



FAIRFIELD COUNTY PREVENTION IN FOCUS



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

SEPTEMBER 2021 • ISSUE 1 • VOLUME 2

A MESSAGE FROM NEW ADAMH EXECUTIVE DIRECTOR MARCY FIELDS, LISW-S



Can you believe the summer is over and we are off to another school year? While families and students are excited to get back to familiar school activities, we are still in the midst of a pandemic! It has been a year and a half and it is difficult to remember how important feeling safe is to our mental health, but safety is vital, and if needs like safety aren't met, a mental health condition may develop.

A lot of kids and teens haven't been able to feel that sense of safety for a long time. Not only are they dealing with fears that a family member (or they themselves) might be exposed to COVID-19 or the Delta variant, but some have had to face an abusive home environment, a family financial hardship, or a family loss. Research shows that an estimated 1.5 million children worldwide lost a mother, father, or other caregiving relative in the first 14 months of the pandemic.

When a kid or teen experiences this kind of hardship, it can feel as if the world is crashing down on them. That's why it's crucial right now, as students return to school, for parents, teachers, and administrators to do everything they can to foster a safe and secure environment. School can be a refuge from some of these difficult situations at home and a place that students feel out of harm's way.

Still, even in the safest of environments, we are in a youth mental health crisis, and many students will exhibit symptoms of depression and anxiety as they return to the classroom. It is important to let kids and teens know that support is available. Each school has different types of education and counseling services, so it is best to become familiar with the resources that your school provides.

To take an initial mental health screening, students can access www.MHAScreening.org for a free, confidential, and anonymous mental health test.

There are also serious signs that someone is in crisis and needs more immediate help. These include thoughts or plans of hurting oneself or another person. If you think a child or teen is in immediate danger of taking suicidal action, call the national suicide hotline at 800.273.TALK or our local crisis line 740.687.8255. Trained crisis counselors can help you find local resources or suggest next steps.



CDC: HELPING YOUNG CHILDREN AND PARENTS TRANSITION BACK TO SCHOOL

For many families, the pandemic meant keeping children at home. With more programs and schools opening up for in-person learning, this means more children will be away from home again after a long break. For some, an early care and education program will be a brand new experience. [Click here](#) to learn more about what parents and teachers can do to help children make a successful transition to in-person learning and care.

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](#)

Number
#1



CRISIS TEXT LINE |

Text 4HOPE to 741741

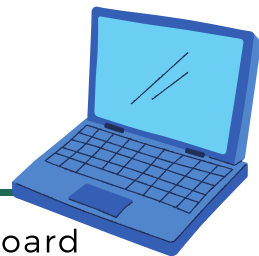
A free, 24/7 text line for people in crisis.

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

