

Health, Hope, Happiness & Opportunity

COMMUNITY DIFFERENCE

NEWSLETTER



The Importance of Gratitude

As we approach this season of giving and thanksgiving, I find it important to take a moment to reflect on the significance of gratitude. In a world that often moves at a relentless pace, with challenges and uncertainties that can be overwhelming, embracing gratitude can be a powerful and transformative force in our lives.

Gratitude is more than a simple expression of thanks. It's a state of mind and heart that encourages us to appreciate the goodness that exists in our lives, even amidst difficulties. It's a recognition of the people, experiences and opportunities that enrich our existence. Gratitude is a lens through which we can view the world with more positivity, and it can profoundly impact our well-being and the well-being of our community. Here are a few reasons why gratitude is so important:

- 1. Strengthens relationships:** When we express gratitude, we acknowledge the contributions of others to our lives. This fosters a sense of connection and deepens our relationships within the community. Gratitude is a simple yet powerful way to let people know that they are valued and appreciated.
- 2. Enhances mental health:** Practicing gratitude has been linked to improved mental well-being. It can reduce stress, anxiety and depression. By focusing on the positive aspects of our lives, we can gain a more optimistic outlook on our challenges.
- 3. Boosts resilience:** Gratitude can help us navigate through tough times. It allows us to see the silver linings in difficult situations and provides a foundation of resilience in the face of adversity.

[THE IMPORTANCE OF GRATITUDE](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
QUICKLY REDIRECTED TO A
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CLICKING ON A TITLE ABOVE!

IN THIS ISSUE:

[THE IMPORTANCE OF GRATITUDE CONT.](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

IF YOU WOULD LIKE TO BE
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The Importance of Gratitude Cont.

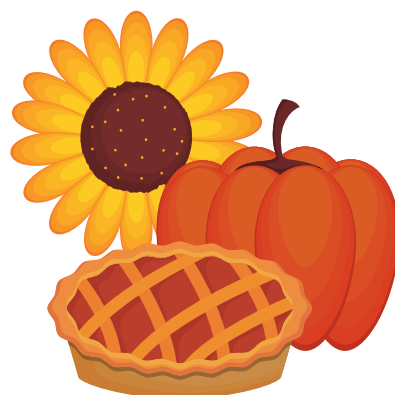
4. **Promotes acts of kindness:** Gratitude has a ripple effect. When we receive it, we are more likely to pay it forward. This leads to a cycle of kindness and generosity that can create a more caring and compassionate community.
5. **Fosters a sense of abundance:** Gratitude shifts our perspective from scarcity to abundance. It helps us appreciate the many blessings we have, both big and small. This abundance mindset can lead to greater contentment and satisfaction.

This season, as we gather with loved ones and engage in acts of kindness, let us make gratitude a cornerstone of our community. Let us take the time to express our thanks and appreciation to those who make a positive impact in our lives, be it our neighbors, friends, family or community organizations.

Gratitude is not just a feeling; it's a practice that can be cultivated and shared. I encourage each of you to take a moment to reflect on what you are thankful for and to express your gratitude to others. Small gestures of appreciation can go a long way in creating a more harmonious and close-knit community.

Thank you for being a part of this community, and I am grateful for the contributions each of you makes to enrich our lives. Let's embrace gratitude and continue to build a community where kindness, understanding, and appreciation are at the forefront.

With heartfelt gratitude,
Joe



IN THIS ISSUE:

[THE IMPORTANCE OF GRATITUDE](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

New Office Location

Child and Adolescent Behavioral Health's Alliance office is moving from our current location to Parkway Learning & Development Center, 1456 Rockhill Ave., in Alliance. The move will take place on Nov. 22 with set-up on Nov. 27. The new location will officially open to serve clients on Nov. 28. The move is taking place to provide clients with a more comfortable setting.



Part of our new space



Our new location at Parkway Learning
& Development Center

Giving Tuesday

Giving Tuesday is Nov. 28. All donations made to C&A will be used to purchase supplies for our Day Treatment students, such as art supplies and weighted blankets. The supplies will be used during art therapy or to comfort students during challenging moments.

IN THIS ISSUE:

[THE IMPORTANCE OF GRATITUDE](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[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's annual Convocation Day took place on Oct. 9 at Kent State University - Stark Conference Center. It was a day dedicated to training and fellowship amongst staff. This year's theme was centered around the 5 Voices. The 5 Voices represent various leadership styles, including Pioneers, Connectors, Guardians, Creatives and Nurturers. Suzi Lantz, the keynote speaker, worked to explain the different voices and how to utilize them effectively to heighten understanding throughout the agency. Her presentation introduced C&A's GRACE Project, which focuses on creating a Culture of Kindness. The project gave employees the opportunity to share their thoughts on spreading more grace at C&A and the resources needed to implement their ideas. Based off the results, the Executive Management Team came up with a list of commitments to show more grace. Lastly, C&A staff participated in a United Way campaign, raising more than \$4,600.



Isaac Baez on LGBTQ+ 101: Pronouns



Event set-up

IN THIS ISSUE:

[THE IMPORTANCE OF GRATITUDE](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

Agency News

Looking Ahead

Child and Adolescent Behavioral Health will be celebrating its 50th anniversary in 2025! A celebration will take place April 25, 2025 at Kent State University - Stark Conference Center. Sandra Vaughn, C&A's former chief operating officer, is chairing the event.

C&A has started planning next year's Let Your Light Shine! It will take place. September 21, 2024 at the DoubleTree by Hilton Downtown Canton with a tropical paradise theme. Molly Sperling will be the chair of the 19th annual event, and Jamie Lowry will be the co-chair. Look for more information next month.

Congresswoman Emilia Sykes Visits C&A

C&A was honored to host Ohio Congresswoman Emilia Sykes (D-13th District). Congresswoman Sykes and her staff toured C&A's Shipley Office and the Margaret B. Shipley Child Health Clinic. They were able to learn about the services both agencies offer.



(L to R) CEO Joe French and Congresswoman Emilia Sykes



(L to R) Congresswoman Emilia Sykes and CEO Joe French

IN THIS ISSUE:

[THE IMPORTANCE OF GRATITUDE](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

In the Community

Collegiate Self-Care Fairs

Child and Adolescent Behavioral Health continued to participate in self-care fairs throughout the month of October, visiting Malone University, Aultman College and the University of Mount Union. Raider Relax, at the University of Mount Union, saw more than 240 students. Each self-care fair gives students the opportunity to play Jenga and learn about resiliency, roll a die for a “dice breaker” self-care question, create a breathing exercise make-and-take and get a goodie bag full of mental health information and stress relievers. The self-care fairs are designed to promote self-care, spread suicide awareness and prevention and end the stigma surrounding mental health. The last collegiate fair took place at Stark State College on Nov. 14. Our participation in the fairs was made possible by the Ohio Program for Campus Safety & Mental Health grant.



Students at Malone University



Students at Walsh University



Students at Aultman College



Self-care bags contained two fidget toys, positive mental health stickers, affirmation chips, self-care trackers and mental health information



Scan the QR code to see pictures from Mount Union's Raider Relax

IN THIS ISSUE:

[THE IMPORTANCE OF GRATITUDE](#)

[THE IMPORTANCE OF
GRATITUDE CONT.](#)

[ALLIANCE MOVE](#)

[CONVOCATION DAY](#)

[AGENCY NEWS](#)

[COLLEGIATE FAIRS](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

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(L to R) Alexandria Peoples & Taylor Pfister

On Oct. 24, Child and Adolescent Behavioral Health prevention staff passed out treats at the Stark County Fairgrounds Trunk-or-Treat. The event was hosted by the Stark County Sheriff Department.



The Stark Library Bookmobile stopped by Child and Adolescent's Shipley location on Oct. 6. Day Treatment students were able to visit the bookmobile and check out a book.



Sharon Nunn-Alexander

C&A staff embraced Halloween festivities by dressing up throughout the month. Sharon Nunn-Alexander dressed up as an addition card while working at Clarendon Intermediate School. Day Treatment students enjoyed trick-or-treating around the Shipley office on Oct. 27.



Dan Mucci

C&A was part of Alliance City School's Parkway Learning & Development Center's open house on Oct. 26. C&A promoted our new office location.

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 WILL MAKE A
 POSITIVE
 DIFFERENCE TODAY**

Journal Prompt

**WHAT ARE YOU
 LOOKING
 FORWARD TO THIS
 MONTH?**

Quick Mood Booster

**CALL AN OLD
 FRIEND**

Signs of Stress

It's safe to say we've all experienced stress. However, stress is more than just a feeling. It can cause our body to react in different ways and change our behavior. Be aware of the ways stress can affect you:

- Feelings of anxiety, fear, anger, sadness, frustration, depression or irritability
- Physical symptoms, such as headache, nausea, digestive problems, shallow breathing, hyperventilating, heart palpitations, sweating or aches and pain
- Behaving in a withdrawn or indecisive manner, having problems sleeping or using more substances than usual

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