

2023 May is Mental Health Month

Faces and Journeys of Hope

April 22nd 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, 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, Bellville Police Department, Lexington Police Department, Plymouth Police Department, Shelby Police Department and Richland County Sheriff's office.

April 27th at 9:30 a.m. The Richland County Commissioners will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held in the Commissioner's Board Room at the Richland County Courthouse.

April 29th at 10:00 a.m. The 24th Annual NAACP Minority Health Fair will be held at the Oasis of Love Church located at 190 Chester Avenue in Mansfield. Men, women, children and families are welcome. For more information call 419-610-6257.

May 1st thru May 31st the Richland County Mental Health and Recovery Services Board is celebrating individuals who are in recovery with a Faces of Hope Campaign. Part of this campaign includes an art program. The Board is accepting art submissions to be used as part of the campaign. Local artisans are invited to submit artwork representing hope. What inspired hope in you? Artwork submitted will be posted in various partnering locations. The campaign began April 1 and will run through June 30. Add community partners.

May 1st thru May 31st CACY will be distributing FREE Deterra medication deactivation pouches to properly dispose of unwanted or expired prescription and over-the-counter medication. Deterra pouches are made from environmentally friendly materials which allows the pouch to biodegrade without hurting the environment. For packets contact Brandy at the CACY office at 419-774-5683.

May 1st thru May 31st 8:30am-3:00pm- CACY will host a Breathing Beads make-it and take-it activity. Stop by the CACY office at 1495 W. Longview Ave. Suite 104 Mansfield, OH 44906. 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 breathing bead kit per person.

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 7:30 a.m. to 7:30 p.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 the Crisis Text Line 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.

Tuesdays in May at 7:30p.m. Jeff and Donna Heck of 33 Forever, in collaboration with Mid State Multi Media, 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.

Saturdays in May at 11:00a.m. Every Saturday in May OhioHealth Ontario Health and Fitness Center is offering free yoga classes. This event is open to the public. The yoga class is designed to increase mindfulness and build resilience.

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

May 3rd at 6:30 p.m. Third Street Clinic will host Voices Out of the Dark. The event matches an artist and a person affected by addiction. The artist creates work that portrays the person's story. Both the story and artwork will be shared at the event. The event will be held at 486 Springmill Street in Mansfield. For more information go to www.thirdstreet.org or call 419-522-6191.

May 4th from 6:00p.m. to 7:00p.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 10:30a.m. to 12:30p.m. Behavioral and Physical Health Resource Fair at Lucas Middle School Gymnasium. An information and resource fair with information tables, give aways and wellness activities.

May 11th 3:30p.m. 21st Annual Richland County Drug Court Graduation. Will be held at the Life Celebration Reception Center, 129 South Main Street, Mansfield, Ohio 44902. Refreshments will be provided.

May 11th at 4:00p.m. to 6:00p.m. Catalyst Life Services will host its Annual Kids Carnival at 270 Sterkel Blvd in Mansfield. The event is free and open to the public. There will be snacks, games and prizes at the event.

May 11th at 5:00p.m. to 8:00p.m. Tito's Cantina Grill will host an event supporting Mental Health. Free snacks will be available. Tito's offers non-alcoholic mocktails and food specials plus regular menu. There will be a DJ, trivia and prizes. Proceeds from the event will go CACY. Tito's is located at 3201/2 East Main Street in Lexington.

May 15th from 6:30p.m. to 8:00p.m. NAMI is 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. The sessions focus on how to advocate and care for loved ones and self-care. NAMI will covers a different topic each month through a variety of guest speakers. The meeting will be held at the Ontario AR Workshop located at 805 N. Lexington-Springmill Road in Ontario. To register call 419-565-7957.

May 16th 7:00p.m. The City of Mansfield and Mayor Tim Theaker will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at Mansfield City Hall.

May 18th 9:00a.m. to 12:00p.m. & 1:00 p.m. to 4:30p.m. Catalyst Life Services is offering Free hearing Screenings at 270 Sterkel Blvd in Mansfield.

May 18th 6:00p.m. to 8:00p.m. Responding to Addiction Town Hall Meeting. At the Lucas Community Center. Hosted by Lucas Lion's Club. Featuring Presentations from CACY "Hidden in Plain Sight", Recovery Story from Joe Nichols, Deputy Pat Smith discussing Interdiction and Diversion, Dr. Joe Bocka providing a Narcan Training, Joe Trolian and Kym Lamb discussing Resources and the METRICH App. Followed by Questions and Answers and Resource tables.

May 20th from 9:00a.m. to 12:00p.m. Bike-A-Palooza Family Festival will be held at North Lake Park. The event is free and open to the public. Events include Bike Ride with a Cop, a Bicycle Safety Rodeo, a bike 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 a collaboration of community partners that will be recognized at the event.

May 20st at 11:33a.m. 33 Forever will host the 3rd 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. There will be a \$33 registration fee for walkers who are encouraged to get sponsors to help raise money for mental health and 33 Forever. To register go to <https://33forever.life/>.

May 20th 12:00p.m. to 4:00p.m. Healing Hearts Counseling Center is working in collaboration with Healing Hearts Foundation of Ohio to celebrate May as Mental Health month, and bring a sense of connectedness within the community, by having the 2nd annual "Party in the Park." By hosting "Party in the Park" we hope 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 04, 2023 has been scheduled.

May 20th 2:00p.m. to 7:00p.m. DLX and Gravity Ohio will host a Chili Cook Off on the square in downtown Mansfield. Proceeds will benefit Mid-Ohio Youth Mentoring, formerly known as Big Brothers Big Sisters of North Central Ohio. This family friendly event will offer prizes to the best chili. There will be awards for Best Decorated Booth, People's Choice and Kid's Choice. Entrance wrist bands are available for purchase for \$20. There will be live performances by Jimi Vincent Band and Girls Night Out featuring Emily Raff. For more information on categories and entry fees call 419-522-7699.

May 24th 5:30p.m. to 7:30p.m. A Mental Health Town Hall hosted by Gravity Ohio will take place in the Kobacher Room of DLX. The event will featuring speakers from Catalyst Life Services, Family Life Counseling, NAMI Richland County and the Mental Health and Recovery Services Board.

June 5th and June 6th 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 2023 Opiate and Other Drugs Conference at the Hyatt Regency in downtown Columbus. This will be Ohio's 13th Opiate Conference. The 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

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