

Health, Hope, Happiness & Opportunity

COMMUNITY DIFFERENCE

NEWSLETTER



Gandhi's famous quote is "Be the change you wish to see in the world."

Change is challenging, frustrating and exhausting. Change takes us out of our comfort zones and makes us uneasy. Personally, I think feeling uncomfortable is not a bad thing. I actually believe when you feel uncomfortable, you are growing. It is called growing pains.

I decided to explore ways to make change a little easier. I came across an article by Dan Schawbel. He recommends the following:

- Maintain a positive attitude
- Recognize that change is constant
- Communicate
- Be optimistic even though you might not be currently happy
- Self-reflect
- Learn new skills
- Communicate some more
- Ask as many questions as possible
- Look for new ways to help others cope with change

I think these are great steps in helping with the change process. I know for myself, self-reflection is key. True reflection is the greatest gift you can give yourself. It is critical to take a look at yourself. By reflecting, we realize change lies within us. We hold the key.

Jonathan Lockwood Huie stated: "When it is only human to fear change and to fear the unknown, take a deep breath and welcome change." Child and Adolescent Behavioral Health has weathered many changes; unfortunately, I do not see an end any time soon. I know that change is difficult. As a team/family, we are here to work collaboratively and effectively for our children and families. As leaders of the organization, it is our job and responsibility to walk beside our staff and community to support and to compassionately challenge. The children we serve are worth our growing pains and together we will provide them with the best possible US we can.

-Joe

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

IN THIS ISSUE:

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

Convocation Day

Child and Adolescent Behavioral Health held its annual Convocation Day at Kent State University - Stark Conference Center on Oct. 9. The day consisted of a variety of speakers, including CEO Joe French, Dr. Linda Sklar, John Aller of StarkMHAR, Isaac Baez and Suzi Lantz. Lantz was the keynote speaker and offered information about the 5 Voices. Staff participated in a variety of trainings afterwards. The theme of the event was GRACE, meaning Grace, Respect, Authenticity, Compassionate Action and Empathy.



CEO Joe French



Staff engaging in a group activity



Suzi Lantz on the 5 Voices



(L to R) Bake-off winners Robert Willoughby, third place; Kim Cernansky, first place; and Chandra Piatt, second place

IN THIS ISSUE:

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

Joint Open House

On Oct. 12, C&A's Shipley office held a joint open house with the Margaret B. Shipley Health Clinic from 4-6 p.m. The open house highlighted both agencies' shared mission, number of children served and over 100 years of combined service. It also called attention to both the mental and physical health services available at this location. Attendees had the opportunity to meet staff from both agencies and go on a tour of the building.



Guests enjoyed light refreshments and snacks



Cookies



Staff from Shipley Health Clinic



Welcome table including sign-up and goodie bags

IN THIS ISSUE:

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

Agency News

Let Your Light Shine

Child and Adolescent Behavioral Health's 18th annual Let Your Light Shine was a major success. Many records were shattered. Attendance was at an all-time high with more than 240 attendees. Additionally, the amount raised through sponsorships was the highest it has ever been along with the total profit raised, topping \$100,000.



Event set-up



Auction table set-up

Board President Inducted into Women's Hall of Fame

C&A's Board President Jennifer Meek Eells was inducted into the YWCA Women's Hall of Fame on Sept. 30. The induction took place at the Pro Football Hall of Fame Nash Center. C&A staff, board members and committee members attended the event to celebrate Meek Eells.



(L to R) Brook Harless, Sharon Nunn, Mary Kreitz, Joe French, Joyce Salapack, Dr. Linda Sklar and Jennifer Meek Eells

IN THIS ISSUE:

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

In the Community



(L to R) Jodi Santillo and Joe French

Child and Adolescent Behavioral Health's Chief Operating Officer Jodi Santillo and Chief Executive Officer Joe French spent the evening at Tom Benson Hall of Fame Stadium on Sept. 15 to support the Early Childhood Resource Center agency's fundraiser event.

Larissa Haring participated in one of three United Way panels. This discussion took place at the Timken Co. She discussed C&A's Triple P program, its partnership with United Way and Gibbs Elementary School, and the success of the partnership.



C&A's Larissa Haring second from left



(L to R) Mary Kreitz and Georgene Voros

Mary Kreitz and Georgene Voros attended the Women's Fund dinner on Sept. 20 at Shady Hollow Country Club. Kreitz gave a presentation on funding the agency has received from the organization.

IN THIS ISSUE:

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

In the Community



(L to R) Erika Wood, Ashlie Lamp, Jodi Santillo and Colin Christensen

On Aug. 25, Child and Adolescent Behavioral Health staff celebrated the agency's reaccreditation at Royal Docks Brewing Co. in Jackson Township. Staff was able to celebrate with appetizers, drinks, games and fellowship.

C&A held another Leadership Luncheon on Sept. 13 at Chateau Michele. It focused on creating a culture of kindness. Clare Smith led a discussion surrounding Grace: Grace, Respect, Authenticity, Compassionate Action and Empathy.



Clare Smith



Dan Mucci

C&A was a sponsor of NAMI's annual walk on Oct. 1. Mission Advancement Director Dan Mucci attended the event and spoke with walkers about the services our agency has to offer.

IN THIS ISSUE:

[COPING WITH CHANGE](#)

[CONVOCATION DAY](#)

[JOINT OPEN HOUSE](#)

[AGENCY NEWS](#)

[IN THE COMMUNITY](#)

[IN THE COMMUNITY CONT.](#)

[OUT AND ABOUT](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
SPECIFIC ARTICLE, TRY
CLICKING ON A TITLE ABOVE!

Out and About Collegiate Self-Care Fairs

Child and Adolescent Behavioral Health is visiting colleges in Stark County as part of the collegiate self-care fairs, including Walsh University, Aultman College, Malone University, Stark State College and the University of Mount Union. Students can learn about resiliency and self-care by playing Jenga, make a craft to practice deep breathing and enjoy a goodie bag containing relevant mental health information and stress relievers.



(Pictured L to R) Abbey Van Auken and Julie Beachy at Walsh University



Walsh University students participating in a make-and-take craft

Jackson Presentation

C&A's Training Director Mary Kreitz gave a presentation on Sept. 13 for Jackson Local School's varsity coaches during a Professional Development Day. Kreitz spoke with the coaches about resiliency, ACES (Adverse Childhood Experiences) and positive childhood experiences. Coaches had the opportunity to ask follow-up questions. Discussions covered issues that student-athletes face, such as the pressure parents put on their athletes. This presentation was in conjunction with Athletes Strong for Mental Health.



Mary Kreitz

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 CAPABLE OF
DOING GREAT
THINGS**

Journal Prompt

**HOW DO YOU PUT
YOURSELF FIRST?**

Quick Mood Booster

**ENJOY A SEASONAL
ACTIVITY**

Signs You Need a Mental Health Break

Mental health breaks are essential for our wellbeing. This is especially true as we transition into seasons that have the potential to bring about sickness or feelings of depression. Here are some signs that you need a mental health break:

- Brain fog
- Constant fatigue
- Restless nights
- Inability to concentrate or recall information
- Loss of interest
- Unhealthy eating
- Frequent eating or irritability

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