



TOWNHALLER

St. Patrick's Day

Don't test your luck!

It's almost that time again where people put on some green clothes and wake up for kegs and eggs. This is no surprise to us as our offices are in downtown Kent and when looking out the windows we get to see the smiling faces of friends and family enjoying the day. We want everyone to have a fun and safe St. Patty's Day! Don't test your luck driving if you plan on drinking!

Here are some ways to help everyone stay safe:

- Plan a ride home before heading out whether it is Uber, Lyft, your mom, or a friend who will be the designated driver.
- Eat! Make sure you have food in your stomach. Drinking on an empty stomach can be very dangerous.
- Stay hydrated. Make sure you drink water throughout the day.
- Don't leave your drink unattended. If you do, get a new one.
- If you have friends over and they are drinking, ask for their keys so that they do not drive.

HAVE A SAFE AND FUN ST. PATTY'S DAY!

"May your troubles be less. And your blessings be more. And nothing but happiness come through your door."

Irish Blessing



Inside this Issue:

Problem Gambling Awareness Month • P2

Kudos Korner • P3

Happenings of the Month • P3

Employee Spotlight • P4



Problem Gambling Awareness Month

2023 marks the 20th anniversary of Problem Gambling Awareness Month!

Problem Gambling Awareness Month is designed to coincide each year with March Madness, during which Americans are expected to wager over \$3 billion. For the majority of adults, gambling can be a fun and entertaining experience, but there are risks involved. Sports bettors are at particularly high-risk for developing a gambling problem. According to the National Survey on Gambling Attitudes and Gambling Experiences 2.0, four out of five sports bettors reported often needing to gamble more for the same feeling of excitement.

Problem gambling is defined as all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. Approximately 2 million U.S. adults (1% of the population) are estimated to meet criteria for severe problem gambling. Another 4-6 million (2-3%) meet the criteria for mild or moderate problem gambling. Just in Ohio, 220,000 people engage in at-risk gambling with 30,000 engaging in problem gambling behaviors.

Here are some ways to gamble responsibly:

Set limits.

Only play for fun.

Don't chase losses.

Keep it a social activity.

Never borrow to play.

If you or someone you know has a gambling problem, we can help!

We offer assessments and screenings, individual counseling and a new online problem gambling treatment group. The group is help every Monday from 6:00 – 8:00PM via Zoom.

Call us at 330.678.3006 for more information.

KUDOS KORNER

Kudos to Mandi Moore! "She has stepped in from day 1 of me starting by helping with me with prepping my binder, allowing me to shadow her and ask all the questions and she has even gone above and beyond by sending me outlines of the lessons and good talking points to assist me with teaching, feeling comfortable and confident in the material. She always greets me with a smile and makes sure to see if there is anything I need help with!" -Taryn-

Kudos to Kristen Cooper! She does an incredible job, no matter what the situation, she always rises to the occasion! Kristen's optimism, happiness and overall attitude is an asset to our team. Thank you so much, Kristen, for your dedication and for helping our team succeed!

Thank you for going above & beyond.

HAPPENINGS OF THE MONTH

March 3rd

National Day of Unplugging

Time to take a 24 hour break from the world! Try to "unplug" by turning off computers, phones, gaming systems, and tvs. Use this time to connect with others, exercise, read a book, play a board game, or do some art! Unplugging can help us getting better sleep and move more!

March 12th

Daylight Savings Time

The day most of us have been waiting for! We get our extra hour of daylight!



March 30th

National I am in Control Day

"As of now, I am in control here in the White House."
Ronald Reagan.

We often get caught up in things we have no control over. Regroup and refocus your attention on what is in your control today. You can use a planner, make a to do list, or learn organization skills to help.

Try to let go of what you can not control.

EMPLOYEE SPOTLIGHT

Start Date: June 29th, 2021

Current Title: Administrative Assistant: Front Desk

Background into the field: Deb completed the 80 hour helpline training and loved what the agency had to offer. She retired after 27 years of working at Kent State University. She saw the open position at the agency and was excited to be able to be a part of the team. She is passionate about counseling, mental health, helping others, and conflict management. Deb was also an administrative assistant at a previous job making her a perfect fit.

Fun fact about Deb: Her Uncle taught her how to wiggle her ears.

Deb's favorite quote: "I've learned that people will forget what you said, people will forget what you did, But people will never forget how you made them feel." -Maya Angelou-



Deb White

NEW STAFF

Andrea Holshoy
Crisis Intervention Specialist

TJ Maracz
Peer Supporter



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