

Health, Hope, Happiness & Opportunity

COMMUNITY DIFFERENCE

NEWSLETTER



Taking Care of You

Child and Adolescent Behavioral Health promotes self-care every day. We believe that healthy, happy employees are productive and engaged employees. We operationalize self-care/wellness in many ways:

- Professional growth- in person and online trainings.
- Self-development- coaching, guiding and shaping staff to be the best versions of themselves.
- Ability to advance in the agency through promotion, pay status and leadership roles.
- Providing weekly wellness tips, paid time off, YMCA membership discount and excellent health benefits.

Here are seven ways to exercise self-care and take better care of you:

1. Self-care means knowing who you are and your limits. It means recognizing when you are doing more than you are used to handling and trying to figure out what can be done to slow down.
2. Self-care means getting the sleep you need and knowing how to rest. Are you getting enough sleep for you? Making a serious effort to ensure you do and knowing what is best for your body and mind are essential.
3. Self-care means making sure that you're well fed. Does what you eat provide the energy you need to function?

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Self-Care Continued

Do you take time to eat meals at work and do you take time to have snacks when your body requires intermittent food during the workday? Self-care means integrating favorite healthy foods into your everyday eating routines and planning ahead to make sure you have adequate nutrition throughout your day.

4. Self-care means finding a way to decompress throughout your day, not just when you leave work. How do you rest your mind during and after a workday? What helps you tune out the noise? For example, try stretching or taking a brief walk, getting yourself a drink of water, talking to a friend, getting in touch with a loved one even if it's just a text, or purposely looking at photos that have special meaning. The brain needs those pauses.

5. Self-care means identifying what you enjoy doing and what's fun for you and making a serious effort to integrate it into your day or at the very least, your week. Make it a habit to plan something to look forward to everyday. It doesn't have to be complicated.

6. Self-care means knowing how to decompress after a day's work. That might mean walking, driving in silence or listening to music to help transition from work to home.

7. Self-care means feeding your spiritual self. That might take the form of meditating, praying, communing with nature by a walk in a park, observing a sunset or sunrise, attending a religious service, practicing gratitude, reading, or listening to something inspirational.



The third annual Grand Raffle ticket drawing will be presented by Schauer Group

Let Your Light Shine

Event and grand raffle tickets are now available for C&A's 18th annual Let Your Light Shine event!

This year's Let Your Light Shine (LYLS) event will be held at the DoubleTree by Hilton Downtown Canton on September 23, from 6-9 p.m. This year's theme is "Southern Nights". Southern hospitality will be felt through lanterns, magnolias and warm welcomes.

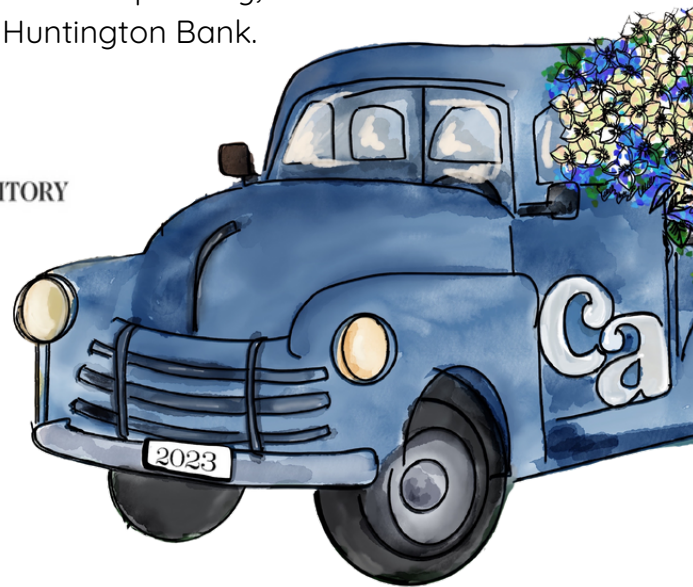
Tickets to this year's fundraiser are \$90. Grand raffle tickets are \$25 with a chance to win \$2,500! The winner will be pulled at the event, and you do not have to be present to win.

Tickets can be purchased online at

<https://www.childandadolescent.org/let-your-light-shine-annual-auctionsouthern-nights/>

The presenting sponsor is The Repository, and the online auction is sponsored by Huntington Bank.

CantonRep.com | THE REPOSITORY



Jen Frey - Event Chair
 Molly Sperling - Co-Chair
 Stacy Remark - Auction Chair
 Suzanne Birkbeck - Cookie Chair

Jamie Lowry - Decoration Chair
 Lindsay Smith - Grand Raffle Chair
 Diane Collins - Marketing Chair

C&A Welcomes Jennifer Meek Eells as New President



Jennifer Meek Eells, a Lisbon native, graduated from Lisbon David Anderson High School. She earned her associate's degree at Stark State College, her bachelor's degree from Walden University, and a master's degree in counseling from Capella University. She has served on C&A's board for four years where she serves on the Human Resources Committee. She brings substantial knowledge of human resources and business to the organization.

Meek Eells explains, "I love what C&A does for families and children in our community. Our children and young adults are the future in growing a stronger Stark County!"

Board Officers



Jennifer Meek Eells
President



Linda Sklar
Past President



Casey McCloud
First Vice President



Mike Gallina
Second Vice President



Dominic Reolfi
Treasurer



Lindsay Smith
Assistant Treasurer



Joyce Salapack
Secretary



Lisa Warburton Gregory
Board Appointed

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In The Community

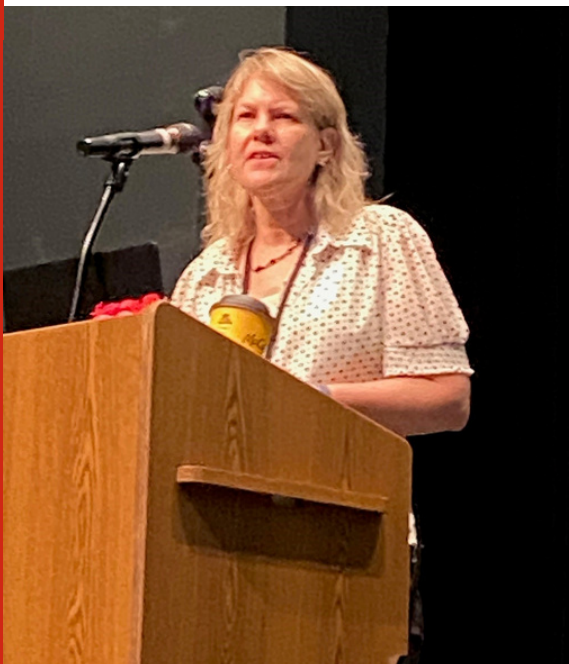


(L to R) Abbey Van Auken, outgoing Board President Dr. Linda Sklar, board member Skyler Parks, and Joe French attend "Twenty under 40!" at the Civic Center to honor Parks.

Child & Adolescent Behavioral Health Board Member Skyler Parks recently received a "Twenty under 40!" award. Parks, a Canton native, graduated from McKinley Senior High School. He furthered his education by studying at Walsh University, earning his bachelor's and master's degree in business management.

Mental health is a passion for Parks. He says, "I have a soft spot in my heart for working with the youth and within this capacity on the board." He stays active in the community by staying involved in multiple organizations.

Parks is Director of Business Development and Growth for the Stark County Minority Business Association.



C&A's Dr. Karita Nussbaum, Gemini - Substance Use and Mental Disorders program manager, spoke to eighth-grade students at GlenOak High School on June 20th. Her talk focused on the subliminal substance use messages advertisers use to hook adolescents, such as those in video games.

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C&A Named a Top Workplace Two Years in a Row

Child and Adolescent Behavioral Health was named a top workplace for the second year in a row. The award is given out by the Cleveland Plain Dealer/cleveland.com. Rankings are based off of employee surveys. Here's what staff has to say about working for C&A:

- "I love the family atmosphere of C&A, and our leadership team genuinely cares about the employees... Everyone helps each other learn and grow in their field."
- "Staff are caring, and they truly care about the clients they see. From the therapists to the front desk to behind the scenes, everyone truly cares."
- "I feel C&A is so flexible and easy to work for."

Read the full article [here](#).

THE PLAIN DEALER



C&A receives NCMF grant

Child and Adolescent Behavioral Health received a \$5,000 grant from the North Canton Medical Foundation Grant for implementing life skills at YMCA summer programs.

The main goal of this grant is to address the social-emotional needs of youth ages 9-13. Through implementing an evidence-based social-emotional curriculum, we expect an increase in youth self-esteem, ability to make safe and healthy decisions, and an increased ability to communicate more effectively with both peers and adults in various settings. This will be accomplished through the use of lessons provided by Botvin LifeSkills along with the alternative and supplemental activities and resources that are allocated for with this funding. We aim to increase youth self-efficacy in advocating for their social-emotional, mental health, sensory and relational needs both at Y Care and at home.



Child & Adolescent
Behavioral Health

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Agency News

WEBSITE REDESIGN

Child and Adolescent Behavioral Health announces a new home page on the agency website. The page has been completely redesigned, and it highlights our mission and vision, different programs, client testimonials, events and more. C&A collaborated with the University of Mount Union's integrated media students during two semesters to complete the new look. Updated internal pages will be coming soon.

View the new homepage [here](#).

NEW PODCAST

C&A has released a new podcast titled "Health, Hope, and Happiness". The podcast focuses on the mental health of student-athletes. The podcast features Dr. Steve Graef, a Columbus- based sports psychologist, who provides tips and tricks on how coaches and parents can help athletes maintain their mental health. There is information just for athletes as well. The podcast is available on Spotify, Apple Podcasts, Spreaker, iHeartRadio and more.

Click [here](#) to listen on the platform of your choosing.



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Vaughn Park

Marathon Petroleum gifted Vaughn Park a \$45,000 grant to create a green space for the agency's Day Treatment students. The park was named after Sandy Vaughn, a previous employee of C&A, who worked for the agency from 1976-2021.

As part of the grant, C&A indicated they would plant a vegetable and butterfly garden. Raised garden beds were built by GlenOak's high school construction trade class, and students in the Day Treatment program are maintaining the garden.

In addition to the garden, Day Treatment students are building two picnic tables. This project is being funded by a grant through Summertime Kids Grant. The grant will help students learn independent living, teamwork, problem-solving and coping skills. The tables are being put together for students, clients and staff to enjoy.



Raised beds being maintained by Day Treatment students



Raised tomato planter



Gateway to Vaughn Park

LOCATIONS:

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

Weekly Wellness

Affirmation

**I AM GROWING
 INTO THE BEST
 VERSION OF ME**

Journal Prompt

**WHEN DO YOU FEEL
 MOST LIKE
 YOURSELF?**

Quick Mood Booster

**LISTEN TO YOUR
 FAVORITE SONG**

Take a Moment for Self-Care

Self-care doesn't have to be complicated:

- Journal, read, or listen to music
- Enjoy a hobby
- Take some deep breaths
- Make your favorite meal
- Unplug before bed
- Spend time in nature
- Drink plenty of water
- Exercise or meditate

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:
 Mission Advancement Office, 919 Second St. N.E., Canton, Ohio 44704