Each of us is aware of the challenges and struggles many youth and families have faced during the past year. However, always focus on the things we can control and this past year also provided an opportunity for each of us to focus on our self-care and work to build our resiliency toolkit.

This year, Child and Adolescent Behavioral Health is proud to present 21 Student Mental Health Champions to the community representing 12 Stark County High Schools (you will meet them on page 4-5).

These students represent the community they live in - a diverse group of students who represent students, athletes, the arts and National Honor Society who provide encouraging messages to their fellow classmates. These students represent the best of Stark County and provide encouragement. They empower others to remove the stigma around mental health. There is nothing more powerful than peer-to-peer support. These students shared their challenges, struggles and accomplishments and let others know they were not alone.

These students came together to appear on a poster hung in the schools; create a unity video and multiple self-care video and some taped messages for PSA that ran on Q92.

C&A appreciates the help and support of the participating school districts - Alliance, Canton, Louisville, Massillon and North Canton city schools and Canton, Jackson, Lake, Marlington, Plain, Sandy Valley and Tuslaw local schools, and our sponsors, AultCare, StarkMHAR and Q-92. If you have not seen the video, take a minute to watch it by scanning the barcode to the right.

Best,
Joe French
CEO
Program Overview:

C&A offers DBT informed treatment services designed for clients aged 13 years and older who are exhibiting significant difficulties regulating their emotions. C&A offers DBT informed therapy as part of the Care Pathway to address significant mood dysregulation, the inability to appropriately manage emotional responses. Adolescents may be appropriate for DBT informed services if they are exhibiting any of the following:

- Extreme mood swings
- Making your own problems worse
- Black and white thinking
- Poor boundaries
- Quick to “fly off the handle”
- Stormy relationships

Staff:

- History of self-abusive behaviors including but not limited to cutting, suicidal thinking/attempt, extreme food issues or substance abuse

If an adolescent is experiencing any of the symptoms listed above and these symptoms are creating difficulties in an adolescent’s everyday functioning, DBT informed therapy services can teach them the skills they need to respond to their intense emotions in productive ways to get those emotional needs met.

Assessment:

Clients will undergo a comprehensive diagnostic assessment to identify the appropriate level of care. The youth will then be placed into an appropriate Care Pathway for treatment depending on their needs and/or risk as identified in the assessment. The assessment of needs/risk is an ongoing process during client participation in DBT informed services. Referral to the program can occur immediately following assessment or the client can be identified as being appropriate for DBT informed services while involved in treatment with another program at C&A.
Program Spotlight
Dialectical Behavioral Remediation continued

Treatment:

DBT is the primary modality of treatment. This program provides DBT informed care through the utilization of the principles of DBT, along with the Zero Suicide Framework principles to provide for the ongoing assessment and management of the client’s needs.

The focus of informed treatment is to teach and equip clients with the skills they need to be able to manage intense emotions, increase healthy responses to these emotions, and reduce at-risk behaviors.

DBT Group and individual DBT informed therapy services are offered through this program. Participation in the DBT Group requires a client to also participate in individual therapy as part of the DBT informed treatment model. Appropriateness for group treatment will be based on assessment of the client’s needs and functioning by the assessor or the individual therapy provider.

How to access services:

If not currently participating in services with C&A, the first step is to set up an intake appointment by calling a C&A office. You will then be scheduled for an appointment with an assessor to complete a Comprehensive Assessment. Once this assessment is completed, the assessor can recommend the appropriate services and make the needed referrals.

Current C&A clients can be referred to DBT informed services by their ongoing C&A provider as appropriate based on the client’s symptoms and functioning.

Additional support:

Services that are also available to those participating include Peer Support Services and services for treatment of substance use disorders.

Area served:

The DBT program serves youth in Stark County and the surrounding communities. Services provided are outpatient services and not crisis services.
C&A Spotlight Program:
Meet Our Mental Health Champions

Kayla Martin
Alliance City Schools

Ally Freidly
Tuslaw Local Schools

Luke Sabo
Massillon City Schools

Brooklyn Krum
Plain Local Schools

Gabriella Smith
Louisville Local Schools

Nakyah Terrell
Canton City Schools

Kobe Johnson
Canton City Schools

Chloe Norris
Louisville City Schools

Abby Franks
Canton Local Schools

Reagan Zehnder
Sandy Valley Schools

Skylar Stephens
Plain Local Schools

Trent Chavers
Canton Local Schools
C&A Spotlight School: Mental Health Week Champions

Drew DeGeorge  
Lake Local Schools

Chantelle Anthony  
North Canton Schools

Vada Mayle  
Sandy Valley Schools

Matt Kiraly  
North Canton Schools

Jaila Cherry  
Plain Local Schools

JJ Mucci  
Plain Local Schools

Lilyan Ronske  
Marlington Local Schools

Seth Anderson  
Louisville Local Schools

Bailey Young  
Jackson City Schools

Stark County’s Student Mental Health Champions
Who won the first Duck Derby?
Watch the race

C&A would like to recognize sponsors of our first annual Duck Derby. We appreciate the support from the business community:

- Wave Maker Title Sponsor
  - Steve & Lisa Gregory
- Finish Line Sponsor
  - Mike & Kay Flood
- Splash Maker Sponsor
- Feather Friend Sponsors
  - Michelle Balderson, Lisa Green & Family, Pharmacy of Green, Sandy Vaughn, Butch & Shelly Nutter and Alliance City Schools.

Scan the code to watch the race
C&A at Sobriety Day and on WKYC-TV

Child and Adolescent Behavioral Health was invited to participate in Q-92’s Sobriety Day at Lake High School. This event concluded our third annual Stark County Schools Mental Health Week. The event at Lake High School was for the senior class of 2021.

C&A's fall and spring intern Brenna Walker (University of Mount Union ‘21) designed the event at Lake High School. Seniors who stopped by C&A’s table had the opportunity to:
- Pick up handouts, pens and magnets from StarkMHAR
- Write positive affirmations on butcher paper to share with fellow classmates
- Do a make-and-take project. Students put glitter in a small tube, filled the tube with water, placed a sticker on the bottom, added the lid and shook the tube. The idea is students can see how hazy thoughts/situations can be. As the glitter settles to the bottom, your thoughts become more clear.
- Students played Jenga. Located on the Jenga blocks, where positive sayings. As blocks are pulled, students see the importance of a strong mental health foundation.
Yes, I want to be a Difference Maker! I know my gift will make the difference in providing health, hope and happiness for children, youth and adolescents.

Recognition of thanks on our donor wall at our Shipley office
$1,000 or more ______________

$500 _____ $250 _____ $100 _____ $50 ________  $Donation _______

Automatic monthly deduction: _______________

Name: ________________________________
Address: ____________________________________________
City: ______________ State:______________ Zip: ___________

Credit card:  Visa  MasterCard  Discover  AMEX  Exp: _______ CVV# _______
Card Number ______________________________
Signature _________________________________

Donations can be made at www.childandadolescent.org
Mail donations to:
  Melissa Coultas, Chief Advancement Officer  919 Second St. N.E., Canton, Ohio 44704

Mental Health tips:

Five Self-Care Tips for summer:

- Get outside
- Enjoy your vacation time
- Plan a getaway
- Maintain a healthy sleep schedule
- Stay active

Alliance Office
1207 W. State St. Alliance, Ohio 44601
330-823-5335

Belden Office
4641 Fulton Dr. N.W. Canton, Ohio 44718
330-433-6075

Shipley Office
919 Second St. N.E. Canton, Ohio 44704
330-454-7917

Plain Office
1801 Schneider St. N.E. Door 6 Canton, Ohio 44721
330-470-4061