

Townhaller



World Kindness Day

Bring kindness to your life by celebrating World Kindness Day on Saturday, November 13th.

To help bring kindness into the world, we need to first bring kindness into our daily life.

Try these 5 tips as a first step in daily kindness:

1. Send a “just because” text to someone in your life.
2. Wave on that person trying to switch lanes with a smile.
3. Share a compliment with a co-worker or friend.
4. Treat someone (friend or even stranger) to a cup of coffee.
5. Try to find a way to make at least one person smile every day.

For more information on how to spread the kindness, visit [Inspire Kindness](#).

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Did you know Townhall II has a MAT Clinic?

Tammy Hunter, MA, PC

So what is MAT anyways and how does it help people?

MAT stands for Medication-Assisted Treatment and is the use of medications, in combination with counseling and behavioral therapies, to provide treatment of substance use disorders. Here at Townhall II, we have had our clinic for a few years now led by Medical Director Dr. Dean DePerro. He and his team, LPN Tracey Roberts, and LPN Lisa Regal, treat patients with medications, like Suboxone, to help support their recovery from opioid addiction. “Patients who stick with suboxone in particular cut their chances of death in half,” according to a report by the National Academies of Sciences, Engineering and Medicine that explored how to overcome barriers to care.

So what's involved with receiving MAT services?

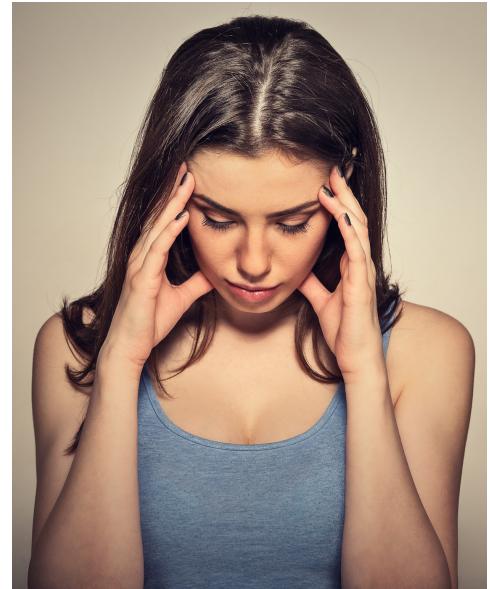
Well, you meet with the clinic regularly and get lots of support from some really great people. They will challenge you. It's very likely you will be required to meet with an equally great counselor regularly as well to address any challenges you may be having along the way. It's not easy, but it's worth it and you will have a fantastic support system along the way. We practice harm reduction strategies that aim to minimize negative health and focus on positive change with our clients without judgment, coercion, or discrimination.

Unfortunately there continues to be a lot of misinformation to be spread about some MAT medications. For example, “Suboxone is merely exchanging one opiate/addiction for another.” Science has proven that drugs rewire your brain. What they are researching now is that medications like Suboxone are restoring balance to the neural networks of the brain and its circuits that have been previously disrupted by heroin and other opiate use as evidenced by MRI scans. Much like prescribing insulin for those struggling with diabetes, why wouldn't we look to prescribing Suboxone for those struggling with addiction? We must start getting away from that very old and outdated train of thought that addiction is a moral character flaw. As the CEO of Townhall II, I hear stuff like this all the time and it frustrates me. There has been so much research showing us that it's a brain disease and we need to stop communicating all of these myths, especially in our own circles.

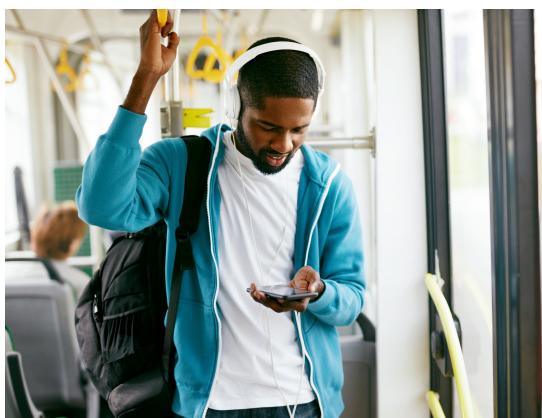
If you would like to learn more about our MAT Clinic give us a call at 330.678.3006.

INTERNATIONAL STRESS AWARENESS DAY: NOVEMBER 3RD

The International Stress Management Association (ISMA) established international stress awareness day, which is observed annually on the first Wednesday of November to provide information about stress and strategies for dealing with it. Stress is the body's natural reaction to change, resulting in physical, emotional, and cognitive responses. Stress is a common part of everyday living. Many events that occur to you and others around you, as well as many activities that you do yourself, can cause stress in your body. Your environment, your body, and your thoughts can all contribute to good or negative stress.



However, excessive, or chronic stress can have a negative impact on your overall health and well-being, increasing your risk of a variety of health issues such as anxiety, depression, headaches, muscle tension and pain, heart disease, heart attack, high blood pressures, trouble sleeping, and weight gain, to name a few. While we can't completely eliminate stress, we can learn how to cope with it in a healthier way. Some examples of good stress management include eating a healthy diet, getting regular exercise, getting plenty of sleep, practicing relaxation techniques such as yoga, deep breathing, massage, or meditation, writing in a journal, taking time for hobbies such as reading or listening to your favorite podcast, and having a sense of humor.



Happenings this Month

November 11th:

VETERANS DAY

November 13th

Caregiver Apperception Day

This day is to give recognition for the tens of millions of Americans, who selflessly give their time to care for those who are ill, disabled, or elderly. According to the U.S. Department of Labor, 29% of the U.S. population, are caregivers in some way.

November 21st: International Survivors of Suicide Loss Day

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

If you have questions please contact your local AFSP chapter or email survivorday@afsp.org.

November 23rd:

National Espresso Day

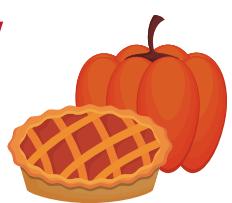
The Espresso Machine was first invented in Italy by Luigi Bezzera in 1901. Luigi's goal, was decrease the time of his employee's coffee breaks, and subsequently increase productivity. His espresso machine accomplished this goal, and went beyond by creating a coffee that has become very popular.

November 25th:

HAPPY *Thanksgiving*



D A Y



NATIVE AMERICAN HERITAGE MONTH

Cheyenne Sims, RA

November is Native American Heritage Month! It's a time to learn about and celebrate native people. As the first people of this continent we have a long history. There are activities and seminars held each year through both the National Parks Service and The Smithsonian. As a Native person myself, I want to share some of the history of our people and the current movements that are important to those in the community.

Most of the history we have recorded has been of the death and mistreatment since the first European settlers came to this continent. Nearly wiped out through deliberate and repeated attempts over the years, many of the larger communities were forced onto reservations or small isolated areas of land. For years, many did not leave the reservations because of the importance of family and the discriminations that they faced outside of them. Many have since moved away from the reservations and now live all over the United States and Canada as members of almost every community.

Boarding Schools

Over this last year, more information has been made public about the treatment of the Native populations' with in the boarding schools they were forced to attend. For years parents had no choice but to watch as their children were forcibly taken from them, their names changed and beaten for speaking their language. Many children died in these schools and it isn't until this year that the bodies of the "lost" children were found. The number is currently over 800 and expected to be in the thousands. These schools were not closed until the 1990s, and I personally know people who were forced to go to them. There is currently a call for all locations to be searched for bodies so that the families can have closer and give their children a proper burial. Many also want the organizations who ran these schools to be held accountable.

Missing and Murdered Indigenous Women (MMIW)

Thousands of native women are reported missing, yet only about 100 cases are opened. Many of the women and girls are written off as runaways, or drug users and not considered worthy of the time of the police. Stereotypes that have also led to refusal of medical treatment, and dismissal of cases of abuse. The community does not have the money or resources to push for better treatment, after years of systematic oppression. The sign of the MMIW movement is a red handprint over the mouth; this can be seen at Native Women's protests and marches across the nation. You can help by simply finding and sharing the stories of missing Native women so more people are aware and pressure is put on the police to find them.
Click [here](#) to learn more.

The native community is a close one where many know each other. It is a community with strong family ties, ties that make every incident involving a native person hit very close to home. During this month take some time to learn about the history, food, dances, current and past struggles. Here are some links just for that purpose:

[Native American Heritage Month](#)

[AIM Movement](#)

National Gratitude Month



Gratitude: The quality of being thankful; readiness to show appreciation for and to return kindness

With everything going on within the past year, being grateful can prove....difficult. So let's take this time to shift our focus on the people and things that bring us joy. A baby's first steps or first word, a new or current job, social supports and marriage. Think on these.

With everything that's going on, these can seem so small, but in the grand scheme of things, this is what's most important. So, for this month and every month, let's show gratitude for everything we have.



Staff Spotlight

Julie Curtis



Start Date: September 21st, 2015

Current Title: Quality Improvement & Compliance Coordinator

Previous Job Titles at Townhall II: Outpatient Counseling Manager, AOD Counselor

Background into the field of work: "During my first attempt at a Master's Degree I specialized in medical sociology. When learning qualitative and quantitative analysis it occurred to me I didn't want to be exclusively in a lab running numbers, I wanted to know the people behind the data. A few years later I began and completed my Community Counseling MA, using vacation days from work to attend workshops in order to get my CDCA because I knew I wanted to focus on addiction treatment. I interned and worked at a few Summit County agencies for about 5 years before coming to TH2."

Fun fact about Julie: She loves nail art and usually has a new manicure every week. She owns over 1,000 bottles of nail polish.

Something she says often: "We accept the love we think we deserve."