



Mental Health
Recovery Services
of Warren & Clinton Counties

eNews for September 2018

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

Thank you, Ivan



We were deeply saddened to learn of the recent passing of Ivan Faske, a dear friend of MHRS and advocate for those in recovery. Ivan worked with MHRS on several projects around recovery housing and other services, and was a core part of OneCity Against Heroin in Cincinnati. He died of cancer on September 16.

Ivan struggled with addiction earlier in his life, which made him the staunch advocate that he was. We will miss Ivan's wisdom and work to help those in recovery.

Thank you, Ivan, for all you did to benefit the recovery community. Your contributions will live on in those who remember and continue your passion and your dreams

The case for screening: Depression & Mental Health Screening Month

Think about it. We've all felt like these things at least once:

- unmotivated for longer than a few days
- Just sit and stare at something for a long time
- felt bad about yourself, had a lot of guilt or think you're a failure

It's when those feeling last longer than a few weeks that we (or someone we love) takes note and decides to see if it warrants talking with a therapist.

That's where screenings can help. During Depression and Mental Health Screening Month, we'll share reasons to consider an online screening and why they can be important to your mental health or the mental health of someone you love. [Take one now](#), if you'd like. They're free of charge but can bring so much peace of mind.



Bullying Prevention Month



Lots of people see it all the time: kids being bullied or doing the bullying. And it's not just kids doing it. Sometimes adults are just as guilty.

October is Bullying Prevention Month, a chance to learn what bullying is, what the consequences of it can be, and what you can do about it - regardless of profession or whether you have children.

For some quick info on bullying, check out Beech Acres Parenting Center's [Fast Facts flier](#). And Watch our social media for tips and ideas, and learn more at our website's resources page or stopbullying.gov. You can be a catalyst to stop bullying in its tracks. Take a stand against bullying.

Clean Acres offers hope, peace to residents



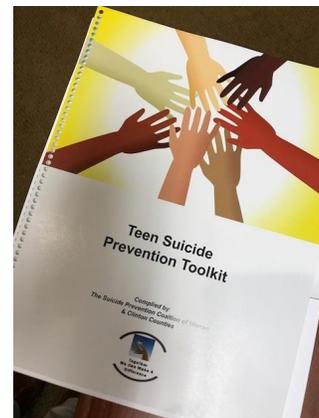
It's one thing to read about the power of recovery. It's another thing to hear how people's lives are impacted by the work they are doing toward their own recovery. At Clean Acres, residents are making each day count as they partner with housemates and staff to rebuild their lives after addiction and mental health issues. Thanks to New Housing Ohio for sharing their video!

Grant helps Suicide Prevention Coalition to distribute toolkits to schools

The Suicide Prevention Coalition, with the help of a federal Engage 2.0 grant, is sending some help to local schools in the form of a toolkit.

The Suicide Prevention Toolkits were created to enable schools across Warren and Clinton Counties to build evidence-based prevention plans involving students and staff to know the warning signs of potential suicide, and how they may step in as friends, teachers, and administrators to help.

The kits were distributed during the last week of Suicide Prevention Month in September.



Mental illness & addiction in the news



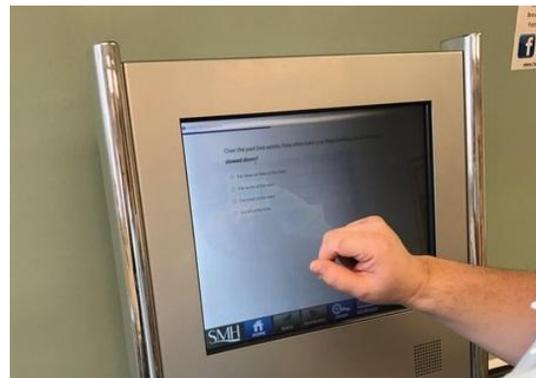
- [Akron's Summa Health one of three sites nationwide in mental health study](#)
- [US Senate passes legislation to fight opioid addiction](#)
- [Changing the dialogue around suicide](#)
- [Taraji P. Henson opens up about her mental health, starts nonprofit](#)
- [Why New York students will be learning about mental health](#)
- [Montana had the highest suicide rate in the country. Then budget cuts hit.](#)
- [How to talk to your kids about addiction](#)
- [Legal sports betting is about to sweep the nation. Services for gambling addicts probably won't](#)

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



Learning Opportunities

Families for Depression Awareness will present a free webinar on teen depression on Thursday, October 11 at 7:00 PM Eastern. For more information or to register, [visit the webinar page](#).



Lindner Center Community Education

The Lindner Center of HOPE will host the next in its education series, "The Impact of Trauma on Child Development and Wellbeing Throughout the Lifespan" on October 17th.

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

STAY CONNECTED

