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MAY IS MENTAL HEALTH MONTH 2022

Richland County Mental Health and Recovery Services Board is celebrating this year's Mental Health Month with the theme, Local Help for Local Hope. This theme focuses on opportunities offered by the Board and our community partners. These events are designed to help improve the wellbeing of those we serve, to bring awareness to mental health and to reduce stigma that surrounds a mental health diagnosis.

This year's celebration kicks off with a town hall to discuss what is going on in our community as related to mental health and substance use. Other events include proclamations, a drug take back day, a musical stage play, medication disposal bags giveaways, lock box giveaways, a mindfulness interactive activity, support groups, trainings, an anxiety workshop, 'Sparking the Conversation' show, a family festival, the '2nd Annual Mental Health Birthday Walk', and a 'Party in the Park'.

We highlight resources such as the Behavioral Health Urgent Care, the Crisis Helpline (419) 522-4357, the Warmline that provides support before crisis (419) 522-5300 and a text line (741-741). These services are available to support people when they are in need.

The following Calendar of Events offers details for each event/activity and focuses on wellness, companionship, spirituality, humor, work-life balance, recreation and social connections as a way to boost mental health and general wellness.

For additional information please contact the organization hosting the event or the Board office or go to www.richlandmentalhealth.com.

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2022 May is Mental Health Month Calendar of Events Local Help for Local Hope

April 26th at 6:00 p.m. to 8:00 p.m. The Richland County Mental Health and Recovery Services Board in collaboration with METRICH will host Responding to Addiction in Richland County, a Town Hall meeting, at Madison Middle School located 1419 Grace Street, Mansfield, Ohio 44903. This event will offer discussion on how our community is providing local help and local hope for those impacted by addiction. This event is open to the public. For more information go to richlandmentalhealth.com.

April 28th at 9:30 a.m. Richland County Commissioners will help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month by offering a proclamation declaring May as Mental Health Month in Richland County.

April 30th 10:00 a.m. to 2:00 p.m. National Prescription Drug Take Back Day is being held in collaboration with Operation Medicine Cabinet, Mansfield Police Department, Bellville Police Department, Richland County Solid Waste and CACY (Community Action for Capable Youth). You may drop off prescription pills of any kind, over-the-counter medications, medication samples, pet medications and vitamins. You cannot drop off needles, syringes,

lancets, thermometers, aerosol cans, IV bags, hydrogen peroxide, bloody or infectious waste, empty containers, or personal products (non-medicated shampoos, etc.). The drop off locations are Richland County Regional Solid Waste Management Authority, Lexington Police Department, Shelby Police Department and Richland County Sheriff's office.

April 30th at 7:00 p.m. Latter Rain COGIC Media Ministry hosts The Family Matters- A Musical Stage Play will be performed at Mansfield Sr. High Auditorium. This play addresses prominent issues such as Mental Health/ Addiction, Cultural Awareness, Non-traditional family structure, and the value of community support services and asking for help. This event is open to the public and tickets are available online at www.thefamilymatters.net. Sponsored by the Mental Health and Recovery Services Board.

Tuesdays in May at 7:30 p.m. Jeff and Donna Heck of 33 Forever, in collaboration with Mid State Multimedia, host a weekly show called 'Sparking the Conversation'. The show will address issues related to mental health and suicide while sharing positive stories and outcomes regarding the same. The focus on this show is to bring Mental Health conversations to the local community regarding hope, resiliency and the availability of resources to help those in need. For more information please go to wmfd.com or email kelbyk@wvno.com.

May 1st thru May 31st Catalyst Life Services will have Helpline available 24 hours a day, 7 days a week. If you or someone you know is dealing with a mental health or addiction crisis please call 419-522-HELP (4357).

May 1st thru May 31st The Behavioral Health Urgent Care at Catalyst Life Services offers access to services without an appointment. You can receive an initial assessment or brief and solution-focused counseling for Mental Health and Addiction. Located at 741 Scholl Road in Mansfield the urgent care is open Monday, Tuesday and Friday 8:00 a.m. to 4:00 p.m. and Wednesday and Thursday 7:30a.m. to 7:30p.m.

May 1st thru May 31st The Warmline will be available 24 hours a day, 7 days a week for questions or concerns regarding mental health. For more information call 419-522-5300.

May 1st thru May 31st The Richland County Mental Health Board will be supporting Text4Hope and encourages individuals who may not want to interact on a personal level with someone to reach out for help via text. This line is available 24 hours a day, 7 days a week. You can access this FREE service by texting 741-741.

May 1st thru May 31st CACY, in collaboration with Store It Safe, will be offering FREE Firearm Lock Boxes (while supplies last). These safe firearm boxes offer a way to protect adolescents struggling with self harming behaviors. Properly storing firearms and separating ammunition can reduce risk of suicide and unintentional injury. If you know an adolescent who is thinking of harming themselves, call the crisis helpline at 419-522-HELP (4357). To receive a FREE firearm box call 419-774-5683 or email andersont@cacyohio.com.

May 1st thru May 31st Richland Public Health will be offering Free Deterra Drug Disposal Pouches. These pouches are an easy way to dispose of your unused or expired medications in the safety of your own home. Properly disposing of your medications helps prevent misuse (especially in youth), prevents overdoses in the community, and protects our environment. The pouches are environmentally friendly and can be thrown in the trash after using them. Flushing medications or throwing them in the trash without using a Deterra pouch is not safe. To receive FREE pouches, call 419-774-4754 or email gdeol@richlandhealth.org.

May 1st thru May 31st Weekdays from 8:30 a.m. to 4:00 p.m. CACY will host a Mindfulness Water Jar make-it and take-activity at 1495 West Longview Avenue, Suite 104, Mansfield 44805. This FREE interactive activity is a great way for parents and children to have their own tool to use for a deep breathing and healthy focus activity. One mindfulness water jar per person.

May 2nd at 7:00 p.m. On behalf of the City of Shelby, Mayor Steven Schag will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at Shelby Village Hall.

May 3rd 5:30 p.m. On behalf of the Village of Bellville, Mayor Teri Brenkus will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at the Village Hall Opera House.

May 5th from 6:00 to 7:00 p.m. NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who have been there. By sharing your experiences in a safe and confidential setting, you can gain hope and feel a sense of connection. The group encourages empathy, productive discussion, and a sense of community. You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space. Call NAMI at (419) 522-6264 for more information.

May 10th at 8:30 a.m. The Richland County Mental Health Board is offering Enhancing Service Delivery through Ethical Practice training taught by Carol Brown, MSW, LPCC-S, LISW-S. The training offers 3 training hours for Counselors, Social Workers, Marriage and Family Therapists, Chemical Dependency Counselors or Counselor Assistants and Certified Peer Supporters. For more information contact the Mental Health Board at 419-774-5811.

May 10th at 7:00 p.m. On behalf of the Village of Plymouth, Mayor Cassandra Fryman will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be at Plymouth Village Hall.

May 16th from 6:30 p.m. to 8:00 p.m. NAMI will be offering a Family Support Group designed for those who have a loved one with a mental illness. Anyone is welcome to join the group for support, education, and learning. These sessions focus on how to advocate and care for loved ones as well as learning about self-care. Every month NAMI will cover a different topic through a variety of guest speakers. The meeting will be held at the Mental Health & Recovery Services Board at 87 East First Street in Mansfield.

May 17th 7:00 p.m. On behalf of the City of Mansfield, Mayor Tim Theaker will offer a proclamation to Richland County Mental Health and Recovery Services Board to celebrate Mental Health Month. The event will be at Mansfield City Hall.

May 19th at 6:00 p.m. to 8:00 p.m. The Richland County Mental Health and Recovery Services Board in collaboration with METRICH will host Responding to Addiction in Richland County, a Town Hall meeting, at Mansfield Senior High Auditorium located 124 Linden Rd, Mansfield, Ohio. This event will offer discussion on how our community is providing local help and local hope for those impacted by addiction. This event is open to the public. For more information go to richlandmentalhealth.com.

May 21st from 9:00 a.m. to 11:00 a.m. Crossroads Church Ontario Campus located at 636 S. Lexington-Springmill Road will offer Coping with Anxiety Workshop. If you are dealing with anxiety, are a group leader, counselor, pastor, community leader or simply looking to find peace in an anxious world, this FREE workshop is for you! Registration deadline is May 15th.

May 21st from 9:00 a.m. till 12:00 p.m. Bike-A-Palooza Family Festival will be held at Northlake Park. The event will be free and open to the public. There will be Bike with a Cop, a Bicycle Safety Rodeo, a Bicycle Raffle, Family Entertainment, Mansfield Fire Departments House of Hazards, Bike Inspections including small bike repairs, temporary tattoos and food. This event is brought to you via collaboration of many community partners that will be recognized at the event.

May 21st at 11:33 a.m. 33 Forever will host the 2nd Annual 33 Forever Mental Health Birthday Walk which will begin at the square in Mansfield and end at the Carrousel. It will be a 3.33 km (2 mile) family friendly walk. The registration fee, for walkers who are encouraged to get sponsors to help raise money for mental health and 33 Forever, is \$33. To register go to <https://33forever.life/>.

May 21st 12:00 p.m. to 4:00 p.m. Healing Hearts Counseling Center in collaboration with Healing Hearts Foundation of Ohio will celebrate Mental Health month by hosting the 2nd annual "Party in the Park." Healing Hearts strives to bring connectedness and unity throughout our community through dance, song and games. We will be providing food,

games, kids activities, and just a day filled with fun! The event is being held at South Park in Mansfield. A rain date of June 4th has been scheduled.

May 24th at 7:00 p.m. Catalyst Life Services Executive Director Erin Schaefer will be speaking to Modern Woodmen of America members about signs of suicide in children and adults. This event is invitation only.

May 25th 6:00 p.m. to 8:00 p.m. Join ODRC's Office of Reentry for a screening and discussion of the documentary *Apart*. Since the beginning of the War on Drugs, the number of women in US prisons has grown drastically, majority are mothers. Three unforgettable formerly incarcerated mothers, jailed for drug-related charges, fight to overcome alienation and a society that labels them 'felons', to readjust to life with their families. The event will be held at North Central State College, Byron Kee Center.

May 25th and May 29th at 7:00 p.m. The North Central Ohio Harm Reduction Group will host 2 pop-up events on the square in Mansfield. They will offer free Narcan kits.

June 6th and June 7th The Ohio Association of County Behavioral Health Authorities Foundation, in partnership with the Ohio Department of Mental Health and Addiction Services, will host Ohio's 2022 Opiate and Other Drugs Conference at the Hyatt Regency in downtown Columbus. This will be Ohio's 12th Opiate Conference. This two-day conference will focus on opiates, stimulants, and other substance use disorders, specifically on efforts related to prevention, education, intervention, treatment, recovery, family supports, community engagement, and more.

For updates on this calendar please go to the Board's calendar at www.richlandmentalhealth.com or call the Mental Health & Recovery Services Board at 419-774-5811 or follow us on Facebook or Instagram!