For the first time in 19 months, the entire C&A staff was able to gather in-person, while meeting safety protocols (masks, social distancing) for our Convocation Day.

As an agency, we felt the connectedness is part of the C&A DNA to come together in a social setting and see each staff member; to thank each one in person for their commitment and dedication to the agency and their clients was special.

C&A has four office locations spread out across Stark County. This past year, like every other business, the agency did its best to stay connected from internal correspondence and newsletters to Zoom or Teams meetings, however, nothing can replace in-person social connections with staff members, who often do not have the opportunity to travel between offices to see one another.

The theme for Convocation Day was Growing Together. A committee consisting of Melissa Coultas, Courtney Shahan, Dan Metzgar, Colin Christensen, Kim Cernansky, Susan Brown, Mary Kreitz, Hannah Cowie, Sarah Hough, Stacey Pancher-Rippey and myself planned the morning session of the day before clinical staff members participated in trainings during the afternoon.

The morning included:

- A welcome video from the Convocation team.
- A video message from the board thanking staff for all they do.
- Board President Dr. Linda Sklar sharing the board’s appreciation
- Staff member Eric Middendorf writing and singing a song tailored to the theme of the day.
- And a fun activity, where staff members how they grew during the past year on a flower petal and shared.

C&A’s staff has embraced all of the changes during the past year and has shown remarkable resiliency. Our staff are true community heroes.

Best,

Joe French
CEO
Program Spotlight
Sexually Inappropriate Behavioral Remediation

Program Overview:

The mission of the Sexually Inappropriate Behavioral Remediation (SIBR) program is to prevent and treat sexually inappropriate behavior among adolescents and address its effects on youth, families and the community.

The SIBR program aims to provide relevant psychoeducation, effective interventions, and genuine empathy to remediate inappropriate sexual behaviors and develop skills necessary for healthy and happy relationships.

What is considered inappropriate?

- **Problem sexual behavior** – includes boundary-crossing behavior such as inappropriate touching (self or others), inappropriate sexual communication (sending or receiving nude photos), inappropriate pornography use and inappropriate masturbatory behavior.

- **Sexually reactive behavior** – includes sexualized behavior such as boundary-crossing, inappropriate touching and language, inappropriate masturbatory behavior and inappropriate media use that are associated with traumatic stress resulting from sexual abuse.

- **Sexual offending behavior** – includes any sexual behavior that violates the rights of others, and typically results in legal sanctions. Examples of this include child pornography, gross sexual imposition or rape.

Full Treatment for SIBR

Full-treatment SIBR is for youths ages 13 to 19 who have been adjudicated for a sexual offense. Treatment services are tailored individually based on the Risk-Needs-Responsivity principle and established through a comprehensive assessment or risk assessment.

Treatment may include individual/family therapy, group therapy, case management services, social skills group and psychiatric services. The full-treatment SIBR group is designed for typically-functioning youth and addresses skill-building in several of domains associated with decreasing risk for sexual offending behavior including: Sex Education, Understanding Sexual Offending, Understanding Victim Impact, Empathy, Problem-Solving and Communication, and Thinking Errors. Activities include group discussion, writing assignments, and art projects. The Full Treatment Group meets weekly. When available, the full-treatment SIBR youth may participate in the Social Skills group. This group is an eight-week interactive learning experience for the youth, and is typically facilitated by a case manager.
C&A Spotlight Program: Sexually Inappropriate Behavioral Remediation

SIBR Treatment Continued

The Social Skills group provides context for skills acquisitions and rehearsal related to specific social skills such as: active listening, nonverbal communication and boundaries, appropriate expression of emotions, understanding social context, problem-solving and conflict resolution, peer pressure, and dating/intimacy skills.

Services

Healthy Sexuality
Healthy Sexuality is comprised of two services: Healthy Sexuality Groups and Healthy Sexuality Individual Therapy.

- **Healthy Sexuality Group** is an eight-week program that is educational in nature and is designed for youth ages 13 to 18 who have demonstrated inappropriate sexual behavior that warranted attention from community members (i.e. family, mental health providers, school) or Stark County Family Court.

- **Individual Healthy Sexuality** is considered when the youth is under the age of 12, or exhibits developmental concerns or other factors, such as severe mental illness diagnoses that requires attention throughout treatment and beyond basic therapy.

Staff

Dr. Seandra Walker
Dr. Emma Farkas

Information
Please call 330.433.6075 or visit www.childandadolescent.org
Olympic gold medalist Michael Phelps’ message to kids is “Mental Health awareness is just as important as your physical health.” This powerful message is an important reminder for all individuals but is especially important for college-age students, who often are working, going to school, staying up all night studying and not eating properly.

Child and Adolescent Behavioral Health (C&A) is presenting our third annual Collegiate Self-Care Fairs on all Stark County college and university campuses throughout October. This campaign will bring increased awareness regarding mental health practices to college students in Stark County and to increase their ability to cope with life’s ongoing challenges.

**Partners:**
- Coleman Crisis Center
- Stark County Youth Led Prevention
- StarkMHAR
- StarkHelpCentral
- Mount Union’s Radio Station, WRMU
- Ohio Program for College Safety & Mental Health

**Participating Schools:**
- Kent State University -Stark
- Malone University
- University of Mount Union
- Stark State College
- Walsh University

**Self-Care Kits**
- Cinch Sack
- Positive Impact Journals
- Positive Affirmation Chips
- Gatorade Powder Stick
- Emergency contact number magnet
- Panic, Anxiety, Stress & Support kit cards

**Learning through activities**

Students who stop by the booth can also play Jenga. During the game, students will pull a block and read a positive saying while continuing to build the tower upwards, strengthening the foundation. When the one piece that is pulled out causes the foundation to crack and fall, the student will rely on tips they learned playing the game to rebuild the foundation.

Students will have the opportunity to do a make-and-take activity that includes a test tube bottle, water and glitter. Students can place water and glitter in the tube and shake-it-up. As the glitter is floating in the tube, students can view how easy it is for thoughts to be jumbled and unsettled. When the glitter settles to the bottom, and the water is clear, students can see over time that clearer, calmer thoughts lead to a better result.
Collegiate Week Mental Health Champions

Self-Care & Unity Videos

Unity Video

Malone University
Alexis Price
Self-Care Tip

Malone University
Jace Ward
Self-Care Tip

Walsh University
Varney Pelima
Self Care Tip

Collegiate Mental Health Champions

Jasmine Billings
Stark State College

Hailey Fleming
University of Mount Union

Alexis Price
Malone University

Varney Pelima
Walsh University

Stephanie Rafferty
Kent State University
Stark

Jacklyn Sullivan
University of Mount Union

Jace Ward
Malone University
School Spotlight:
Plain Local Schools Mental Health Initiatives

Grants lead to new mental health initiatives:

Plain Local Schools is taking an active role in meeting the social and emotional health needs of our students through several initiatives during the 2021-2022 school year. Through the assistance of grant dollars secured by Stark County Mental Health and Addiction Recovery (StarkMHAR), social emotional learning curricula have been purchased for each grade level. The implementation of these curriculums is done hand-in-hand with our district-wide Positive Behavior Interventions and Support (PBIS) driven by our strategic plan.

Elementary grade levels (K-4)
The focus is on the Zones of Regulation and Social Thinking curriculum taught by our elementary counselors, which focuses on a cognitive-behavioral approach used to teach us how to regulate our feelings, energy and sensory needs.

Glenwood Intermediate (5-6)
Students are focusing on conflict resolution, resiliency and coping with anxiety and peer pressure through the use of Life Skills curriculum.

Oakwood Middle School (7-8)
The Life Skills curriculum continues.

GlenOak High School (9-12)
Focusing on these same areas while getting a deeper understanding on drug and alcohol awareness in addition to a suicide prevention program.

Through the Elementary and Secondary School Emergency Relief Fund, also known as ESSER, the district has added additional counselors at Glenwood, Oakwood and GlenOak who specifically focus on delivering these lessons to our students. In addition, counselors work as a bridge between the school and Child and Adolescent Behavioral Health working with students to create a successful learning environment.

Christian Griffin
Guidance Counselor

Katelyn Frazier
One of five Success Coach

Julie Vitale
One of five Success Coach
Elementary success starts with coaches

Active, engaging, and inclusive are just a few words to describe the new success coaches found in each of the Plain Local Schools elementary buildings. These individuals come from a variety of backgrounds including Mental Health, Human and Family Development, Counseling, Psychology and Social Work. With more than 50 years of combined experience working with students outside of the school setting, we are pleased to have five success coaches join our team this year. The success coaches are part of ESSER funding. The success coaches will impact the school environment and the mental wellness of each child.

The role of a success coach is to support social-emotional learning. They respond to immediate behavioral needs and model research-based strategies designed to keep our students learning successfully in the classroom. They also work with students in small groups to improve students’ social emotional skills. Our coaches knowledge of mental health is shared with teachers as they are a regular part of each building’s professional development. Finally, they connect with families acting as a bridge between the school and home offering learning sessions for parents connecting successful routines and procedures. In collaboration with Akron Children’s Hospital and the Stark County Educational Service Center, the success coaches will participate in monthly professional development and will then, in turn, share this knowledge with the school staff. We are excited about this opportunity to further develop the success of every Plain Local Eagle.

Community Connections

Many new initiatives are happening to give students a better sense of belonging at each of our buildings.

- Guys with Ties and Fierce Females are being led by our staff at the elementary level, and really work with students to develop skills to be successful, and bringing in a series of notable speakers to create a focus on community. in a series of notable speakers.
- GlenOak High School students continue to connect with Glenwood Intermediate students to serve as mentors for the younger students each month.
- At Oakwood Middle School, the Legacy Project allows many of our students to meet weekly with an adult mentor as they begin their transition to high school.
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 _______

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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