

# TOWNHALLER

Your Monthly Townhall II Newsletter

## Preventing Overdoses

Since the start of the COVID pandemic, overdose deaths in Portage County have risen to their highest levels ever! This is a significant health crisis that not only impacts the individual who uses substances, but also their family, friends, and loved ones. Townhall II, in partnership with the Mental Health & Recovery Board of Portage County and the Portage County Combined General Health District, have the following products available FREE OF CHARGE to help reduce deaths associated with substance use:

### What's New in this Issue:

Alleviating Obstacles to Treatment • P2

Problem Gambling Awareness Month • P3

Happenings of the Month • P4

Mental Health Tip • P5

Team Member Appreciation • P5

Staff Spotlight • P6

New Staff • P6

### **Project DAWN Kits**

Narcan nasal sprays, 1 face shield, non-latex gloves, quick reference guide, Portage County Services pocket guide.

Free trainings teach participants to identify the signs and symptoms of an opioid overdose, understand the importance of doing chest compressions and/or rescue breathing, call emergency medical services, and give the nasal Narcan spray.

### **Fentanyl Testing Strips**

Fentanyl is a synthetic (man-made) opioid. It can be up to 50 times stronger than heroin. Fentanyl has been found in heroin, cocaine, methamphetamine, and other prohibited drugs. Fentanyl Test Strips and drug testing education helps people be aware of the dangers of Fentanyl that may be present in drugs and as a result, their risk of overdose. Directions are included with each strip.

**Call us at 330.678.3006 if you have questions or wish to pick up any of these products.**

# HELPING ALLEVIATE OBSTACLES FOR CLIENTS.



Parents who are in recovery need quality treatment centers. However, many struggle with receiving treatment due to the lack of childcare options. Parents need quality care from a facility that also provides childcare so they can focus on themselves during their times of treatment.

Townhall II is proud to start offering free onsite childcare Monday – Thursday during all treatment groups. It is available for all children up to the age of twelve. Qualified contract staff will facilitate and join children in fun activities and games in a room filled with fun toys and craft supplies as parents attend group.

Attending treatment is vital for people in overcoming addiction. Alleviating stressors and obstacles can help make that treatment easier to attain and Townhall II is excited to be able to provide this FREE option!

**For more information, please contact Townhall II at 330.678.3006.**



# Problem Gambling Awareness Month



Problem Gambling Awareness Month (#PGAM) is designed to help raise awareness of the prevention, treatment and recovery services available for those adversely affected by gambling. Approximately 2 million U.S. adults are estimated to meet criteria for gambling disorder. Another 4-6 million are considered to meet criteria for problem gambling. And yet for many residents of the US, gambling remains a hidden addiction.

According to the National Council on Problem Gambling, problem gambling is defined as all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. According to data gathered by the Ohio Department of Mental Health and Addiction Services, more than 90,000 people in Ohio may be problem gamblers. This number is expected to continue to rise with the legalization of sports betting and mobile access to mobile gambling options.

Gambling Disorder Screening Day is Tuesday, March 8. You can assess your gambling-related risk level by completing the anonymous, nine question survey found [here](#).

## AWARENESS + ACTION

**Townhall II encourages individuals in Portage County who gamble, as well as their loved ones, to contact the 24 hour crisis line at 330.678.HELP should a problem result. The crisis line offers hope and help without judgment or shame.**

**If you live outside of Portage County, the Ohio Problem Gambling Helpline is available at 1-800-589-9966 for referrals anywhere in the state.**

# Happenings this Month

## March 1st: Self-Injury Awareness Day

Self-Injury Awareness Day is an international event that has been around for twenty years with the goal to raise awareness about self-injury. Awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence.

**Use the #SIAD hashtag across your social networks.**

## March 8th:

### International Woman's Day

The theme for International Woman's Day 2022 is #BreakTheBias

To learn more about IWD 2022, [click here.](#)

## March 12th:

### Girl Scout Day

Girl Scout Day recognizes and celebrates the Girl Scouts of the USA. This date celebrates the creation of the first Girl Scout group on March 12, 1912.

## March 17th:



HAPPY  
*St. Patrick's*  
DAY

## March 30th:

### World Bipolar Day

The goal of WBD is to bring awareness to bipolar disorders and to eliminate social stigma. It is celebrated each year on March 30th, the birthday of Vincent Van Gogh, who was diagnosed as having bipolar disorder.

# Mental Health Tip

## Take a Vacation!

It's about that time of year where we are all sick of the cold, dark, dreary days in Ohio. And while a sunny beach vacation sounds incredible, we all do not have the means to get that far. But, did you know that there are virtual vacations that you can take?! They are totally free and you can go almost anywhere! Thinking about going into the Amazon, over to Bali, or want to see New York City? Check out the [National Virtual Vacation Day website](#) for options on where to go!

### Benefits of Vacationing

- **Increases Mindfulness**
- **Improves Heart Health**
- **Reduces Stress**
- **Boosts Brain Power**
- **Improves Sleep**

**Forbes, 2021**

**March 30th is National Virtual Vacation Day, so make sure to take some time for yourself this day to relax and rejuvenate!**

## Team Member Appreciation

“I would like to recognize the outstanding work of Lisa, Kyle and Paul over our snow days last week from 2/2/22 to 2/4/22. Our Helpline staff on duty arrived on time, and maintained full service despite an official ‘work-from-home-because-of-inclement-weather’ with record snowfall levels and freezing temperatures. They answered a record number of calls, and were able to maintain full support to our community. Their dedication to duty and commitment to community care is a stellar example of Townhall II’s high standards and client-centered practice. Thank you!” – Maria Landry, Director of Behavioral Health

The Townhall II Helpline would like to extend our sincere gratitude to Carolyn G who over the days of recent snowstorms found a way to brave her way in to the agency and assist Helpline Specialists manage the increase of calls which resulted from the decreased staff. Carolyn went above and beyond to insure the quality of service for our clients. Thank you Carolyn! You are appreciated. We would also like to recognize all of our Helpline Specialists who during that weather and every day provide excellent service to those who contact the Helpline.

# Staff Spotlight

## Bill Newberry



**Start Date:** 3/6/2016

**Current Title:** Chemical Dependency & Problem Gambling Counselor, Assistant trainer for VOCA Volunteers

**Background into the field:** "I started being interested in counseling when I was about 30 years old and newly sober. I had been working as a line cook and a chef for 15 years and wanted to change. The problem was that I was a good cook and I always could find a good paying job, even though I hated working in kitchens. In 1992 I went to a career counselor and they told me I would make a good counselor or minister. I decided to pursue ministry because all of my friends in the Substance Abuse Counseling field were getting laid off. I went to seminary and am an ordained Unitarian Universalist Minister. I was a Community Based Minister and not a church pastor. I wanted to work with the homeless and people with addictions but there was no money in that. (Funny how the homeless and people with addictions don't have a lot of money.) So I went back into cooking. In 2008 I was working as an executive chef in Cleveland when I was assaulted by one of my cooks. I said, "That's enough, I need to use my education" and I started working to become a Chemical Dependency counselor. Since then I have worked in Inpatient Services, Outpatient Services, & Prison Based services. I don't consider what I do as work. Counseling is my vocation. I get more in my paycheck than just the money. I love my job and I get to see the transition in people. I love watching "the light come on behind their eyes again!"

**Fun Fact about Bill:** He has 8 grandchildren and is a season ticket holder for the Columbus Crew SC.

**Something Bill Says Often:** "We're all here because we're not all there" or "Just because you're not paranoid, doesn't mean they're not after you!"

## NEW STAFF

**Mandi Moore**

Substance Abuse Prevention Specialist

**Cheyenne Sims**

Substance Abuse Prevention Specialist



[www.townhall2.com](http://www.townhall2.com)



[Townhall II](https://www.linkedin.com/company/townhall-ii)



[@TH2kent](https://www.facebook.com/TH2kent)



[@townhall2\\_kentohio](https://www.instagram.com/townhall2_kentohio)



[@th2kent](https://www.tiktok.com/@th2kent)



[@TH2\\_PRCC](https://twitter.com/TH2_PRCC)