



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 Geauga County Board of Mental Health and Recovery Services is in the process of filling the vacant position of Associate Director. [Click here](#) for more details and information on how to apply.

Rethinking Lottery Tickets and Scratch Offs As Stocking Stuffers

It is illegal in Ohio for anyone under 18 to gamble, so giving a lottery ticket as a gift is not only age-inappropriate, it's technically illegal.

According to information provided by the National Council on Problem Gambling and the International Centre for Youth Gambling and High-Risk Behaviors at McGill University, "Results from recent studies show a growing number of high school students reportedly receive one or more lottery tickets or scratch cards as gifts. Additionally, research shows that the majority of adolescents gamble at least occasionally and that lottery products may be a gateway to problem gambling. Youth gambling has been shown to be linked to other risk-taking and addictive behaviors such as smoking, drinking and drug use."

Research also states that adult problem gamblers frequently say they began gambling during childhood, often at ages 9 or 10, and with other family members, which is why modeling responsible gambling behavior is especially important for parents.

Quick Prevention Tips for Parents:

- When talking about alcohol, tobacco, and other drugs also discuss gambling.
- Monitor internet activities. Be aware that some on-line and video games include gambling.
- Encourage family members not to buy raffle or lottery tickets as gifts for kids. Offer suggestions.



Beating The Holiday Blues

Not everyone shares in the celebration and joy associated with the holidays. For many people, the holidays are a time of happiness, good cheer, getting together with loved ones, and hope for the new year. For others, the holidays are a time of stress, sadness and unhappiness.

There are many reasons why people feel down at holiday time. These include remembrances of past holidays, lost loved ones, financial hardship, and loneliness. Some of the symptoms of the holiday blues include headaches, decreased interest in activities that normally bring pleasure, a change in sleeping habits, feeling agitated or anxious, and changes in appetite.

Here are some ways to help beat those holiday blues: Help someone else, create your own traditions, reflect on the positives in your life, try to surround yourself with supportive people, and maintain healthy habits such as staying physically active and getting plenty of rest.

If you are feeling overwhelmed during the holidays and need help for mental health and/or substance abuse issues, call COPELINE at 440-285-5665. This is a 24-hour hotline available to Geauga County residents funded by the Geauga County Board of Mental Health and Recovery Services. You can also contact Ravenwood Health at 285-3568 or Catholic Charities at 285-3537.

Lake-Geauga Recovery Centers Grief Support Group

[Click Here For More Information](#)

Geauga Family First Council Programs

Geauga Family First Council programs and services are provided to youth 0-21 who live in the Geauga community. The programs Geauga Family First Council helps provide and fund include:

BRIDGES - a youth partial hospitalization program offering group-based therapeutic services. Junior BRIDGES serves kids 8-12 and Senior Bridges kids 13-17.

Family Stability - individualized support and flexible services geared to strengthening families and keeping children in their own home.

Geauga Therapeutic Youth Center - a short-term residential, therapeutic program for youth 12-17 who, because of mental health or substance dependency issues, are unable to remain in a family setting.

ENGAGE (Wraparound) - a planning process which, with family input, helps identify and create a unique set of natural supports for each family. Target population is youth-in-transition who are at risk of involvement in the child welfare or juvenile justice system. The program goal is to help families before they enter into crisis.

Help Me Grow - a program for families with infants and toddlers from birth to 3. Help Me Grow's goal is to assure that newborns, infants, and toddlers have the best possible start in life.

Residential Treatment Outside Geauga - each year the Council funds residential treatment placements on a temporary basis for a small number of youth whose needs can't be met thru services and supports within the Geauga community.



Geauga County Board of Mental Health and Recovery Services
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