

# the Resource

A publication to increase awareness of mental health and substance use disorder issues in our community.

## Mental Health...it's a good thing!

"Mental health - it's a good thing!" is the message the Mental Health & Recovery Board of Portage County is spreading this May for Mental Health Awareness.

The term mental health refers to a positive state in which a person has the ability to live a full, satisfying life, and the flexibility to deal effectively with difficulties and set-backs. Maintaining good mental health is essential to a person's overall health. Important mental health skills include developing a positive self-image, socializing, managing time, solving problems, and celebrating one's unique strengths and interests. People should take the time to achieve good mental health just as they make an effort to eat fruits and vegetables.

Several easy ways a person can enhance his/her mental health include exercising, spending more time with others, volunteering, caring for a pet, and talking about feelings as issues arise.

Realize that all of us experience mental health problems. "Everyone feels sad and anxious every once in a while," states Joel Mowrey, PhD, executive director of the Mental Health & Recovery Board of Portage County. "Typically these feelings are due to a variety of situations and events that are occurring in our lives, such as stress, physical health problems, and normal grief reactions to loss."

However, it's important to recognize when it is more than just "normal" sadness or anxiety and may be time to seek help. "A person who experiences the symptoms for weeks or months and is not able to continue with their regular activities may benefit from talking with a therapist," advises Mowrey. "Individuals who have suffered any kind of trauma (e.g., abuse, domestic violence, bullying, car accident, death of a family member by suicide or drug overdose) are particularly vulnerable to developing more serious problems that can be helped with mental health treatment."

An issue in our communities is the stigma that surrounds mental health problems. The perceived negative attitude towards people with mental health issues may prevent people from seeking the help they need. Stigma also leads to prejudice, discrimination, fear, mistrust, and even violence against people living with mental health problems.

How can we put a stop to the stigma surrounding people with mental health problems? An easy way to start is by treating everyone with respect, dignity, and kindness regardless of having a mental health and/or physical health problem. See the person as a person - not as a diagnosis or label. Another way to address stigma is for everyone to become more educated about mental health and how all of us are on a continuum with varying degrees of health problems, including both mental and physical health issues. Finally, when interacting with others, listen to those who need to talk and provide support and encouragement.

For more information and to take a free online mental health screening, visit [www.mental-health-recovery.org](http://www.mental-health-recovery.org).



## Awareness Video

The Mental Health & Recovery Board released a video to raise awareness on prescription drug misuse and opiates. This is a problem in all the communities of our county. Last year, 30 people died by accidental overdose and this year there have already been 16 deaths.

Treatment is available and does work. People can recover. Townhall II, Family & Community Services, and Coleman Professional Services offer a variety of treatment services for people in Portage County. Please take a moment to watch and share this 30 second video. Visit [www.mental-health-recovery.org / opioids-heroin](http://www.mental-health-recovery.org/opioids-heroin)

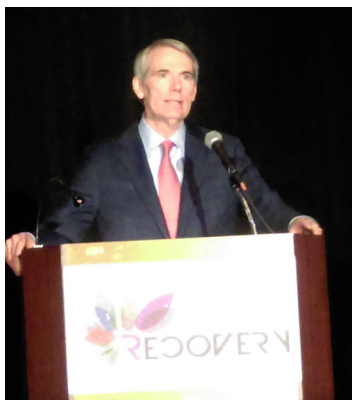
## Upcoming Events:

**Steps of Change  
OhioCAN awareness event**  
May 21 • Noon-4pm  
Ravenna City Park

**NAMI Annual Meeting**  
June 9 • 5:30pm  
United Church of Christ, Kent

**Mental Health & Recovery Board**  
June 13 • 6:30pm  
Family & Community Services location

**Family Addiction Series**  
July 14 • 6pm, 5 wk class  
Townhall II



US Senator Rob Portman recently led the efforts in the Senate to pass the Comprehensive Addiction and Recovery Act.

## Ohio Opiate Conference

Executive Director Joel Mowrey and Director of Community Relations Karyn Hall attended Ohio's 2016 Opiate Conference: Advancing Prevention, Intervention, Treatment, and Recovery was hosted by the Ohio Association of County Behavioral Health Authorities, in partnership with the OhioMHAS and the Ohio Department of Rehabilitation and Correction. The two-day conference brought together professionals from across Ohio to learn about Ohio's opiate epidemic and to continue developing local ideas and solutions.

Speakers included Senators Sherrod Brown and Rob Portman, Representative Tim Ryan, Attorney General Mike DeWine, Ohio Representative Robert Sprague, and author Sam Quinones.

## Recovery, Not Jail - speaker at the City Club

Recovery, Not Jail: It's time to stop abandoning America's Mentally Ill is the topic Pete Earley, mental health advocate and best-selling author of CRAZY: A Father's Search Through America's Mental Health Madness, will be speaking on at the City Club of Cleveland on Friday, May 27 at noon.

Tickets: \$20 members/\$35 nonmembers. To register or for more information, visit <https://www.cityclub.org/events/upcoming>

## NETWORK OF CARE FOR ALL GENERATIONS



CHILDREN'S ADVANTAGE  
Family Behavioral Health Services  
330-296-5552  
[childrensadvantage.org](http://childrensadvantage.org)



COLEMAN™  
Professional Services  
330-673-1347  
[coleman-professional.org](http://coleman-professional.org)



FAMILY & COMMUNITY SERVICES, INC.  
330-297-7027  
[fcoohio.com](http://fcoohio.com)



Townhall II  
Leader in Prevention, Treatment, and Recovery  
330-678-3006  
[townhall2.com](http://townhall2.com)



Checkup from the neck up  
[www.mental-health-recovery.org](http://www.mental-health-recovery.org)  
Mental Health & Recovery Board OF PORTAGE COUNTY

## America's biggest drug problem isn't on the streets...

## IT'S IN OUR MEDICINE CABINETS.

Protect your family & community by dropping off unwanted, unused, or expired medications for proper disposal.

Prescription drug abuse is on the rise in the United States. Many teens who misuse prescription drugs report getting them from friends or relatives. Misuse of prescription pain killers is linked to addiction and may open the door to heroin use.

### Portage County Prescription Medication Drop Off Boxes

- Aurora Police Dept** (entrance), 100 S. Aurora Rd. (St Rt 43)
- Brimfield Police Dept** (lobby), 1287 Tallmadge Rd.
- Hiram Police Dept** (front entrance), 11617 Garfield Rd. (St Rt 82)
- Kent City Police** (parking lot behind station), 319 S. Water St.
- Kent State Police Dept** (front of Stockdale), 530 E Summit St.
- Portage County Sheriff's Office** (lobby), 8240 Infirmary Rd, Ravenna
- Ravenna Police Dept** (entrance), 220 Park Way
- Streetsboro Police Dept** (entrance), 2080 St Rt 303



Prevention, treatment, and recovery resources are at [www.mental-health-recovery.org](http://www.mental-health-recovery.org)



Mental Health & Recovery Board  
OF PORTAGE COUNTY

For help in a crisis, Call 330.678-4357 or 330.296.3555