

# Townhaller



## TOWNHALL II IS TURNING 50!

We have been proudly serving the Portage County community for 50 years!!!! It all started with dedicated volunteers who created our Helpline services and provided drug education. We have since expanded into a holistic organization that provides a full continuum of care for those struggling with alcohol and drug addiction from our 24 hour Crisis Helpline to our Intensive Outpatient services. In addition, we integrate co-occurring mental health counseling via Individual Outpatient Therapy. Our Prevention Specialists provided programming in every Portage County school district Pre K – 12 and our Victims of Crime Outreach Program provides advocacy, support and healing.

Join us in celebration of 50 years on Friday October 1st, 2021 at a family friendly party at Hometown Bank Plaza located at 142 N. Water Street. Festivities will begin at noon and will continue through 6pm. There will be music, snacks, fun, prizes, and blasts from the past. Come see our team members you know and love! Relax, smile, and enjoy the end of the week with Townhall II.

We are looking forward to meeting members of our community, sharing stories, and laughing.

Tamera Hunter MA, PC  
CEO, Townhall II

*If you are an area vendor and would like to promote your business at this event on the square, please email Barb Folan at [barbaraf@townhall2.com](mailto:barbaraf@townhall2.com) or call Townhall II at 330-678-3006.*

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# A COLLABORATION IN THE MAKING

As the Rape Crisis Center for Portage County, we have seen a need in our community for more direct services and decided to start a direct service collaboration with other agencies throughout the county.

In this collaboration, we have met to discuss an array of topics that will lead to the betterment of survivors of violent crimes, and to the community as a whole.

## THE AGENCIES THAT HAVE JOINED TOGETHER WITH TOWNHALL II IN THIS COLLABORATION ARE:

- *Akron General*
- *Aultman Hospital*
- *Aurora Police Department*
- *Brimfield Police Department*
- *Children's Advantage*
- *Children's Advocacy Center*
- *Coleman Health Services*
- *Community Legal Aid*
- *Hope Village*

- *Kent Police Department*
- *Kent State Police Department*
- *Mental Health and Recovery Board*
- *NEOMED Police Department*
- *RAHAB*
- *Safer Futures*
- *Streetsboro Police Department*
- *The Haven of Portage County*

Meetings for the collaboration are held on the 3rd Wednesday of every other month from 11am to 12pm via Zoom. Our next meeting date will be held on October 20th. We are still in the beginning phases of creation and will keep you updated on how we grow.

**If you would like more information or would like to join this collaboration please contact Arissa Shupe at [arissas@townhall2.com](mailto:arissas@townhall2.com).**

# Happenings this Month



## September 11th:

### Remembrance Day

On the anniversary of 9/11, we encourage you to spend a few minutes reflecting upon this event, and praying for the victims who died, and their families and friends.

## September 14th: National Sober Day

National Sober Day helps us encourage sobriety to maintain a healthy lifestyle, recognize the tremendous efforts of those in recovery, and raise awareness of addiction. Show your support for anyone living in sobriety today!

## September 19th: National Dance Day

Are you wondering how to celebrate National Dance Day? Turn up the radio, get off the couch, dance all day and dance the night away.

"Every day brings a chance to draw in a breath, kick off your shoes, and dance." - Oprah Winfrey

## September 21th: International Peace Day

Each year on this day, celebrations are held in hundreds of countries, all with the same goal in mind....to stop war and violence. Created and sponsored by the United Nations, this day seeks to end war, starting today.



# National Suicide Prevention Month

Everyone plays an important role in preventing suicide. This month we want to help others to learn the warning signs and risk factors, the 5 steps of talking with someone who may be suicidal, and ensure that everyone has access to resources in the area for help.

For more information visit:

[The National Prevention Suicide Hotline](#)  
[National Alliance on Mental Health](#)

## WARNING SIGNS

- Talking about Wanting to Die
- Giving Away Possessions
- Feelings of Hopelessness
- Extreme Mood Swings
- Isolating Themselves
- Talking about being a Burden
- Increased Substance Use
- Impulsive or Reckless Behaviors

## RISK FACTORS

- Mental Health Disorders
- Family History of Suicide
- Substance Use
- History of Trauma or Abuse
- Access to Lethal Means
- Prolonged Stress
- Lack of Social Support
- Loss of Relationships
- Financial Loss

## THE 5 STEPS

### 1. Ask

- Asking someone if they are thinking about suicide shows that you care and are open to talk about what they are feeling.

### 2. Be There

- This can mean in person or on the phone giving the person the support they need.

### 3. Keep them Safe

- Consider the severity of the situation and call emergency services if needed. Do not leave the person alone.

### 4. Help them Connect

- The Townhall II Helpline and the National Prevention Suicide Hotline can help them find help in the area and have someone else to talk with.

### 5. Follow Up

- Call, text, or show up to see how the person is doing after the initial contact.



Crisis Helpline: 330.678.HELP



# PORTAGE COUNTY SCHOOL DISTRICTS HELP SUPPORT PARENTS & TOWNHALL II PROGRAMMING

The 2020-2021 school year was different in many ways for all people. Townhall II needed to find alternative ways to provide fun and educational programs while maintaining all safety measures.

The Active Parenting series is an evidence based, comprehensive program that helps give parents of children ages 5 to 12 the tools needed to raise responsible, courageous children able to resist negative peer pressure. Townhall II holds this program at various school districts throughout the school year. It meets once a week for 4 weeks in the evening for 2 ½ hours.

Participants are provided with a free meal to enjoy as a family at the beginning of each session and then engage in a family craft or activity. After family time, children and parents head to their own groups. Children engage in fun activities and discussions while parents hear from area professionals about topics relevant to parents of school aged children; joining in discussions with other parents from their school district. So, obviously, this program works best when held in person.

Due to COVID-19 restrictions, Townhall II had to figure out a creative way to implement this program without meeting in person. Sarah McCully reached out to several school districts to see if they would be interested in helping Townhall II host their first ever virtual, yet live, Active Parenting sessions.

These sessions met once a week for four weeks for 2 hours via Zoom. There was a link for parents and a link for children. Both links led to live sessions. Children who participated in sessions were sent a craft package to help enhance their experience.

Families also received a mailing at the end of the program that contained craft materials and instructions for the projects they would have done as a family had the program met in person.

The program served 60 Portage County parents and caregivers!!! Those completing all 4 sessions also received gift cards.

We would love to give a huge shout out and thank you to the school districts and school staff that took a chance on a new way to deliver a program. Thank you to Tami Mazzella from Aurora City Schools, Cathy Buck from Southeast Local Schools, Shawn Bookman from Field Local Schools and Emily Smith from Crestwood Local Schools.

We could not have done it without your tremendous support and efforts!



We will be postponing our formal event that was set for October 23rd to sometime in the spring. Look for announcements in the upcoming newsletters.

## Staff Spotlight

### Barbara Folan



**Start Date:** December 1, 2005

**Current Title:** Executive Administrative Assistant

**Previous Job Titles at Townhall II:** Administrative Assistant

**Background into the field of work:** "When my previous place of employment moved out of town, I was forced to go and look for a new job. I applied to an ad for an Administrative Assistant at Townhall II, not knowing what they did, I had an interview and was hired and have been here for the last 15 years. Boy have I learned allot about what Townhall II does since."

**Fun fact about Barb:** She loves to crochet and gives back yearly to the Streetsboro Community Christmas program by making soup and serving it to the client shoppers and crocheting scarfs.

**Something she says often:** "Just take it one day at a time."