

FAIRFIELD COUNTY PREVENTION IN FOCUS

AN ENEWSLETTER BY THE FAIRFIELD
COUNTY ADAMH BOARD FOR SCHOOLS,
PARENTS, AND STUDENTS

APRIL 2021 • ISSUE 8 • VOLUME 1

MHAOHIO PROGRAMS

Mental Health America of Ohio's (MHAOhio's) mission is to transform how people think about mental illness, make it easier to get help, and give people the support they need to get better and stay better. MHAOhio envisions a community without barriers to achieving mental healthcare and strives to work with all individuals and their families through each step on the path to wellness. MHAOhio supports Fairfield County through the Client Advocate and Pro Bono Counseling programs.

The Client Advocate program connects Fairfield County community members with local mental health and substance use recovery services. Individuals can contact the client advocate to receive connections to services for themselves or others, and they will be provided with personalized information and referrals catered to their unique recovery and health insurance coverage needs. The program serves community members of all ages seeking mental health and substance use recovery services — parents and students are welcome to contact the client advocate to receive personalized referrals. The program also assists service providers and school personnel who may call on behalf of clients or students.

Continued on page 2 ...

VAPING

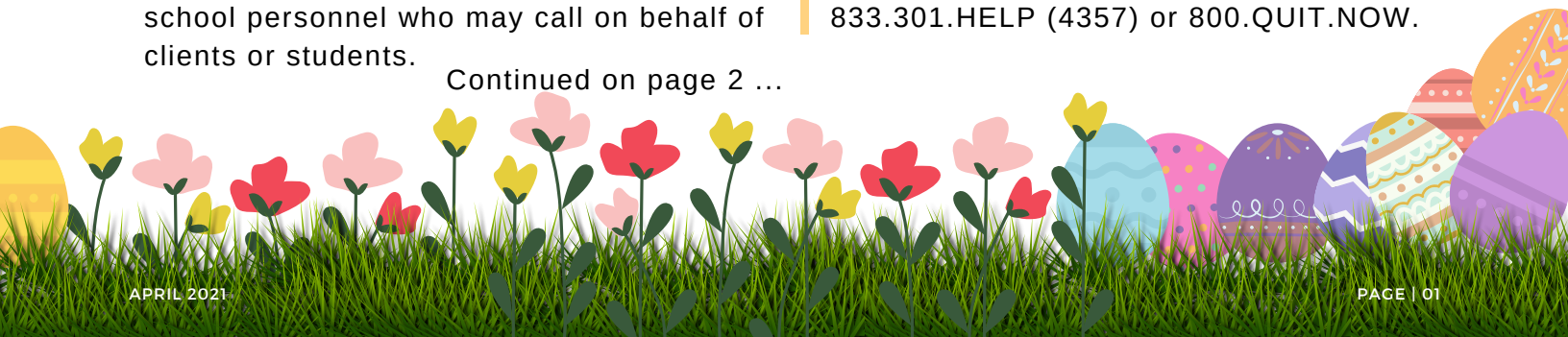
National Vaping/Vape Day is in April.
Did you know ...?

- Young people who vape are 4x more likely to go on to smoke cigarettes than those who don't.
- The nicotine in a single Juul pod is equivalent to 20 combustible cigarettes.
- E-cigarettes recently surpassed conventional cigarettes as the most used tobacco product among youth.
- To date, no e-cigarette or vaping product has undergone a government health and safety review, meaning that all products on the market are currently unregulated but still aggressively marketed and misinformation abounds.
- Adolescent nicotine use can increase the risk of substance misuse and addiction, mood disorders, and permanent lowering of impulse control.

So what can you do? **Know the facts** and **take action**:

1. Talk about vaping.
2. Set clear expectations of no use.
3. Establish clear consequences and follow through.

The only safe smoking is no smoking.
For more information, visit
www.addictionpolicy.org or call
833.301.HELP (4357) or 800.QUIT.NOW.





MHAOHIO PROGRAMS CONTINUED ...



Families and adults living in Fairfield County may also be eligible for free mental health counseling through MHAOhio's Pro Bono Counseling program. This service provides 12 sessions of free mental health counseling to adults, couples, and families who are uninsured or underinsured.

Call 740.475.0415 to speak with the client advocate and learn more about mental health and substance use recovery services available in Fairfield County. To learn more about the Pro Bono Counseling program, visit www.mhaohio.org/get-help/pro-bono-counseling/ or call 614.884.7227.

NETWORK OF CARE PROVIDERS

- Big Brothers Big Sisters of Fairfield County
- Fairfield County 2-1-1 (Information & Referral)
- Fairfield County Family, Adult and Children First Council
- Fairfield Mental Health Consumer Group
- Lancaster/Fairfield Community Action
- The Lighthouse
- Lutheran Social Services Faith Mission of Fairfield County
- Mental Health America of Ohio
- Mid-Ohio Psychological Services, Inc.
- New Horizons Mental Health Services
- OhioGuidestone
- The Recovery Center

CRISIS TEXT LINE |

Text 4HOPE to 741741

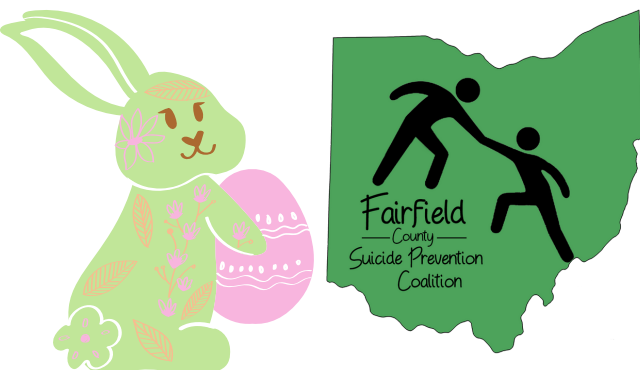
A free, 24/7 text line for people in crisis.

Mental Health Crisis Hotline

740.687.8255

Toll-free: 855.431.0803

24/7/365



Fairfield County ADAMH Board
108 W. Main St.
Lancaster, Ohio 43130
740.654.0829
www.fairfieldadamh.org

