

TOWNHALLER

Your Monthly Townhall II Newsletter

Seasonal Depression Awareness Month

The "winter blues" can be more than just a feeling of sadness. The cold and dark days can lead to a more serious condition known as Seasonal Affective Disorder (SAD). SAD is a type of depression that can last for several months.

SAD affects someone's daily life including their thoughts, feelings, and behaviors. It is important to recognize the symptoms of SAD to know when to reach out for help or what to look for in loved ones.

Symptoms can include:

- Low energy
- Difficulties with sleeping patterns
- Having a hard time concentrating
- Changes in weight and appetite
- Losing interest in things you once enjoyed
- Feelings of hopelessness or worthlessness
- Increased agitation or irritability
- Social isolation

Millions of Americans deal with SAD each year and living in Northeast Ohio can put us at greater risk due to several cold and snowy months. SAD can be treated in several ways including psychotherapy, light therapy, antidepressant medications and vitamin D. (NIH)

Check out this [article](#) from Everyday Health that suggests 14 ways to cope with SAD.

Remember that you are not alone in this and we are here to help! You can call the Helpline at 330.678.4357 to talk with a crisis intervention specialist at any time or call 330.678.3006 to set up an appointment to speak with a mental health counselor.

What's New in this Issue:

Portage County Youth Summit
• P2

Holiday Stress Relievers • P3

Happenings of the Month • P4

Staff Spotlight • P5

New Staff • P5

Townhall II is continuing to grow!

As we continue to strive towards our Mission of promoting the health, wellness, and recovery of our community, we want to expand our team. If you are a licensed counselor interested in providing AOD Treatment please send your resume to info@townhall2.com.

Portage County Youth Summit

Townhall II and the Portage County Mental Health and Recovery Board will host our second youth-led summit on Friday, January 20, 2023. The Student Leadership Summit event is being facilitated by Joe Markiewicz, National Youth Trainer-Building Stronger Communities.

At this Summit, student leaders will plan activities to develop a more positive school climate. They will analyze Portage County youth survey data to prioritize risk factors that lead to problem behaviors in youth such as substance abuse, mental health issues, truancy, bullying, and violence. The summit will utilize the prevention framework to identify the protective factors that buffer youth from risk to problem behaviors and will:

- Educate students on school-based student survey data from the region**
- Provide examples of Positive Social Norming campaigns for schools & communities**
- Brainstorm events, activities & programs to support a more positive school climate**
- Develop Student Action Plans to take back to the schools for implementation**

Following the summit, Substance Abuse Prevention Specialist, Tiffany Rittenour will be working with students from each district to move forward with their Student Action Plans.

If you are interested in learning more about the summit or our youth led programs, please reach out to Tiffany Rittenour at tiffanyr@townhall2.com or 234.236.4806.

To learn more about Joe and his work please visit [Building Stronger Communities](#).

Staff Shout Out

Our Helpline Training Coordinator, Lisa, identified a need for Narcan training for the helpline staff. Kristen, our Peer Recovery Specialist, and Lisa were able to get all staff trained. We are delighted that we are able to provide assistance for individuals suffering from overdose both to clients who walk-in to our Helpline, and as we move about the community off duty. Thanks to both of you for your commitment to helping save lives and ensuring a high standard of care!

Holiday Stress Relievers

If you like the holidays, but feel anxious, dread or nervousness this time of year, you are not alone. The holidays can bring as much stress as they do joy. Try some of these tips in mindfulness and stress management to help make your holidays a little brighter.

Allow good to be good enough – Many of us set unrealistic expectations on ourselves during this time of year. From decorating to baking we believe everything should be perfect.

Before you even start any of your planning and prepping, acknowledge that things are not going to always go exactly as you planned and that it is okay! Imperfections are completely normal!

Think about what really matters – You will deal with crowds in the stores and backed up traffic. People all around us will be stressed and we can become overwhelmed with the hustle and bustle. Research out of John Hopkins Mindfulness Program suggests using these moments to reflect on the following:

- **Where does this fit in the grand scheme of things?** If you're frustrated by the long grocery line you're standing in, remember that it is just a long grocery line – nothing more. Don't let it spoil your afternoon.
- **Can I use this moment of frustration as an opportunity to reflect?** While the cashier rings up the customers ahead of you, take inventory of the good things that have happened today or the things you are grateful for.
- **Even if this moment seems stressful, can I find a way to make it pleasant?** Connect with someone else in line with a compliment or kind gesture or notice what's around you with fresh eyes and an open mind.

Use honey not vinegar – In other words, choose kindness. This can be one of the most challenging ways to respond, especially during the stress of the season. As much as we would love to change the way other people act, we can't, but we can change the way we act, and in turn feel better.

As breathing can help give us more perspective, take a few deep breaths, especially before responding to someone. We never know the baggage that someone else may be carrying that day.

To read the article from John Hopkins Mindfulness Program, click [here](#).

Happenings this Month

December 5th: International Volunteer Day

This is a day that recognizes the efforts of volunteers in transforming their societies, economies, and environment. The goal is not just to get others to volunteer for one day but to change people's mindsets, attitudes, and behaviors. International Volunteer Day 2022 celebrates the theme of solidarity through volunteering. This campaign highlights the power of our collective humanity to drive positive change through volunteerism.

December 8th:

National Blue Collar Day

All blue-collar workers deserve our respect, admiration, and gratitude. They are the ones who work with their hands and use physical labor to earn a living.

December 25th:



December 26th:

National Thank You Note Day

When was the last time you took some time to write a hand written thank you note? Take the time today to sit down and write a thoughtful message to tell some one. It might just make someone's day or week a little better!

December 31st:

New Years Eve



Staff Spotlight

Start Date: 1/12/2021

Current Title: Crisis Intervention Specialist and Training Coordinator

Background into the field: Lisa has a High School diploma with no college education, “just” life experience, which she is fine with because she believes that education is just a small piece of what it takes to work in this field. She has personal experiences with overcoming mental health crises throughout her life and in doing so, she truly believe that those crises led her to Townhall II. Now, here she is nearly 2 years later still helping people in the community in their darkest moments and she wouldn't change that for anything.

Fun fact about Lisa: She loves 50's-current R&B and Soul music... and IF you catch her alone on one of her shifts, you will more than likely catch her singing at the top of her lungs to The Temptations, Gladys Knight and the pips, Otis Redding, Musiq Soulchild, Charlie Wilson, Aretha Franklin, etc.

Lisa's Favorite Quote: “No one cares how much you know until they know how much you care”. – Theodore Roosevelt

Lisa Jones



NEW STAFF

Carrie Reedy
MAT Clinic Nurse

Cara Baker
Behavioural Health and
Wellness Coordinator

WELCOME



www.townhall2.com



[Townhall II](#)



[@TH2kent](#)



[@townhall2_kentohio](#)



[@th2kent](#)



[@TH2_PRCC](#)