

Health, Hope, Happiness & Opportunity

COMMUNITY DIFFERENCE

NEWSLETTER



We apologize for the errors in the previous newsletter. Click the link below for the revised edition.

Wishing You a Joyful Holiday Season

Dear Friends,

As we approach the end of another remarkable year, we find ourselves reflecting on the moments that have shaped our community and the bonds that tie us together. The holiday season is a time to celebrate these connections and express our gratitude for the collective strength that defines us.

In the spirit of joy and togetherness, we extend our warmest wishes to each and every member of our community. Whether you're a long-time supporter, a newcomer or someone with a vested interest, your support enriches the tapestry of our shared experiences.

As we gather with loved ones to celebrate various traditions and festivities, let us also take a moment to appreciate the diversity that makes our community vibrant and unique. Embracing our differences only strengthens the ties that bind us, fostering a spirit of unity that transcends any obstacles we may face.

In the spirit of giving, let's consider ways to support those in need within our community. Whether through volunteer efforts, charitable donations (C&A is always thankful for your support) or simply extending a helping hand to a neighbor, we can make a positive impact and spread the warmth of the holiday season.

Continued on Page 2

IN THIS ISSUE:

[WISHING YOU A JOYFUL
HOLIDAY SEASON](#)

[JOYFUL HOLIDAY SEASON
CONT.](#)

[HOLIDAY PARTY](#)

[EMPLOYEE OF THE YEAR](#)

[AGENCY NEWS](#)

[AGENCY UPDATES](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

Wishing You

Continued from page 1

Thank you for being an essential part of our community's story. As we close this chapter and open a new one, let us look forward to the possibilities and potential that lie ahead, knowing that our collective strength will guide us through whatever challenges may arise.

Wishing you and your loved ones a holiday season filled with peace, happiness and an abundance of cherished moments.

Sincerely,
Joe



CEO Graduates from Leadership Ohio

On Nov. 18, Child and Adolescent Behavioral Health's CEO Joe French graduated from Leadership Ohio as part of the Class of 2023. Leadership Ohio is a program that focuses on leadership development while addressing Ohio's current issues, creating connections along the way. Additionally, French was voted "Leader Among Leaders" by his peers.



CEO Joe French

IN THIS ISSUE:

[WISHING YOU A JOYFUL
HOLIDAY SEASON](#)

[JOYFUL HOLIDAY SEASON
CONT.](#)

[HOLIDAY PARTY](#)

[EMPLOYEE OF THE YEAR](#)

[AGENCY NEWS](#)

[AGENCY UPDATES](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

Holiday Party

On Dec. 1, Child and Adolescent Behavioral Health held their annual holiday party at La Pizzeria. Attendees enjoyed dinner, played a guessing game, competed in an ugly sweater contest and participated in a gift-drawing. This year's game was a rendition of *Guess Who?* Players had to guess who a staff member was based off their baby picture. Winners were given a snowman made by Day Treatment students as a prize. Other activities included recognizing longevity milestones and awarding employee of the year for business/ support, provider and supervisor categories.



Table set-up



One of two gift tables



(L to R) Ugly sweater contest winners Sunni Abney, second place; Carrie Jones, first place; and Meredith Skotschir, third place

IN THIS ISSUE:

[WISHING YOU A JOYFUL
HOLIDAY SEASON](#)

[JOYFUL HOLIDAY SEASON
CONT.](#)

[HOLIDAY PARTY](#)

[EMPLOYEE OF THE YEAR](#)

[AGENCY NEWS](#)

[AGENCY UPDATES](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

Employee of the Year

Child and Adolescent Behavioral Health presented three employee of the year awards at its holiday party. Awards were given out for business/ support, provider and supervisor of the year. Fellow staff members nominate and then vote to determine who wins. Longevity milestones were also recognized for employees that have worked at the agency for 5, 10, 15 and 25 years.



Marie Barkheimer
Support Staff of the Year



Ashlie Lamp
Supervisor of the Year



Anthony D'Antonio
Provider of the Year

Longevity Milestones

5 Years

Susan Brown
Dan Mucci
Kristi Reed
Brenda Rice
Paula Washington

15 Years

Colin Christensen
Sue Dedmon

10 Years

Anthony D'Antonio

25 Years

Lindi Joy
Georgene Voros

IN THIS ISSUE:

[WISHING YOU A JOYFUL
HOLIDAY SEASON](#)

[JOYFUL HOLIDAY SEASON
CONT.](#)

[HOLIDAY PARTY](#)

[EMPLOYEE OF THE YEAR](#)

[AGENCY NEWS](#)

[AGENCY UPDATES](#)

[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

Event Chairs 2024

C&A is excited to start planning some of our most popular events happening next year, including Duck Derby and Let Your Light Shine. The new year gives committee and board members the opportunity to chair events. We look forward to welcoming the following chairs:

Skyler Parks..... Annual Appeal
 Dominic and Mallory Reolfi..... Duck Derby
 Molly Sperling..... Let Your Light Shine



Skyler Parks

Parks graduated from McKinley High School and went on to earn his bachelor's and master's in business management from Walsh University. 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." Parks stays active in the community by being involved in multiple organizations.



Dominic Reolfi

Reolfi graduated from Hoover High School and continued his education at Walsh University, graduating with a bachelor's in accounting and finance. He then went on to earn his master's degree in taxation from the University of Akron. Reolfi says he joined the board after, "I learned about the organization and it's values and knew this was something I wanted to be a part of."



Molly Sperling

Sperling is a community advocate and has been part of Let Your Light Shine committee for many years. She was last year's co-chair and is a member of the event's auction committee. We look forward to joining her at next year's Let Your Light Shine on Sept. 21, featuring a tropical paradise theme.

IN THIS ISSUE:

[WISHING YOU A JOYFUL
HOLIDAY SEASON](#)

[JOYFUL HOLIDAY SEASON
CONT.](#)

[HOLIDAY PARTY](#)

[EMPLOYEE OF THE YEAR](#)

[AGENCY NEWS](#)

[AGENCY UPDATES](#)

[IN THE COMMUNITY](#)

[WELLNESS TIPS](#)

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

Agency Updates

Donor Wall Update

Child and Adolescent Behavioral Health's Shipley location recently updated their donor wall. Each bubble on the donor wall represents an individual, business or organization that has donated \$1,000 or more to the agency. This update added more than 13 bubbles to the wall, including schools, rotary clubs and other businesses.



Plain Township Community Drive

C&A will have a donation box in Plain Township's Hall to collect art supplies for our therapists to use during art therapy sessions. The drive will go through January, and supplies can also be dropped off at any C&A office.

IN THIS ISSUE:

[WISHING YOU A JOYFUL
HOLIDAY SEASON](#)

[JOYFUL HOLIDAY SEASON
CONT.](#)

[HOLIDAY PARTY](#)

[EMPLOYEE OF THE YEAR](#)

[AGENCY NEWS](#)

[AGENCY UPDATES](#)

[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

Child and Adolescent Behavioral Health's Alliance location has officially moved to Parkway Learning & Development Center at 1490 Parkway Blvd., Alliance (Door 1). The new location opened to serve clients on Nov. 28. Hours of operation are Tuesdays from 8 a.m. to 6 p.m. and Thursdays from 8 a.m. to 7 p.m. Contact information remains the same.



Lobby area



Office area



(L to R) Jamie Ellsworth and Joe French

C&A CEO Joe French spoke to the Plain Township Rotary Club at the Barrel Room in North Canton on Nov. 29. He discussed the agency and described the programs we offer. He also took materials to share with other attendees, providing them with more information about C&A. The Plain Township Rotary Club has designated C&A as the benefactor of their annual fundraiser on April 13.

Rachel Longwell, one of C&A's Multi-Systemic Therapists, graduated from Leadership Stark County's Spotlight Program. The program focuses on developing personal strengths, gaining exposure, exploring community issues and making connections with other professionals.



Rachel Longwell

LOCATIONS:

Alliance Office
 1490 Parkway Blvd.
 Door 1
 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 LOVED FOR
 SIMPLY BEING WHO
 I AM**

Journal Prompt

**WHAT ARE YOU
 GRATEFUL FOR THIS
 HOLIDAY SEASON?**

Quick Mood Booster

**PERFORM AN ACT
 OF KINDNESS**

Prioritize Self-Care During the Holidays

The holidays are one of the busiest times of year. It's very easy to become overwhelmed with all the seasonal festivities and activities. Here are some tips to make sure you prioritize yourself:

- Know and respect your limits
- Set realistic expectations
- Don't be afraid to ask for help
- Carve out some alone time or time for hobbies
- Be extra kind to yourself
- Stay active
- Forget the perfection mentality
- Practice saying no
- Limit time spent on social media
- Get plenty of rest

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

