

COMMUNITY ACTION FOR
CAPABLE YOUTH, INC.

(CACY)

1495 W. LONGVIEW AVE,
SUITE 104

MANSFIELD, OH 44906

419-774-5683

WWW.CACYOHIO.ORG

CACY COMMUNICATOR

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CACY'S Mission:
CACY provides education to prevent substance abuse, bullying and problem gambling in youth and promotes a safe and healthy community for all ages.



CACY & METRICH
Invite Tobacco &
Liquor Permit
Holders to attend
**FREE Tobacco &
Liquor Vendor
Training**

November 14, 2019
9am-11am OR 1pm-3pm
Richland Co. Longview
Center (1495 W. Longview
Ave. Mansfield)

**ASK (Alcohol Server
Knowledge Program)** is
designed for liquor & tobacco/
vape permit holders and
their employees to receive
up to date compliance information.
Agents from the
Ohio Investigative Unit will
provide instruction.

To register, call CACY at 419
-774-5683 or email andersont@cacyohio.com
*Up to 10 employees per
business

Treats no Tricks this Halloween

Don't let Halloween be a spooky time for you or your family. Here are some ideas for a safe Halloween.

Trick-or-Treating Tips

- Avoid medicine-like candy.
- Avoid trick-or-treating alone. Stick together in groups or walk with a trusted adult.
- Explain to children that they should not take anything that isn't commercially wrapped.
- Make sure children know that they should not eat any candy until a trusted adult has inspected all packages.
- Throw away items that have been opened, torn or if wrappers have tiny pin holes.
- Throw away unwrapped candy.
- Throw away candy with an unusual appearance or odd smell.

Tips for Teens

- When teens are attending Halloween parties, remind them to arrive together and leave together with friends they know and trust.
- Encourage them to remain aware of their surroundings.
- Remind teens of their responsibilities and the consequences of their actions. Set and communicate rules.
- Have a plan in place in case they find themselves in a risky situation. Have a code word they can use when contacting you if they need assistance getting out of a situation. Also practice refusal skills.

Tips for Adults

Adults attending Halloween parties should remember to be responsible.

- Set limits on or avoid drinks and stick to it.
- Do not drink and drive.

Have a plan before going to a party on how to get home safely.

- If you are hosting a party, avoid making alcohol the focus of the party and offer non-alcoholic beverages so people have better options. If you know people will be drinking, have a cut off time and make sure your guests do not drink and drive.
- Also remember it is illegal to serve minors or knowingly allow a minor to have alcohol on your property.
- Make smart choices, remember to be a positive example for youth.



Nicotine & Vaping Quit Help

Are you or someone you know ready to start reducing your nicotine and tobacco use?

Quitting is a journey and you don't have to do it alone.

Attached is a resource list of in-person, over the phone and text message support programs to begin reducing today.



Drug Take Back Day

National Prescription Drug Take Back Day is Saturday, October 26, 2019 from 10am to 2pm.

This event is a safe, responsible and convenient way for people to properly dispose of their unwanted, unused or expired medications.

For a list of participating locations and well as what you can and cannot bring, see the attached flier.



Protect Youth Against Cyberbullying

October is **National Bullying Prevention Month**. According to the 2017 Richland County Health Assessment, 13% of Richland County youth reported being cyberbullied. This is a common problem that often goes unreported. Cyberbullying is intentional and repeated harm inflicted on others through the use of electronic devices.

Giving youth access to the technology is like sending them to a school dance or mall. Just as you would give them rules as they venture into the world, you should also have clear guidelines when allowing access to the internet.

1. **Discuss the topic of cyberbullying with youth:** Open the discussion about cyberbullying.

ing. Some ways to start the conversation include; "You deserve to be safe from bullying online, just like at school." "If something happening online is hurtful to you, it is bullying, and it's important to tell me about it." Discuss the importance of not feeding into cyberbullying if they see happening and to report it.

2. **Establish rules:** Set clear rules and guidelines about appropriate online sites, apps, and post behavior.
3. **Set limits:** Have specific times when youth are not allowed on social media. For example, dinner time, holidays or after a certain time.

4. **Monitor teen's social media:** Know your child's account usernames and passwords. Check their accounts and browsing history to make sure they are being safe with their internet usage.
5. **Stay up to date:** On the latest social media platforms or apps. Learn the digital slang that youth are using.

For more safety tips, visit <https://www.pacer.org/bullying/resources/parents/mobile-and-online-safety.asp>



Resources

[The Partnership at Drugfree.org](#)

[Prevention Action Alliance](#)

[Start Talking](#)

[National Institute on Drug Abuse](#)

[Too Smart To Start \(Gambling\)](#)

[Stop Bullying. Gov](#)

[DoSomething \(Bullying\)](#)

[Bullying Prevention: Parent Info](#)

[Stomp Out Bullying](#)

[Natural High](#)

[Surgeon General: E-Cigarettes](#)

[CDC Facts About E-Cigarettes](#)

[Suicide Prevention Resource Center](#)

[Foundation for Suicide Prevention](#)

[Dating Violence Prevention](#)

[40 Developmental Assets](#)

Medication Disposal Packets Available

CACY is distributing Deterra deactivation packets to properly dispose of medication. Deterra pouches are made from environmentally sound materials which allows degradation of the plastic pouch.

If you would like a disposal packet, contact CACY at 419-774-5683 or email andersont@cacyohio.com



Richland County Mental Health and Recovery Services Board
Help with Mental Illness and Addiction
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 programs for outpatient and residential substance abuse, withdrawal management, 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 on-site tobacco, alcohol, problem gambling, violence and drug and suicide prevention education, information and coordination services for pre-school age through senior years. Individual and group tobacco cessation services available by appointment. Topic based prevention training and bio-degradable medication disposal packets available for community members.

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 Location: 400 Bowman Street 91 Park Avenue West 215 North Trimble Road 74 Wood Street
 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 Locations: 600 West 3rd Street 31 East Main Street 741 Scholl Road Suite A 200 Park Avenue West 2131 PAW Suite 200
 Mansfield, Ohio 44906 Shelby, Ohio 44875 Mansfield, Ohio 44907 Mansfield, Ohio 44902 Ontario, Ohio 44907

Healing Hearts Counseling Center

419-528-5993

Services offered are: Medication Assisted Treatment, Mental Health and Drug and Alcohol Counseling for groups and individuals. Weekend and evening hours available. Individual counseling for trauma, sexual abuse, addiction, depression and anxiety. Processing groups using physical movement (yoga and drumming) and art. Additional groups: #metoo; women's group, 12 step groups, spirituality group, and couples group. Medicaid and most insurances accepted.

Richland Locations: 680 Park Avenue West
 Mansfield, Ohio 44906

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

Abraxas Ohio**Residential: 419-747-3322 or Outpatient: 419-709-8103**

Residential facility provides mental health, substance use, and Juvenile Sex Offender treatment to adolescent boys. Outpatient site provides 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

780 Park Avenue West, Suite D
Mansfield, Ohio 44906

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. The majority of 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

The Village Network**419-774-4010**

The Mansfield Office offers treatment foster care in addition to outpatient counseling and psychiatric services. The focus of treatment is trauma specific in addition to treating all other mental health diagnosis.

Richland Location: 775 Lexington Avenue
Mansfield, Ohio 44907

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

Secure Residential Treatment Facility for males and females ages 11 to 18. We offer treatment for mental health, addiction, survivors of human trafficking, pregnant teens, and self-injurious behavior. We accept all insurances. We accept agency and parental referrals.

Richland Location: 1451 Lucas Road
Mansfield, Ohio 44903

Visiting Nurse Association of Ohio**877-698-6264**

Non-profit providing access to high-quality comprehensive home health care to promote health, independence and dignity to those living within the communities we live and serve. Services include behavioral health, skilled nursing care, physical and occupational therapy, speech therapy, home care aides and private duty services. Call us 24/7 at 877-698-6264 to request services or for more information.

Richland Location: 40 West 4th Street
Mansfield, Ohio 44902

Providers for Healthy Living**419-605-9817**

Outpatient counseling, medication management, and psychological testing. Accepting CareSource and private insurance. Self-referral and other referral sources.

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

Reformers Unanimous**419-566-8667**

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.

Richland Location: 21 Washington Street
Shelby, Ohio 44875

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

Provide guidance on treatment options for those struggling with addictions and life-controlling problems. We change our community by supporting individuals and their families for a healthy life of recovery. Scholarships for faith-based programs are available.

Project One**567-241-6781**

Faith based Family and recovery advocates. We hold a **Recovery Road** service every 3rd Tuesday at 2 Marion Avenue, Mansfield, OH at 6:00pm. 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.

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

Text 4hope to #741741**For Free Confidential, 24/7 Support****FIRST CALL 211(419)522-4636****Information when you need it.**

For more information call **419-774-5811**, email rcmh@rcmh.org or go to www.richlandmentalhealth.com Revised 7/01/19

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.





FREE Tobacco & Liquor Vendor Training



When: **Thursday, November 14, 2019**

9:00am-11:00am OR 1:00pm to 3:00pm

Where: Richland County Longview Center, Lower Conference Room

1495 West Longview Avenue

Mansfield, Ohio 44906

RSVP up to 10 employees per business for the **FREE** training by calling CACY at 419-774-5683 or by email andersont@cacyohio.com with names and permit license number.

Completion certificates will be awarded to vendors from the Ohio Department of Public Safety and sent to participants at the conclusion of the training.



National Prescription Drug Take Back Day



Turn in your
unused or expired
medication for safe disposal

Saturday, October 26
10:00 am – 2:00 pm



Collection programs protect our children, our water and our food supplies, and decrease prescription drug abuse by making it easier for you to properly dispose of unused or expired medication. This is a completely confidential program. No personal information will be collected. Please remove all prescription labels before arriving.

Here's what you **CAN** bring:

- > Prescription medicines of any kind
- > Over-the-counter medications
- > Medication samples
- > Pet medications
- > Vitamins, Inhalers
- > Medicated ointments and lotions
- > Liquid medications leak-proof containers

Here's what you **CANNOT** bring:

- > Needles, syringes, lancets
- > Thermometers, Aerosol cans
- > IV bags, Hydrogen peroxide
- > Bloody or infectious waste
- > Empty containers
- > Personal products
(non-medicated shampoo, etc.)

RICHLAND COUNTY DROP OFF LOCATIONS

Mansfield Police Department
1125 National Parkway, Mansfield

Richland County Sheriff's Office
597 Park Avenue East, Mansfield

Bellville Police Department
320 Bell Street, Bellville

Lexington Police Department
44 West Main Street, Lexington

Shelby Police Department
31 Mack Avenue, Shelby

Butler Police Department
33 West Elm Street, Butler

WALMART

2485 Possum Run Road, Mansfield

