



COMMUNITY DIFFERENCE NEWSLETTER

Health, Hope & Happiness

Ted Herncane is chairing Annual Appeal

C&A's 2022 Annual Appeal is continuing through Feb. 28. This year's Annual Appeal is being chaired by C&A Board Member and Massillon native Ted Herncane.

Ted is quoted as saying, "The dollars raised during this year's campaign will support valuable programs and services for C&A clients. These past few years, more families are reaching out for mental health services. Contributions will benefit many youth and adolescents who are struggling to find coping strategies during these challenging times."

Never have truer words being spoken. In some videos Ted created for the Annual Appeal, which you can view by clicking on the link below, he discusses in length the struggles kids are facing during these challenging times. He mentions his wife, Michelle, teaches kindergarten and they discuss how teaching and learning has changed during the past two years.

The father of two children, a third grader and a freshman at The Ohio State University, Ted mentions how mindful the family has become in striving for positive mental health. But he also discusses reaching out for help, which more families are seeking services than ever before.

Below are different ways you can contribute to this year's campaign - both traditional or by using your mobile device to donate through Venmo or Text-to-Give. For any person or business who donates a \$1,000 or more, your name will be placed on our donor wall at the Shipley office. We appreciate your continued support of providing health, hope, happiness and opportunity to our youngest citizens.

Donate:

Online: www.childandadolescent.org

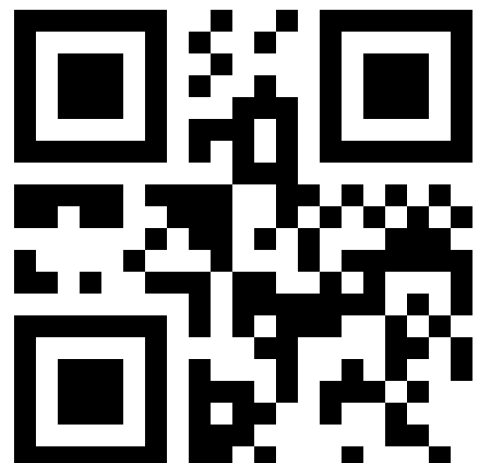
Venmo: @CABehavioralHealth

Text to Give: 330.583.4333



WHAT YOU'LL FIND INSIDE:

- **CERNANSKY DISCUSSES WHAT SCHOOL-BASED THERAPIST ARE SEEING**
- **INTRODUCING THE 2022 MENTAL HEALTH CHAMPIONS**



School-based therapist sees needs Donate to appeal

School-based Services at Child and Adolescent Behavioral Health has been in existence for over 20 years. In collaboration with Stark County Mental Health and Addiction Recovery Board, C&A provides mental health services to 8 school districts within the county. Our School-Based therapists are on-site at the school and readily available to assist students in need. School-Based therapists provide services to both open clients as well as consultation clients. Students can be impacted both academically and socially when they are struggling with emotional or behavioral concerns. Teachers and staff may identify those students and refer them to C&A services.

Having a therapist on site to address these concerns, in the moment, has shown to be effective and beneficial to increasing children's success at school.

This school year, we continue to navigate life in a pandemic. As children started the school year, time was spent adjusting them to being back at school full time. Some children returned to school for the first time after being taught virtually last school year. It became evident, returning to school increased anxiety and stress for some children. Children had to deal with disruptions to their routine that they had at home as well as separation from their parent and family as they headed back to school full time. As an agency, we have seen an increase in referrals for school-based services. The pandemic has had and will continue to have an impact on children academically, emotionally, and behaviorally. School based therapists are a valued and beneficial support at the school that families can utilize as a helpful and positive resource.



**Donate to Annual Appeal:
Online:**

www.childandadolescent.org

Venmo: @CABehavioralHealth

Text to Give: 330.583.4333



Flood Endowment Fundraiser Massillon Eagles on April 1

C&A's second annual fundraiser to benefit the Mike Flood Endowment Fund will be held April 1 at the Massillon Eagles, 303 Weirich Blvd. N.W., from 6 to 8 p.m.

Flood, a former board member and community activist for mental health, established this endowment that benefits C&A when he retired from the Timken Co. as corporate director of human resources. Christopher, Flood's son, struggled with mental health issues during his life, which propelled Flood to advocate for mental health services.

This year's fundraiser is a draw down. Two hundred tickets will be sold for the draw down at \$50 per ticket, with the opportunity to win \$1,000. A dinner ticket only can be purchased for \$15. Tip boards, 50/50 tickets and live auction baskets will be available.

Prizes will be awarded at:

- The 50th ticket drawn
- The 100th ticket drawn
- The 150th ticket drawn
- The final five tickets holders present will determine if the \$1,000 prize is split equally or if the drawing continues to the one winner.

C&A invites you out to enjoy a fun, casual evening supporting a great cause. Tickets may be purchased online at www.childandadolescent.org/ _____



To order tickets, go to
www.childandadolescent.org/



Meet Our 2022 Student Mental Health Champions

Child and Adolescent Behavioral Health, along with our partners at AultCare, Stark Mental Health and Addiction Recovery (StarkMHAR), Kent State University-Stark, Michael Dougan State Farm and CommQuest are proud to present this year's Stark County Student Mental Health Champions from 15 area Stark County Schools. During the next three months, these students will be featured on our website and social media. These students created a unity video and provide positive self-care tips for their fellow classmates. We are proud of each of these students from helping remove the stigma around mental health.



**Misty
McMasters**
Alliance H.S.



**Abby
Bergert**
Cantom South H.S.



**Ella
Salvino**
Central Catholic H.S.



**Lorell
Evertt**
GlenOak H.S.



**Ja'Nay
McNeal**
GlenOak H.S.



**Jarod
Matronia**
Jackson H.S.



**Joy
Carpenter**
Lake H.S.



**Mason
Champagne**
Lake H.S.



**Tyler
Balderson**
Louisville H.S.



**Chloe
Cantwell**
Marlington H.S.



Evan Dennison
Marlington H.S.



**Hannah
McConnell**
Marlington H.S.



**Autumn
Ronskey**
Marlingotn H.S.

The 2022 Student Mental Health Champions - Con't



**Amillion
Card**
McKinley H.S.



**Caleb
Ruffin**
McKinley H.S.



**Alaa
Saad**
McKinley H.S.



**Andrew
Enyon**
North Canton
Hoover H.S.



**Katie
McMullen**
North Canton
Hoover H.S.



**Kendal
Fisher**
Perry H.S.



**Vinny
Hildebrand**
Perry H.S.



**Matt
Gentry**
Sandy Valley H.S.



**Abbey
Parker**
Sandy Valley H.S.



**Morgan
Van Meter**
Sandy Valley H.S.



**Ali
Winters**
Sandy Valley H.S.



**Orlasia
Hunter**
St. Thomas
Aquinas H.S.



**Ty
Pratt**
Tuslaw H.S.

Grant Updates: Shipley Parking lot update

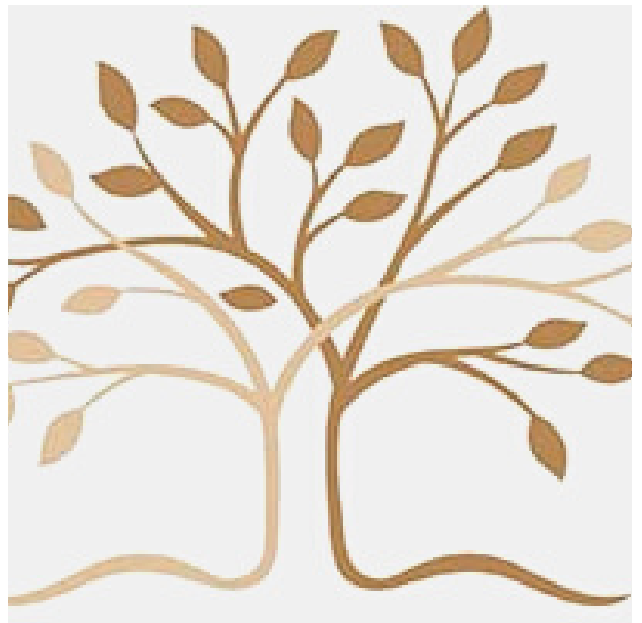
Child and Adolescent Behavioral Health (C&A) .



Aultman Foundation Grant DBT training set to start Jan. 28

The Aultman Foundation awarded C&A a \$5,000 grant in April of 2021 to train 33 staff members in

To learn about the
grants C&A has receive, visit:
[www.childandadolescent.org/
community-recognition](http://www.childandadolescent.org/community-recognition)



Aultman Health Foundation

Agency starts strategic planning for next three to five years

C&A Board Member and community advocate Mike Gallina will lead the agency through several strategic

C&A Winter Giving Tree continues

Winter Giving Tree

C&A's Winter Giving Tree is running through Jan. 31.

I

C&A Officers:

Joe French, CEO

Jodi Santillo, COO

Georgene Voros, CCO

Pam Lung, CFO

Melissa Coultas, CAO

Susan Brown, ACO

Kim Cernansky, ACO



Board of Directors:

Dr. Linda Sklar, president

Michelle Balderson

Holly Davies

Jennifer Meek-Eells

Mike Gallina

Lisa Warburton-Gregory

Monica Rose Gwin

Ted Herncane

Patrick Mackie

Dr. Michael McCabe

Casey McCloud

Heather Pennington

Stacy Remark

Dominic Reolfi

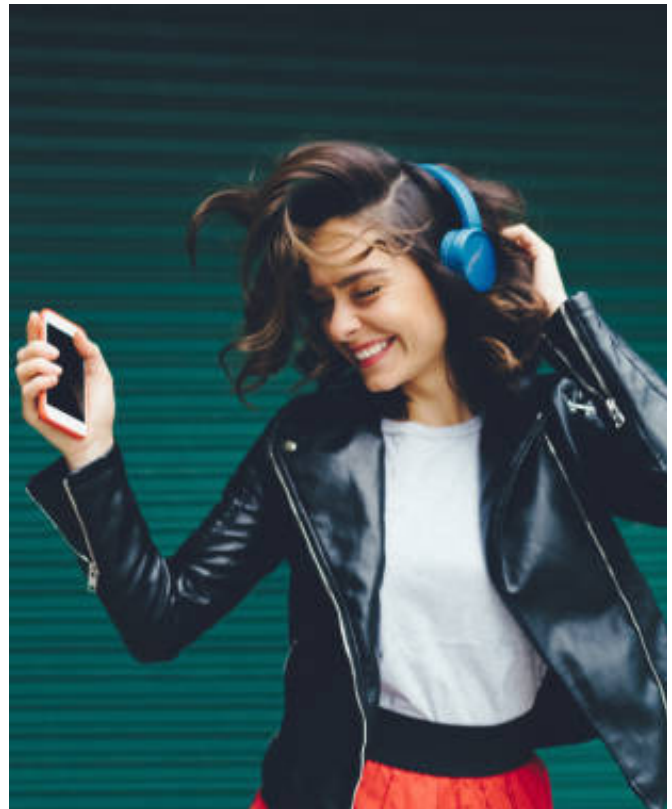
Joyce Salapack

Lindsay Smith

How music can boost your mental health

Music can be utilized to regulate mood. Because of its rhythmic and repetitive aspects, music engages the neocortex of our brain, which calms us and reduces impulsivity. While there are benefits to matching music to our mood, it can potentially keep us stuck in a depressive, angry or anxious state.

- Classical music is the best music to listen to for positive mental health.
- Music that has a tempo of 60 bpm (beats per minute) increases the efficiency of the brain in processing information.
- Having music in the background is best way to listen to music.



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.
Canton, Ohio 44704
330.454-7917

Plain Office
1801 Schneider St. N.E.
Door 6
Canton, Ohio 44721
330.470.4061

Donate today!

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 or mail donation to:
Melissa Coultas, Chief Advancement Officer, 919 Second St. N.E., Canton, Ohio 44704