



## eNews for November 2018

Crisis Hotline: 877 695-NEED (6333) | Crisis Text Line: text '4hope' to 741741

### 'I know what it's like': Peer supporter shares hope in recovery from addiction, mental illness



There's no mistaking Sarah Neff's enthusiasm for her work.

"I love what I do!" she said as we talked one morning at a local coffee shop. "I never had someone like me when I was going through everything, so I'm glad to help someone else's journey a little easier than mine."

[Watch the video and read more on our blog](#)

### Welcome, new MHRS Board members!

The MHRS Board of Directors welcomed two new members at the October meeting, as Dr. Cori Yaeger of Lebanon and Dwayne Gross of Clarksville took the oath of office.

Yaeger was appointed by the Warren County Commissioners, while Gross was appointed by the Clinton County Commissioners. Both are serving their first four-year term.



We are so pleased to have you both with us!

## International Survivors of Suicide Day - Nov. 17

International Survivors of Suicide Day provides a worldwide opportunity for all who have been affected by suicide can come together to share stories of healing and hope. This year, the day is Saturday, November 17. The American Foundation for Suicide Prevention has planned several events leading up to that day:

November 7 - a Facebook Live discussion on healing after suicide loss  
November 12 - AFSP Twitter chat on healing after a suicide loss  
November 14 - Facebook Live discussion on healing  
November 17 - join an event in person or via Facebook Live

For more information, visit [AFSP's website](#).

## Substance Abuse Prevention Coalition launches new website

The Substance Abuse Prevention Coalition of Warren County has a new place for you to learn more about its work.

Coalition leaders unveiled the group's new website a few weeks ago. Available information includes coalition strategies, statistics, resources, events, and more.

To find out more, visit [sapcwarrencounty.org](#).



## MHRS board, staff help Clinton-Massie teachers learn about life in poverty

What does it feel like to live in poverty?

Some MHRS board members and staff got a chance to help Clinton-Massie Schools teachers learn all about that during a poverty simulation in early October. Board members Ken Houghtaling and Rachel Sams - who works for the Clinton-Massie district - along with MHRS Associate Director Patti Ahting took on roles that gave teachers a first-hand look at choosing between food and transportation to work, keeping the lights on, kids in trouble at school, and more.

## Here come the holidays: dealing with anxiety, depression as family comes together

Here we are, headed once again for a holiday season of cheer and laughter.

Well, for some, anyway. For others, the holidays bring on feelings of doubt, depression, anxiety, or other things.

So, before everything starts to get busy, take a few minutes to learn about these feelings during the holidays - how to help yourself if you start feeling down or blue, or how to help others you may see at family gatherings or neighborhood get-togethers who seem down or "not quite themselves".

Check out these resources from [WebMD](#), [NAMI](#), and [MHA](#). If you have questions about treatment, contact our provider agencies for information.



## Power to Create a Better Future website launches



A new resource has launched to help parents and other community members make a better future for children.

"The Power to Create a Better Future" is a new initiative designed to "generate a sense of responsibility in preventing child abuse and neglect by offering resources to parents, caregivers, educators, social workers, healthcare professionals, and other concerned citizens."

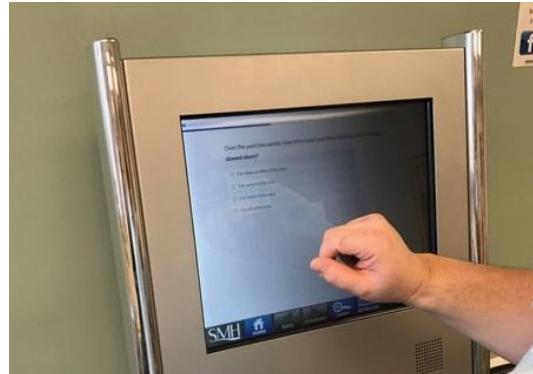
To learn more, visit [createabetterfuture.org](http://createabetterfuture.org).

## Self-assessments offer personalized insights, immediate feedback

Unsure about taking a mental health or substance use self-assessment? Here are a few reasons to consider it:

- The self-assessment screening tools provide an anonymous evaluation
- The self-assessment can be completed at home or at a kiosk
- You get immediate feedback and contact information to schedule an appointment or learn more about resources

Screenings are available for depression, anxiety, substance use disorder, eating disorder, and more. Check one or more out on our website, or visit a kiosk located across Warren and Clinton Counties.



**Take a screening now!**

## The Crisis Text Line: Always here for you

Crises aren't "9 to 5" happenings. They sometimes come on when it's not easy to pick up a phone and call someone.

But you can text for help at any time! Chat with a trained person by texting "4hope" to 741741. That

person will help you de-escalate and can offer information about local resources where you can find in-person help if needed.

The Crisis Text Line is always there for you, 24/7. Just send a message!

**CRISIS TEXT LINE |**

**Text 4hope to 741741**

## Upcoming Events



### Lindner Center Community Education

The Lindner Center of HOPE will host the next in its education series, "Integrative Mental Health" on December 19.

The class takes place at Manor House, 7440 Mason-Montgomery Rd. in Mason. If you are interested in attending, call (513) 536-0318 to register.

Mental Health Recovery Services of Warren & Clinton Counties | (513) 695-1695 | [mhrsonline.org](http://mhrsonline.org)

**STAY CONNECTED**

