



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



The 2018 Recovery Month theme, "Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community", explores how integrated care, a strong community, a sense of purpose and leadership contributes to effective treatments that sustain the recovery of persons with mental health and substance use disorders.

The Geauga County Board of Mental Health and Recovery Services provides funding to the following local agencies that can help a person find their path to hope, health and wellness through recovery:

- **Catholic Charities Services: 440-285-3537**
- **Family Pride of Northeast Ohio: 440-286-1553**
- **Lake-Geauga Recovery Centers: 440-255-0678**
- **NAMI Geauga: 440-286-6264**
- **Ravenwood Health: 440-285-3568**
- **WomenSafe: 440-286-7154**

Recovery Month celebrates individuals who are living their lives in recovery and recognizes the dedicated workers who provide the prevention, treatment, and recovery support services that make it possible. To learn more about National Recovery Month September 2018 go to www.recoverymonth.gov.

New Family Group Opens in Chardon



Melanie J. Blasko, President and CEO of Lake-Geauga Recovery Centers, has announced the agency is now offering Family Group services in their Chardon office located at 209 Center Street, Unit E, Chardon, OH 44024. The group will meet every Monday (except holidays) from 5:30 - 7:30 p.m.

The immediate and long-term benefits to individuals in treatment include meaningful and supportive relationships with family members. The Family Program incorporates self-awareness and knowledge of family dynamics through education, counseling and support. Emphasis is focused on the importance of communication and understanding within the family, how to support each other emotionally and establish appropriate boundaries, incorporating good coping skills and positive reinforcement. The program, facilitated by a licensed counselor, is open to spouses, partners, parents, siblings, other relatives and friends interested in learning about substance abuse and how it affects everyone. You do not need to have a loved one involved in treatment services in order to attend. There is no charge for the Family Group. Call 440-255-0678 ahead of time to schedule a brief intake appointment.



Join Us As We Celebrate Recovery!

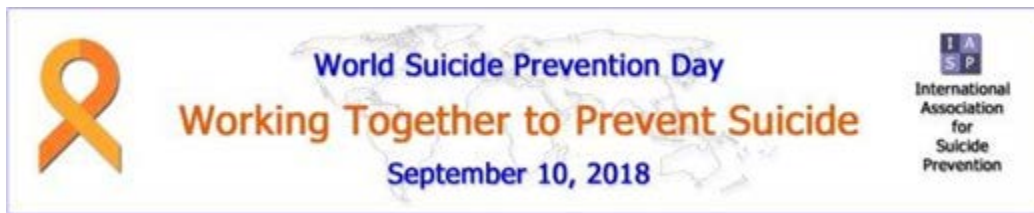
The Ohio Association of County Behavioral Health Authorities Foundation, in partnership with the Ohio Department of Mental Health and Addiction Services, will host *Ohio's 2018 Recovery Conference* on October 1-2, 2018 at the Hyatt Regency in Columbus.

The Recovery Conference is for individuals in recovery from a mental illness and/or addiction, family members and support givers, peers working in the field, and allied professionals. Go to www.oacbha.org for event and registration information.

September is Suicide Prevention Month

National Suicide Prevention Month - This year's theme is #BeThe1To with the goal of changing the conversation from suicide to suicide prevention and to promote healing, help and give hope. Go to www.suicidepreventionlifeline.org for more information.

National Suicide Prevention Week (September 9-15) - An annual week-long campaign that focuses on informing and engaging mental health professionals and the general public about suicide prevention and the warning signs of suicide. The theme this year is *The Power of Connection*. One of the risks for suicide is social isolation. We can all play a role by having real conversations about mental health with people in every day moments. For additional information, go to www.afsp.org.



To learn more, go to www.iasp.info.



Lake-Geauga Recovery Centers - **Alumni Association Bowling For Sobriety**

Date: September 28, 2018

Time: 6:00 - 9:00 p.m.

Location: Scores, 65 Normandy Dr., Painesville, OH 44077

Cost: \$6.00/3 hours unlimited bowling, includes shoes

For more information contact: Gail Keegan at 440-205-2671

Ravenwood Health - **2018 Run With Ravenwood**

Date: September 29, 2018

Location: Ravenwood Health, 12557 Ravenwood Drive, Chardon, OH 44024

Registration opens at 7:30 a.m. The 5K run begins at 8:30 a.m. The untimed 1 mile run begins at 8:45 a.m.

Cost: \$20.00 - 5K preregistration \$15.00 - One mile preregistration <https://www.ravenwoodhealth.com/5k>

For more information contact:

Kristine at 440-285-2170 Ext. 221 or frankenberryk@ravenwoodhealth.org

WomenSafe Inc. - **Annual Fall Luncheon**

Date: October 5, 2018

Time: Noon

Location: Landerhaven Party Center, 6111 Landerhaven, Mayfield Heights, OH 44124

For more information contact: Meghan Fisher at 440-286-7154 Ext. 248 or events@womensafe.org

NAMI Geauga County - Mental Health First Aid

Date: October 6, 2018

Location: NAMI Geauga, 107 South Street, Chardon, OH 44024

For more information contact: NAMI Geauga County at 440-286-6264 or admin@namigeauga.org

Geauga County Board of Mental Health and Recovery Services
Phone 440-285-2282 | Email mhrs@geauga.org | www.geauga.org