



CACY

CACY COMMUNICATOR

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COMMUNITY ACTION FOR CAPABLE YOUTH

WWW.CACYOHIO.ORG

419-774-5683

CELEBRATE PARENTS DAY WITH A FREE PICNIC & ACTIVITY WEDNESDAY, JULY 28TH

CACY is hosting a "Parents & Kids Picnic" on Wednesday, July 28th from 5-6:30pm at the Richland County Longview Center.

Come for a fun evening of games and picnic dinner.

A \$10 gas card is available to help with transportation.

Register by July 19th by [clicking here](#)

Parents & Kids Picnic

Wednesday, July 28th
5:00pm to 6:30pm

Richland County Longview Center
1495 W. Longview Ave.
Mansfield, Ohio, 44906

JOIN US FOR:

- FREE PICNIC DINNER
- \$10.00 GAS CARD AVAILABLE
- GAMES & ACTIVITIES FOR THE WHOLE FAMILY!
- DOOR PRIZES

Register online:
<https://forms.gle/uDo9Py978iLGye2o6>
or by printed form
by
July 19th, 2021

Summer Activity Ideas for Caregivers and Youth

Use the summer to soak up time with your kids and celebrate Parent's Day together. Here are some fun, inexpensive ideas to try.

- Build a backyard obstacle course
- Create a scavenger hunt and invite neighborhood participation
- Make a homemade fort and have a camp out
- Make a bird feeder out of twigs
- Try a new recipe together using seasonal fruits and veggies
- Check out different parks in your community
- Play a game or make up your own game
- Play charades or Pictionary on a rainy day
- Put on a skit using homemade props
- Stargaze and look for common shapes in the night sky
- Plant a flower or vegetable garden or visit a farmer's market

CACY'S MISSION

CACY PROVIDES EDUCATION TO PREVENT SUBSTANCE ABUSE, BULLYING, PROBLEM GAMBLING AND SUICIDE IN YOUTH AND PROMOTES A SAFE AND HEALTHY COMMUNITY FOR ALL AGES.

FREE FIREARM LOCK BOXES AVAILABLE

Safe firearm storage protects struggling adolescents, reduces risk of firearm injuries and saves lives. Properly storing firearms and separating ammunition can reduce risk of suicide and unintentional injuries.

Contact

andersont@cacyohio.com
or 419-774-5683 to
receive a FREE lock box
(while supplies last).
See attached flyer for
more details

REDUCE NICOTINE USE THIS SUMMER



Ohioans look forward to a relaxing summer. One way to do this is by cutting out unhealthy habits that increase stress and cost such as tobacco and nicotine use. Take advantage of this time of year to create a healthier and happier version of yourself that is nicotine free.

Since daily routines change in the summer due to vacations, child care due to school breaks, and more opportunities for outdoor activities, it is a great time to change up smoking and vaping behaviors too. Some may be tricked into feeling nicotine reduces stress, but nicotine is a stimulant which increases heart rate and the body's stress reactions. The repetitive behavior of smoking or vaping gives the impression of reducing anxiety.

Activities which encourage breathing fresh air and outdoor family activities are much better and longer lasting strategies to reduce personal stress. Plan activities which use your hands and mind for greater impact such as swimming, walking, gardening, outdoor games, or visiting with friends.

RESOURCES

[Start Talking Parenting Tips](#)
[National Institute on Drug Abuse](#)
[Stop Bullying. Gov](#)
[Surgeon General: E-Cigarettes](#)
[Foundation for Suicide Prevention](#)
[Get Set Before You Bet](#)



ALCOHOL & SUMMER SUN: DANGEROUS COCKTAIL

During summer months people typically spend a lot of time outdoors with friends and family. For some, these activities involve alcohol. Make sure to take precautions to keep yourself and others safe this summer.

Alcohol and Swimming

Because alcohol impairs judgment, blurs vision and causes a loss of balance/ coordination, it can be very dangerous when swimming. Those drinking may not notice how far they are drifting from shore, how deep water is, diving in a shallow area or how cold the water is which could lead to hypothermia. Swimming under the influence with children around, may lose track of where kids are leading to greater risk of accidents and drowning.

Boating Under the Influence

U.S. Coast Guard reports alcohol consumption contributes to 19% of boating deaths. Whether controlling a boat, canoe, kayak or other floating device, you need to be able to have good judgement and make quick decisions.

Dehydration

Alcohol and sun can cause dehydration making it a dangerous combo. Hot weather causes fluid loss through perspiration and alcohol causes fluid loss through increased urination. Together this could cause dehydration or heat stroke.

Adults should always think before drinking and make smart choices to keep yourself and those around you safe. As a parent or caregiver, understand there are laws prohibiting hosting underage drinkers. Set a good example and have clear rules and consequences. For this and more info, visit <https://www.rethinkingdrinking.niaa.nih.gov/>





FREE Firearm Lock Boxes Available (while supplies last)

Safe firearm storage protects adolescents,
reduces risk of firearm injury and saves lives

- In 2020, all completed suicides in Richland County, OH were by use of firearm
- Properly storing firearms and separating ammunition can reduce risk of suicide and unintentional injury
- If you know an adolescent who is thinking of harming themselves, call the crisis helpline 419-522- HELP (4357)



Contact **419-774-5683** or **andersont@cacyohio.com**
to receive a FREE firearm lock box



Ohio Chapter
INCORPORATED IN OHIO

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Richland County Mental Health and Recovery Services Board

Help with Mental Illness and Addiction

www.KnowItB4UNeedIt.com

In an EMERGENCY, please call HELPLINE: 419-522-4357 (H.E.L.P.)

Catalyst Life Services

419-756-1717

Offering mental health assistance for all ages and comprehensive adult outpatient, residential and withdrawal management substance use programs, vocational rehab, audiology, Deaf and Hard-of-Hearing, and crisis intervention including a 24-hour helpline (419-522-HELP) and stabilization unit, 24-Hour Warmline (419-522-5300) Peer Support Services/OASIS Club consumer drop-in center. Clients may be referred or self-admit – we accept all payer sources and offer financial assistance.

Richland Locations: **741 Scholl Road** **270 Sterkel Blvd** **31 East Main Street**
 Mansfield, Ohio 44907 **Mansfield, Ohio 44907** **Shelby, Ohio 44875**

Community Action for Capable Youth (CACY)

419-774-5683

Providing effective parenting support and on-site tobacco, alcohol, problem gambling, violence, drug, and suicide prevention information and coordination services for pre-school through senior years. Individual and group tobacco/nicotine reduction help available by appointment. Topic based prevention training and biodegradable medication disposal pouches available.

Richland Location: **1495 West Longview-Suite 104, Mansfield, Ohio 44906**

Family Life Counseling and Psychiatric Services

419-774-9969

Offering comprehensive mental health and addiction outpatient services for adults and youth, including assessments, counseling, and case management services. Clients may be referred or self-admit – we accept all payer sources and offer financial assistance.

Richland Locations: **151 Marion Avenue** **222 Marion Avenue** **169 Mansfield Avenue**
 Mansfield, Ohio 44903 **Mansfield, Ohio 44903** **Shelby, Ohio 44875**

National Alliance on Mental Illness (NAMI)

419-522-6264 (N.A.M.I.)

Offering support groups, education and advocacy for individuals, families, and care givers of those living with mental health issues. All NAMI classes and support groups are free to the public, so you never have to feel alone in your journey to recovery! Please call! Find us on Facebook at NAMI Richland County or website at www.namirc.org.

Richland Location: **420 Stewart Lane, Mansfield, Ohio 44907**

Mansfield UMADAOP

419-525-3525

Outpatient Services specializing in Medication Assisted Treatment; Mental Health specializing in Adolescent Care and AOD/Mental Health Dual Diagnoses; AOD Prevention Services; Circle For Recovery of Ohio – Ex-Offender Program; Help Me Grow for New Mothers; we accept all payer sources including some private insurance. Our clients can self-admit, be court ordered, or referred by other agencies.

Richland **400 Bowman Street** **39 Wood Street** **215 North Trimble Road** **74 Wood Street**
Location: **Mansfield, Ohio 44903** **Mansfield, Ohio 44903** **Mansfield, Ohio 44906** **Mansfield, Ohio 44903**

Third Street Family Health Services

419-525-6720

We offer Behavioral Health Assessments, Counseling and Medication Assisted Treatments. Accepting Medicaid, Medicare, Insurance and Self Pay.

Richland **600 West 3rd Street** **31 East Main Street** **270 Sterkel Blvd. Suite A** **200 Park Avenue West**
Locations: **Mansfield, Ohio 44906** **Shelby, Ohio 44875** **Mansfield, Ohio 44907** **Mansfield, Ohio 44902**

Healing Hearts Counseling Center

419-528-5993

Drug & alcohol groups and individuals with medication assisted treatment and mental health counseling with supportive medication. Therapy upon request: Spiritual, EMDR, sex addiction and Body-Focused Trauma. Gender-specific & perinatal groups offered. Wellness services include Physical fitness facility, Cognitive Fitness (brain health), mobile wellness unit, and on-site pharmaceutical services. Weekend/evening hours and telehealth services provided. Medicaid and most insurances accepted.

Richland Locations: **680 Park Avenue West, Mansfield, Ohio 44906 or 860 Lexington Avenue, Mansfield, Ohio 44907**

COMING AUGUST 2ND 2021: BEHAVIORAL HEALTH URGENT CARES AT THREE LOCATIONS

Catalyst Life Services 741 Scholl Road, Mansfield **Family Life Counseling** 151 Marion Ave, Mansfield & 169 Mansfield Ave, Shelby

Monday & Tuesday **8:00am to 4:00pm** **8:00am to 8:00pm** **8:00am to 4:00pm**

Wednesday & Thursday **7:30am to 7:30pm** **8:00am to 8:00pm** **8:00am to 4:00pm**

Friday & Saturday **8:00am to 4:00pm** **8:00am to 4:00pm** **Friday: 8:00am to 4:00pm**

NO APPOINTMENT NECESSARY: **Diagnostic Assessments and Individual Counseling services available**

Abraxas Ohio**419-747-3322**

Abraxas Ohio Residential and Outpatient Services: 419-747-3322. Residential facility provides mental health, substance use, and Juvenile Sex Offender treatment to adolescent boys. Outpatient services include substance use, mental health and in-home services for adolescents, adults, and families. Accredited by The Joint Commission. Medicaid, personal insurances and community or self-referrals are accepted.

Richland Locations: 2775 State Route 39, Shelby, Ohio 44875

Richland County Community Alternative Center**419-774-3576**

An OhioMHAS certified drug and alcohol treatment program that provides concurrent intensive counseling services within safe and secure housing for adult men and women. Most clients are court referred/ordered; but private pay individuals are accepted. We accept Medicaid and self-pay. No insurances accepted.

Richland Location: 597 Park Avenue East, Mansfield, Ohio 44905

Mansfield Comprehensive Treatment Center**419-419-5705**

Outpatient medically assisted treatment offering methadone, buprenorphine and Vivitrol® for adults 18 years of age and older. Treatment includes biopsychosocial assessment, SUD case management services, as well as individual and group therapy. Referrals are welcome, but not necessary. Walk-ins accepted. Find us on Facebook at Mansfield Comprehensive Treatment Center or our website www.ohioctc.com.

Richland Location: 475 Lexington Ave, Mansfield, OH 44907

Foundations for Living**419-589-5511**

Residential Treatment for adolescents ages of 11-18. Girls program serves both mental health, substance use diagnosis. Male program serves only those with both mental health and substance use disorders. Special populations include pregnant youth, survivors of Human Trafficking, and those with self-harming behaviors. Accredited by CARF, licensed by the Ohio Department of Mental Health and Addiction Services.

Richland Location: 1451 Lucas Road, Mansfield, Ohio 44903

Hope419**419-951-2020**

Outpatient counseling for any age, medication management for ages 13 and up, Transcranial Magnetic Stimulation. Accepting private insurance all Medicaid, except Paramount. Self-referral and other referral sources. www.hope419.com

Richland Location: 1221 South Trimble Road, Building C, Mansfield, Ohio 44907

Encompass Counseling**419-289-0970**

Providing outpatient and home-based counseling and case management for adults, children, and families especially focusing on trauma therapy and medication management for children and adults via telehealth.

Richland 1756 Park Ave West **Crossroads City Center**

Crossroads Church

Locations: Ontario, Ohio 44906 29 North Main Street, Mansfield, OH 44902

1188 Park Ave. West, Mansfield, OH 44906**Wellness and Addiction Recovery Services Center****567-560-8274**

An OhioMHAS certified outpatient facility specializing in substance abuse, mental health, and alcohol dependency treatments. Therapies include medication therapy, individual counselling, and group therapy sessions. The agency also offers family practice appointments for all clinic patients. Most insurances are accepted, including Medicaid, Medicare, commercial insurance, and self-pay.

Richland location: 390 Marion Ave, Mansfield, Ohio, 44903

RU Recovery Ministries**419-347-4854**

A biblically based, Christ-centered recovery program, designed to rescue, recover, and restore those in addictive behaviors with the power of the hidden life found only in Jesus Christ. RU is an addiction recovery class that started in Rockford, Illinois, and offers residential help for addicted men and women that has now expanded into churches, prisons, and online resources across USA communities and around the world.

Starfish Project of Richland County**419-512-6877 or 6878**

Helps find treatment options for addiction with some scholarships for faith-based treatment. We run a family support group in Mansfield and a Walking the 12 Steps with Jesus group in Shelby. Narcan training and free kits are available. We help people start over when coming home from treatment.

Project One-ARC Empowerment Center**567-241-6781**

Faith based Family and recovery advocates. Empowerment service every Thursday at 6:00pm 378 Park Avenue West, Mansfield, OH. We have a 24/7 Advocate line 567-241-6781 that helps with treatment options and support from those that have personal experience with overcoming addiction or family members that are struggling emotionally. 12-Step Life Recovery every Monday at 6:30pm

Find us on Facebook @ <https://www.facebook.com/ProjectOneRecoveryRoad/>

Just need to talk, but you are not in crisis. Call the Warmline at 419-522-5300

***Text 4hope to #741741
For Free Confidential,
24/7 Support***

***Veteran's Crisis Line
800-273-8255
or TEXT: #838255***

***FIRST CALL 211(419)522-4636
Information when you need it.***

VAPING & TOBACCO CESSATION RESOURCES

Want to reduce or quit smoking, vaping, chewing, or dipping? Your chance of success is even better when you combine professional support with one or more quit-tobacco/nicotine products.

Local Support

CACY- Community Action for Capable Youth, free individual or group cigarette, smokeless tobacco, & vaping cessation programming for all ages and community organizations. Participants receive free quit tools at each session. Call 419-774-5683 for more info.

Third Street Family Health Services, offers tobacco use assessments, individual counseling and treatment plans, integrated use of tobacco cessation medications, and referrals to community health workers. Call 419-522-6191 for more information.

OhioHealth Mansfield Tobacco Cessation Program, free tobacco cessation group classes, each participant will receive an individual quitting support plan. Call 1-800-752-9119

Veterans Affairs, free tobacco cessation programming for veterans when referred by your Primary Care Provider. Call 419-529-4602.

Cleveland Clinic Taussig Tobacco and Nicotine Cessation Program, programs to reduce tobacco and nicotine use, assisting patients with a cancer diagnosis to eliminate chemotherapy treatment success barriers. Call 1-866-223-8100

Avita Health Systems, pharmacist managed, comprehensive program to help patients achieve their goals in quitting smoking or any other form of tobacco. Call 567-307-7557

UMADAOP-Urban Minority Alcoholism and Drug Abuse Outreach Programs of Ohio, one on one or group cessation counseling. Call 419-525-3525

STATE AND NATIONAL RESOURCES

Take back control.

Text Messaging

My Life My Quit, free quitting and support coaching for teens from nicotine, vaping, and other tobacco products. Text 1-855-891-9989 or visit mylifemyquit.com

SmokeFree.Gov, text QUIT to 47848. 24/7 automated program that sends you quit-smoking tips, info, and inspiration for 6 weeks.

This is Quitting, free youth oriented texting program with parent resources. Text "DITCHJUUL" to 88709

Phone or Online

Tobacco QuitLine, free personal quit coaching and telephone counseling for Ohio adults. Call 1-800-QUIT-NOW (1-800-784-8669)

American Legacy Foundation, support and professional services to become tobacco free. Visit becomeanex.org for more information.

SmokeFree.Gov, national self-directed support program geared for all adults and 60+, women, and veterans. Also available in Spanish. Visit smokefree.gov.

Ohio Department of Health Tobacco Program, data worksheets and direction to assist with cessation. Call 614-728-2429 for more information.

American Lung Association's Freedom from Smoking, operating for 35 years. this quitting support help is online and in local group meetings. Visit FreedomFromSmoking.org or call 1-800-LUNG-USA (1-800-586-4872)

Quitters Circle, connecting you with local providers who can assist with the plan to end tobacco use. Visit quitterscircle.com.

