



TOWNHALLER

National Heart Month

"Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke." (NIH, 2023)

Here are some ideas to work on your heart health:

- Move More
- Eat Healthy Foods
- Quit Smoking
- Aim for a Healthy Weight
- Improve Sleep
- Reduce Stress



*"Never be limited by
other people's
limited
imagination."*

— Mae Jemison



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Portage County Youth Summit



Schools in Attendance

Aurora High School

BioMed High School

Kent Roosevelt High School

Ravenna High School

Rootstown High School

Streetsboro Middle & High School

On Friday, January 20th we invited all Portage County Schools to the 2nd Portage County Youth Summit at Maplewood Career Center. Students from seven different schools attended with the intentions of becoming leaders and promoting positive changes. Joe Markiewicz, Master Facilitator & National Youth Trainer, joined as our guest speaker from *Building Stronger Communities* to share information about the needs of youth in Portage County. He educated the students on data to prioritize risk factors that lead to problem behaviors such as substance abuse, mental health issues, truancy, bullying, and violence. He was able to provide examples of positive social norming campaigns to get the students thinking about what they could do to improve their school environment.

Each school was given time to brainstorm ideas that they would like to see implemented and developed a student action plan. Our prevention specialist, Tiffany Rittenour, will be working with these groups to help them bring their ideas to life! The top priorities were similar between the schools which included addressing mental health needs especially depression and anxiety, decreasing bullying both in school and cyber bullying, having parents more involved when it comes to talking about drug use, and addressing vaping use among teens.

Special thanks to Karyn Kravetz from the Mental Health and Recovery Board of Portage County for supplying the shirts to promote *Be Present Ohio* and Commissioner Mike Tinlin for speaking to the students about the importance of creating positive changes for our community.

Connect to Cope

Connect to Cope is a group that allows individuals to share a low-pressure, trauma informed arts and crafts space. The group also discusses many important topics such as healthy relationships, self-care, and coping skills.

Art has many health benefits! It reduces stress by reducing cortisol levels in the brain when actively engaged. It increases self-esteem and confidence in ourselves.

Art allows us to use our creative brain to express feelings and thoughts which can lead to healing and hope. It also gives us a sense of accomplishment when we finish a piece of artwork!

Connect to Cope offers many types of art and each is designed to allow the individual to be creative and express themselves openly. The group is held every other Tuesday in Ravenna from 7:00–8:30PM.



If you are interested in joining the group or have any questions, contact Carolyn at carolyng@townhall2.com.



STAFF SHOUT OUT

Shout out to Kristen Green for consistently being an incredible co-worker! Kristen always goes above and beyond for her co-workers and clients, she is the first one to jump in and problem solve, and always maintains a positive attitude throughout the day! Kristen is always helpful, especially when we are short-handed at the front desk or with Project Detour and will step in, no matter what we need her to do. Thank you, Kristen!

Shout out to Sarah McCully for being a persistently amazing and supportive supervisor no matter how many hats she has to wear. She is always there to help and support with an open heart and kindness no matter how busy or stressful it has gotten. Thank you, Sarah!

*Thank you for
going above
& beyond.*

HAPPENINGS OF THE MONTH

February 1st

National Dark Chocolate Day

Dark chocolate has been shown to improve health and lower the risk of heart disease. In small amounts, this is a great guilt free treat!



Check out 7 Proven Benefits of Dark Chocolate [here.](#)

February 14th

HAPPY
Valentines
DAY



February 27th

National Polar Bear Day

Did you know Polar Bears are actually black? Their fur has no color at all but looks white because it reflects visible light! They can weigh more than 1,500 pounds but are still great swimmers!

They typically swim 30 miles to get to their next ice block!



EMPLOYEE SPOTLIGHT

Start Date: June 14, 2021

Current Title: Substance Abuse Counselor

Previous Job Titles at Townhall II: Helpline Volunteer

Background into the field: "I knew I wanted a job helping people, and had been leaning toward becoming a therapist since I was around 12 years old. I have a BA in Psychology with a Minor in Human Sexuality, and a Masters in Clinical Mental Health Counseling from Kent State University. I originally planned on becoming a sex therapist, and may consider this in the future, but after I interned through CommQuest's outpatient MAT clinic I decided that I loved the field of addictions work. I then had a job at CHC Addiction Service's residential facility for about 2.5 years, and continued the trend with my job here at Townhall II. I am very interested in getting certified in EMDR therapy to better help those with trauma histories, and want to keep learning newer and better approaches to addressing substance use and mental health concerns."

Fun fact about Kristen: She has an identical twin that is her best friend!

Something Kristen says often: "Dude."



Kristen Cooper

NEW STAFF

Lynn Raber

Residential Aide

Bo Hall

AOD Counselor



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