



# PANORAMA

## Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline  
Call COPELINE at 1-440-285-5665 or 1-888-285-5665

### CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support

#### A BIG WELCOME TO OUR NEWEST BOARD MEMBER!



Leila Vidmar was sworn in as the newest member of the Geauga County Board of Mental Health and Recovery Services at its July meeting. Ms. Vidmar was appointed to the Board by the Ohio Department of Mental Health and Addiction Services on June 20, 2018 and will serve as a volunteer Board member through June 30, 2022.

Leila is employed by Cleveland Clinic as a Behavioral Health Intake Assessment Counselor. Leila said she desires to utilize her work experience in the community to help families impacted by mental health and substance abuse obtain a better life.

She looks forward to using her background in business and mental health to work alongside other professionals to make Geauga County better and help find solutions to issues plaguing her community. Welcome to the Board Leila!

#### A BIG WELCOME BACK GOES OUT TO:

Dr. Carolee Lesyk was reappointed to the Board by the Ohio Department of Mental Health and Addiction Services on July 6, 2018 and will continue serving as a volunteer Board member through June 30, 2022. She was sworn in as a returning Board member of the Geauga County Board of Mental Health and Recovery Services at its July meeting. Carolee is a licensed psychologist who wants to continue using her 35 plus years of experience to improve the lives of Geauga County citizens.



#### September is National Suicide Prevention Month



All month, mental health advocates, prevention organizations, survivors, allies, and community members will unite to promote suicide prevention awareness. Suicide rates have increased over the past several years from a low of 12 suicide deaths per 100,000 in 2000, to almost 17 per 100,000 by the end of 2016. It will take awareness and intervention on the part of all of us to help reverse this trend.

As part of this month's recognition of this growing tragedy, World Suicide Prevention Day will be recognized on September 10. It is a time to reflect on those affected by suicide, a time to raise awareness, and a time to focus on getting treatment to those that need it the most.

Awareness and action begins here with each of us!

The National Suicide Prevention's message for National Suicide Prevention Month and beyond is #BeThe1To, which helps spread the word about positive actions we can all take to prevent suicide. The National Suicide Prevention network and its partners are working to change the conversation from suicide to suicide prevention, from inaction to action. Action that can promote healing, offer help, and give hope.

## How can you help? Here's how:

**#BeThe1To...ASK:** If you think someone is in emotional pain and may be contemplating suicide ASK. Research shows people who are having thoughts of suicide feel relief when someone asks them in a caring way. Acknowledging and talking about suicide does not increase the likelihood someone may commit suicide. Instead, research shows talking about it reduces suicidal thinking.

**#BeThe1To...KEEP THEM SAFE:** After asking, be sure to listen - calmly and non-judgmentally. Is there a detailed and specific plan? The more detailed the plan the more at-risk a person is. When particularly lethal means like medication or firearms are made less available or less deadly, suicide rates by that method decline, and frequently the chance of suicide for that individual declines. If a person indicates an immediate risk, don't be afraid to ask for help. Call 911, or get the individual to an emergency room for an evaluation.

**#BeThe1To...BE THERE:** Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment. "Being there" provides a sense of connectedness to someone experiencing suicidal thoughts, which is a protective factor, and is proven to reduce suicidal thoughts and actions.

**#BeThe1To... HELP THEM STAY CONNECTED:** Research indicates that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness. Talk about what support services and family or friends would be helpful in building that connectedness and provide care and support in the future.

**#BeThe1To...FOLLOW UP:** Brief, low cost interventions and supportive, ongoing contact is an important part of suicide prevention. Following up may be as simple as a phone call or text, and studies show it helps build that sense of connection so important to reducing suicides, and to good mental health in general.

**For immediate help that is free, confidential and available 24/7, contact the Geauga County Crisis Hotline at 440-285-5665 or 1-888-285-5665 or the Crisis Text Line by texting 4hope to 741741.**

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## Provider Events in August

### **NAMI Geauga - 2018 Miles For Mental Health & Wellness**

**Date:** August 18, 2018

**Location:** Chardon High School

Free County-wide wellness symposium: 9:00 a.m. - Noon

Guest Speakers: Noon - 1:00 p.m.

Miles for Mental Health Walk: 1:00 p.m.

**For more information contact:**

Jenn Bartone at 440-286-6264 or [jbartone@namigeauga.org](mailto:jbartone@namigeauga.org) or go to

<https://raceroster.com/events/2018/18504/2018-miles-for-mental-health-and-wellness-walk-symposium>



### **Lake-Gauga Recovery Centers - Second Annual Ride For Recovery**

**Date:** August 19, 2018

**Location:** Bike Ohio, 8576 East Washington Street, Chagrin Falls, OH 44023

Registration opens at 7:00 a.m. The ride begins at 8:05 a.m. for the long route (approx. 35 miles) The ride for the short route (15 miles) begins at 9:05 a.m.

**Cost:** \$30.00 per person (Children under 12 ride free)

**For more information go to:**

[http://www.lgrc.us/?event=2nd-annual-ride-recovery&event\\_date=2018-08-19](http://www.lgrc.us/?event=2nd-annual-ride-recovery&event_date=2018-08-19)

Geauga County Board of Mental Health and Recovery Services  
Phone 440-285-2282 | Email [mhrs@geauga.org](mailto:mhrs@geauga.org) | [www.geauga.org](http://www.geauga.org)