



Mental Health & Recovery Board OF ASHLAND COUNTY

Visit our Website



Contact Us

Office: (419) 281-3139

E-Mail: ashmhrb@ashlandmhrb.org

Crisis Hotline: (419) 289-6111

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February 2024 Newsletter



Practice kindness and compassion by doing something unexpected for someone else. Simple acts of kindness are a win win. While others benefit, so do you, It can contribute to boosting your mood, reducing stress, and possibly alleviating symptoms of depression or anxiety.

Random acts of kindness...

- **Cook for a neighbor:** Bake a dessert or make a casserole for a neighbor
- **Volunteer:** Help out at a local food bank or animal shelter
- **Walk a friend's dog:** Give a friend some time back by walking their dog.
- **Pay it forward:** Pay for the person behind you in line at coffee or fast food
- **Give compliments:** Offer compliments to friends, family, or strangers
- **Leave a note:** Leave a kind note for someone
- **Learn names:** Learn the name of a waitress/waiter at a restaurant, or a cashier at a store that you see often
- **Bring treats:** Bring treats to the nurses' station at a hospital or nursing home.
- **Run an errand:** Run an errand for a family, a friend, or an older adult you know
- **Visit the Elderly:** Spend time with elderly individuals you know in nursing homes or assisted living facilities, offering companionship and a listening ear.

16TH ANNUAL PAT RISSER RSVP CONFERENCE

Wednesday, March 26th 2025

In Person or VIA Zoom!
8:50 AM - 4:00 PM
(sign in as early as 8:00 AM)

Ashland University Convocation Center
638 Jefferson St., Ashland, Ohio



ATTENDEES MAY LEAVE WITH AN INCREASED UNDERSTANDING OF INFORMED CONSENT, AND A WHOLE NEW PERSPECTIVE ON PSYCHIATRIC MEDICATIONS. OUR SPEAKERS WILL CHALLENGE YOU TO THINK CRITICALLY ABOUT THE CARE YOU AND/OR YOUR FAMILY RECEIVES FROM PROFESSIONALS, AND EQUIP YOU WITH INFORMATION TO MAKE BETTER INFORMED DECISIONS.



Featuring Keynote Speaker
Brooke Siem
Author of:
"May Cause Side Effects"

... an illuminating memoir for those who take, prescribe, or are considering psychiatric medications



All community members interested in learning more about psychiatric medications and making decisions about mental health care are encouraged to attend!



\$20 Attend a day of presentations in- person-
Breakfast, Lunch, and Book Signing Included

\$10 Attend a day full of presentations VIA Zoom



TO REGISTER:
Scan QR Code
or
ashlandmhrb.org

SCAN HERE



OR CLICK HERE TO REGISTER



February is Teen Dating Violence Awareness Month

**SOME COMMON CHARACTERISTICS OF A
VIOLENT, UNHEALTHY TEEN RELATIONSHIP
INCLUDE:**

- EXCESSIVE JEALOUSY AND ANGER
- INSECURITY
- EXTREME MOODINESS
- PRESSURE TO ENGAGE IN UNWANTED SEXUAL ACTIVITY
- CONTROLLING BEHAVIORS
- VERBAL ABUSE
- STALKING



Respect for both oneself and others is a key characteristic of healthy relationships. In contrast, in unhealthy relationships, one partner tries to exert control and power over the other physically, sexually, and/or emotionally.

Helping Youth Navigate Healthy & Unhealthy Relationships

Teens don't always recognize that certain behaviors – such as isolating behavior – is abuse. Instead, they see these forms of abuse as normal or misinterpret them as love, possibly because it is their first relationship.

It is important to educate youth about the value of respect and the characteristics of healthy and unhealthy relationships before they start to date. Youth may not be equipped with the necessary skills to develop and maintain healthy relationships, and may not know how to break up in an appropriate way when necessary. Maintaining open lines of communication may help them form healthy relationships and recognize the signs of unhealthy relationships, thus preventing abuse before it starts or to seek help in those situations.

Characteristics of healthy relationships youth should expect:

- Mutual respect
- Trust
- Honesty
- Compromise
- Individuality
- Good communication
- Anger control
- Self-confidence

Warning signs of an unhealthy relationship include: control, hostility, intimidation, dependence, and physical violence.
for immediate help:

24/7 Crisis Helpline
419-289-6111

RELATIONSHIP CONTINUUM

HEALTHY

A healthy relationship is one where both parties consistently apply the equality wheel behaviors.

UNHEALTHY

An unhealthy relationship is a relationship where one or more of the people involved exhibit behaviors that are not healthy and are not founded in mutual respect.

ABUSIVE

Dating Violence is a pattern of controlling behaviors that one person uses against another in order to gain or maintain power and control in the relationship.

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Economic Abuse
- Psychological Abuse

[Click here for more on healthy and unhealthy relationships](#)

Parents who have concerns that their child may be experiencing a unhealthy relationship or abuse can contact the school community in their school district for help to connect them to resources. The Liaison is a support for teachers, parents, and students. If you don't know who your liaison is ask your principal or guidance counselor..

If you or your child is in danger, please use a safe computer or phone that an abuser does not have direct or remote access to. Call our 24-hour hotline at [419-289-8085](tel:419-289-8085) or the U.S. National Domestic Violence Hotline at [1-800-799-7233](tel:1-800-799-7233). If you are in immediate danger, dial [911](tel:911).

**The Crisis Hotline provides support at your fingertips,
24 hours a day / 7 days a week
24 hour Crisis Helpline: [\(419\) 289-6111](tel:419-289-6111)**

Anyone should feel free to use the Crisis Helpline. A free confidential service available 24 hours a day/ 7 days a week, and serves all ages.

(The Crisis Helpline is provided by the Mental Health & Recovery Board of Ashland County Levy)

Help is a phone call away!

KEEPING ASHLAND HEALTHY



*Dr. Ashley
and The Boss*



THE PODCAST

DR. ASHLEY AND THE BOSS
START OFF THE NEW YEAR
WITH A NEWS ROUNDUP

Episode

#77

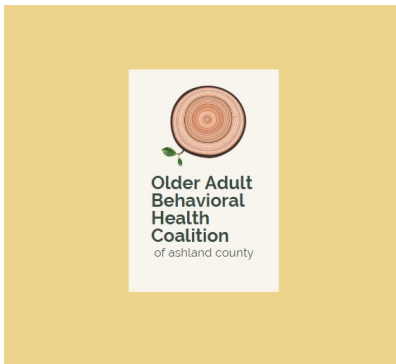
24/7 CRISIS HELPLINE 419-289-6111

[Listen here on YouTube](#)

Join the Older Adult Behavioral Health Coalition today!

The Older Adult Behavioral Health Coalition is a partnership between many local community organizations interested in the behavioral health care of older adults in Ashland County. The Coalition began October 2006 and has been meeting monthly since then.

The mission of the Older Adult Behavioral Health Coalition of Ashland County is to unify, educate, and collaborate among professionals who work with older adults and their caregivers in all areas of mental, physical, and behavioral healthcare. We also strive to involve and include older adults who are consumers of healthcare services.



If you or someone you know is interested in becoming a member of the Older Adult Behavioral Health Coalition, click below, and let us know.

[CLICK HERE](#)



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