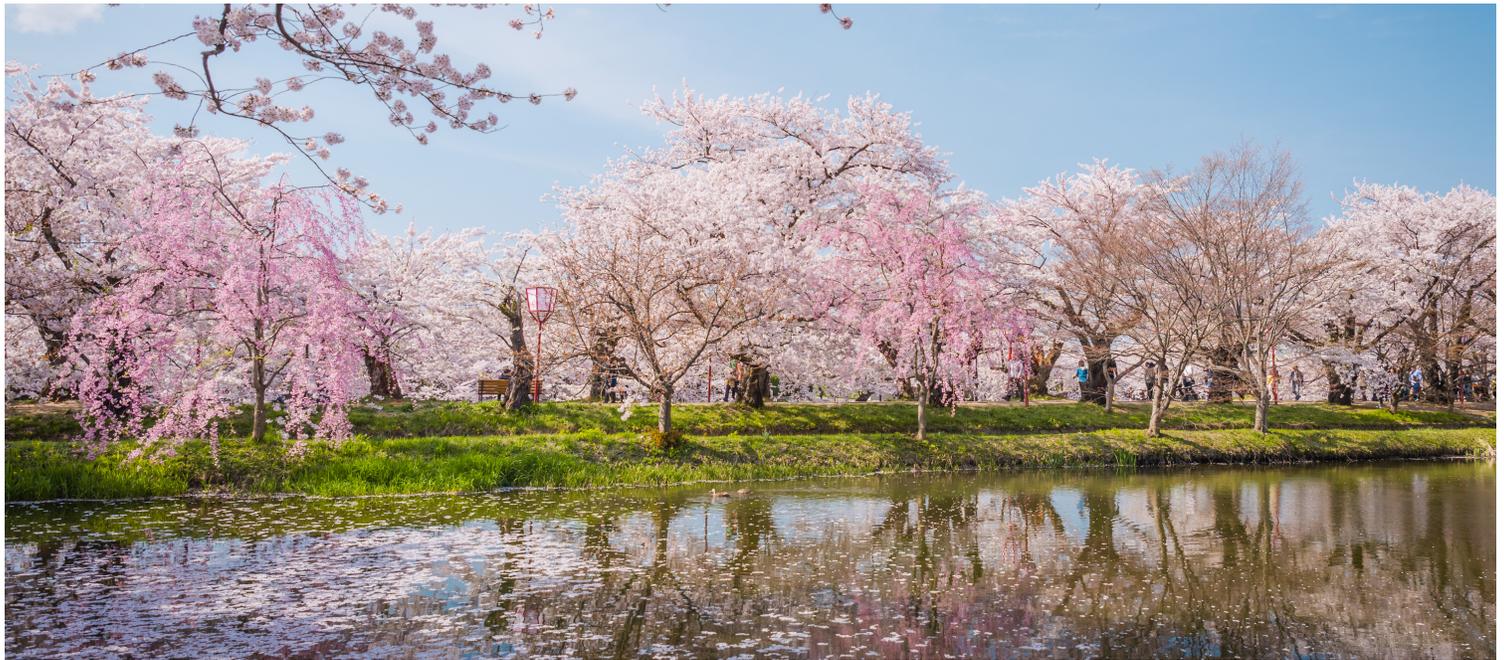


# Townhaller



*“An ounce of prevention is worth a pound of cure”*

**Benjamin Franklin**

## **Did you know that April is Sexual Assault Awareness Month and Child Abuse Prevention Month?**

Educating ourselves and others on sexual assault and child abuse is one way we can work on preventing them from happening. Take some time this month to read up on these important topics. In this edition, we included basic information and resources for you to use in classrooms, work places, and in the home.

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Last year, an estimated **678,000** children were found to be victims of child abuse or neglect nationwide.

Share to raise awareness for healthier families

NCJFCJ

Every 73 seconds someone in America is sexually assaulted.

#TALKtoMe

Learn how to support someone you know at [RAINN.org/SAAPM](http://RAINN.org/SAAPM)

# Happenings this Month

**April 1st:**

## Opening Day

This marks the beginning of the season for Major League Baseball. The Cleveland Indians' 2021 season opens on April 1st when the team travels to Detroit. The Cleveland Indians' will return to Cleveland for their home opener on April 5th.

**April 2nd:**

## World Autism Awareness Day

This year marks the 14th annual World Autism Awareness Day. The purpose of Autism Awareness Day is to raise awareness about autism and eliminate the stigma around the disorder. To learn more, [click here](#).

**April 7st:**

## World Health Day

This day is sponsored by the World Health Organization (WHO), and every year a different global health issue is highlighted. This year's theme is Building a fairer, healthier world. To learn more about the World Health Day's 2021 theme, [click here](#).

**April 11th:**

## National Pet Day

People with pets are encouraged to give their pets the extra appreciation that they deserve on this day. This day is celebrated to appreciate the role that pets play in our lives.

67% of U.S. households, or about 85 million families, own a pet, according to the 2019-2020 National Pet Owners Survey conducted by APPA.



**April 22nd:**

## Earth Day

Earth day is celebrated to educate people about the issues affecting the planet, to raise awareness, and celebrate the efforts in place to protect the environment.

The first Earth Day was celebrated on April 22, 1970, with rallies and demonstrations happening in Philadelphia, Chicago, Los Angeles, and several other American cities.



# National Child Abuse Prevention Month

## CHILD ABUSE STATISTICS



### THE SCOPE OF THE PROBLEM

Child abuse is COMMON and crosses all socioeconomic, ethnic and religious barriers.

In 2018, there were nearly 1,770 children that died of abuse in the United States. At least 1 in 7 children have experienced child abuse in the past year. It is likely that this information is under-reported.

### FOUR COMMON TYPES OF ABUSE

#### Emotional Maltreatment

Psychological abuse that damages a child's emotional development or sense of self-worth.

#### Sexual Abuse

Any kind of sexual activity with a minor, physical contact, fondling, masturbation, and exhibitionism.

#### Physical Abuse

Non-accidental physical injury, examples include bruises, abrasions, lacerations, scratches, swelling, burns, bites and strap marks.

#### Neglect

Failure to provide a child's basic needs such as physical, medical, emotional, or educational.

# 90%

OF CHILD  
SEXUAL  
ABUSE  
VICTIMS  
**KNOW  
THEIR  
ABUSER**



## The Connection Between Child Abuse and Substance Abuse

- Many adults who were abused as children turn to substance abuse as a coping mechanism for dealing with childhood trauma.
- As many as two-thirds of the people in treatment for drug abuse reported being abused or neglected as children.

### SPREAD AWARENESS

*Here are two easy ways to show your support for Child Abuse Prevention Month:*

- Raise Awareness on Social Media- Whether it's a message in your email newsletter, a feature on your website or blog, or a social media post, every action helps. You can use the Child Abuse Prevention Month Outreach Toolkit to find social media posts and free graphics to show support. Below is the link to the toolkit.  
<https://www.childwelfare.gov/pubPDFs/ncapm-2021-outreach-toolkit.pdf>
- Pinwheel Art- Draw pinwheel sidewalk chalk, pinwheel coloring sheets, pinwheel wreaths, pinwheel desk or office displays, and other pinwheel art projects. Find a tutorial online to make your own!

### FOR MORE INFORMATION

<https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

<https://www.childwelfare.gov/preventionmonth/>

<https://www.childwelfare.gov/pubPDFs/ncapm-2021-outreach-toolkit.pdf>

# Mental Health Tip of the Month

SARAH MCCULLY, OCPS

Finding small ways to be active or to find calm can be essential in improving your emotional well being when feeling stress. Sometimes we feel like we need to be active in order to deal with the emotions we are feeling and sometimes we just need to do something soothing and calming. Below are examples of both types of activities.

Take a mental note of the ones that you might plan to do the next time you feel the need! Better yet, create your own list to include your favorite activities!

## Physical & Mental Activities

- Walk
- Jog
- Do the dishes
- Do the laundry
- Vacuum
- Garden
- Cook
- Make hand made cards for friends or family
- Put on an exercise video (YouTube is great for this!)
- Call a friend
- Organize a closet
- Color
- Do a puzzle
- Take a drive
- Organize photo albums
- Do a word search or crossword puzzle
- Take on online course (ebased academy offers free courses on some mental health topics)



## Soothing Activities

- Light a candle
- Look at the stars or clouds
- Listen to music
- Listen to the sounds of nature (there are apps for this too!)
- Sing
- Pet an animal
- Put on your favorite scent
- Take a long shower or bath
- Meditate
- Do yoga
- Pray
- Focus on positives in your life
- Practice Mindfulness
- Read your favorite book
- Watch your favorite movie or tv show
- Sip on chamomile tea
- Sit outside
- Turn off the outside world (phones/news)
- Take a nap
- Soak your feet in epsom salt

# *A Spring Break Staycation*

Spring break time is upon us and many families will be staying home for the second year in a row. There are several things that you can do at minimal or no cost to help make this time together just as memorable as a traditional spring break.

## **Road Trips**

There is a great website that can help you plan your perfect Ohio road trip; [www.roadtrips.ohio.org](http://www.roadtrips.ohio.org). This website will give you the option of choosing a “Scenic Route” or a “To the Moon and Stars” route.

The scenic route lists all of the State National Parks and other outside and roadside attractions in Ohio. All you need to do is pack up the car with some snacks and hit the road! If you choose the “To the Moon and Stars” route, you will be shown all of the science museums and observatories in the state. Be sure to check each location’s website for any special hours or closings before heading out.



## **At Home Spa**



Turn your home into a spa. Get everyone’s robes out of the closet and set up little stations throughout the house. Set up a nail station by setting out some nail polish and hand lotion. You can also turn your bathtub into a foot soak by filling it with warm bubble soap water. There is an easy recipe for a foot soak. Simply take 2 cups of Epsom salt and 3 tablespoons of baking soda and mix it together in a glass or jar. You can even add a few drops of your favorite essential oil. Add the mixture to your “foot bath” and sit back and relax. Your feet will feel so soft! You can buy some fuzzy socks at the dollar store to put on after the soak. Speaking of the dollar store, you can purchase one sheet face masks while you are there and have a facial session at your spa!

## **Inside Greenhouse**

You can purchase an inside garden greenhouse starter kit at most local stores for just about \$8.00. These come equipped with a plastic tray containing about 72 peat pellets of a variety of plants. All you have to do is water them and put on the included dome lid to create your greenhouse. The plants start sprouting rather quickly and watching them grow will be a fun activity for your children. When the plants are ready and the weather is ready, you can plant them outside or in pots!



# Sexual Assault Awareness Month

Every 73 seconds, an American is sexually assaulted.

Recovering from sexual assault or abuse is a personal process that will look different for everyone. This process can take weeks, months, or years: there is no timeline for the healing process (RAINN).

**Townhall II is the Rape Crisis Center for Portage County.**

**We offering the following services:**

24 Hour Crisis Hotline

Hospital Accompaniment / Advocacy

Community Awareness / Outreach

Counseling and Support Groups

Referrals

Prevention Programming

To access these services please call **330.378.HELP**.

## Types of Sexual Assault

- Sexual Assault
- Child Sexual Abuse
- Sexual Assault on Boys and Men
- Intimate Partner Sexual Violence
- Incest
- Drug-Facilitated Sexual Assault

## Effects of Sexual Abuse

- Depression
- Flashbacks
- PTSD
- Self harm
- Substance Abuse
- Eating Disorders
- Suicide
- Dissociation (RAINN)

**For more resources and information**  
**[click here.](#)**

# Staff Spotlight

## Amanda Perrin



**Start Date:** July 15th, 2015

**Current Title:** Substance Abuse Prevention Manager

**Previous Job Titles at Townhall II:** Substance Abuse Prevention Specialist, Substance Abuse Prevention Coordinator

**Background into the Field of Work:** "As I was completing my undergraduate degree in Human Development and Family Studies I knew that there were going to many different avenues I could take with my degree. I started my career working in a residential facility with juveniles and then worked in facility with adults. I realized quickly working with adults was not my thing! Being on the treatment side of the spectrum made me see that there is so much work that

could be done to prevent some of what I was seeing. When I switched over to prevention I knew that it was a great fit for me. I absolutely love going into the schools, getting to know the students, and educating them on the dangerous of substance use."

**Fun Fact about Amanda:** I traveled South America for four months visiting 5 different countries.

**Favorite Quote:** "Make today so awesome that yesterday gets jealous!"