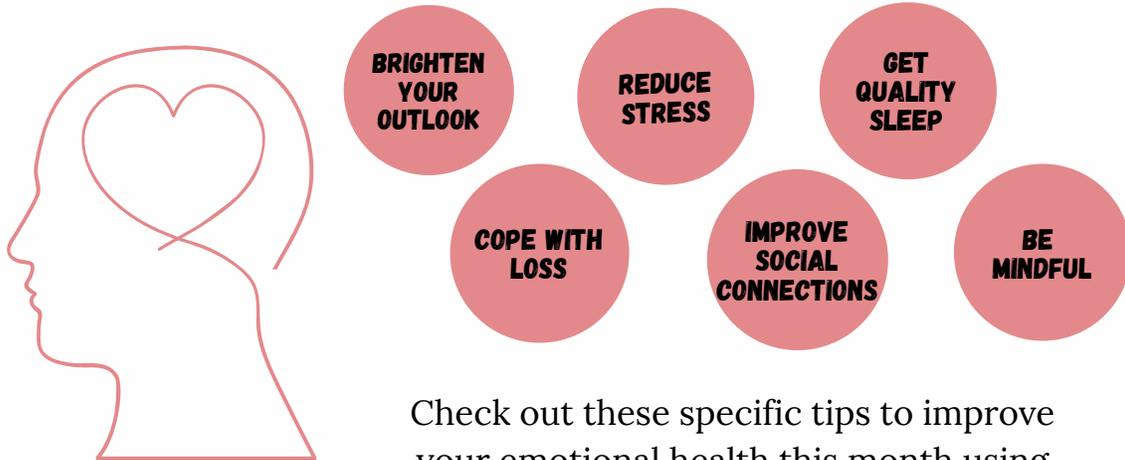
**Reconsider Leaf Burning:** The Environmental Protection Agency has suggested that burning leaves can produce dangerous and cancer-causing chemicals. If you do decide to burn leaves, wear a protective mask and do so far away from a house or other structures on your property. Be sure to check the weather forecast before starting to burn leaves. If the weather calls for wind, choose another day.

**Trick or Treating:** Accompany trick-or-treaters younger than age 12 on their trick or treating adventure. If your child is older than 12 and you feel comfortable letting them venture out without you, set ground rules. Be sure to plan a familiar route and set a curfew for when they should be home. For all children, be sure to check that treats are appropriate and let them know they shouldn't snack while trick or treating! If a child has a food allergy, an adult may have to read through the small print to make sure it is okay. Lastly, you may have to ration the loot and give kids a small amount of candy at a time to ensure they don't eat too much in one sitting!

**We hope everyone gets an opportunity to get out and experience some of the fun and beauty that fall has to offer. All of us at Townhall II wish you a happy and safe fall season!**

# EMOTIONAL WELLNESS MONTH

The National Health Institute on Health defines emotional wellness as the ability to successfully handle life's stressor and adapt to change and difficult times. As we all know, the times we are currently facing are very challenging. Our emotional health is just as important as our physical health! Here are six ways to improve emotional wellness:



Check out these specific tips to improve your emotional health this month using this [Emotional Wellness Checklist!](#)

## Staff Spotlight

### Mike Hovancsek



**Start Date:** June, 2013

**Current Title:** Mental Health Counselor

**Previous Job Titles at Townhall II:** Intern (2004 & 2005)

**Background into the field of work:** "I ran a facility for teens with abuse, neglect, and behavioral issues for 12 years; Went on to get a masters in counseling; Ran a private practice for 2 years; Worked at Portage Path for 5 years; and then moved on to Townhall II."

**Fun fact about Mike:** He is a musician and artist.

**Something he says often:** "Don't believe everything you think."