

The Helping Hand e-news

A bi-monthly publication of HelpLine of Delaware and Morrow Counties, Inc.

NOVEMBER - DECEMBER 2010



HelpLine

Of Delaware and Morrow Counties, Inc.



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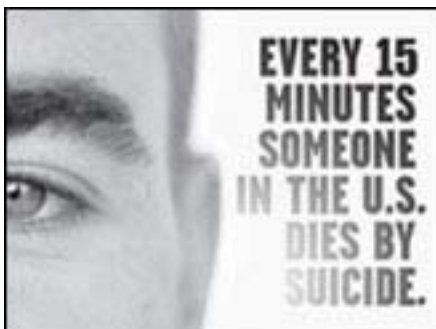
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National Survivors of Suicide Day is November 20

Saturday, November 20 is National Survivors of Suicide Day.

Sponsored by the American Foundation for Suicide Prevention, this day is an annual day of healing and support for those who are bereaved after a suicide loss. Each year over 33,000 people in the United States die by suicide. Survivors of suicide are the friends and loved ones of someone who has died by suicide. Survivors are often shocked, angry, guilty and brokenhearted.



"The good news is that there is help and support," said Jason Colvin, Suicide Prevention Coordinator at HelpLine. "At HelpLine, we teach people how to maximize their position of trust to help persons at risk for suicide through our ASIST training and suicide

About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is the local 24-hour support, information and referral line for Delaware and Morrow counties. A private, nonprofit founded in 1970, HelpLine facilitates the recovery and stability of the emotional, financial and information needs of the community through prevention education and training, mental health advocacy, and volunteer opportunities. A contract agency of the Delaware Morrow Mental Health & Recovery Services, HelpLine is a member of the United Ways of Delaware and Morrow counties and partially funded by the Council for Older Adults. Equal Opportunity Employer/Provider.

Visit the HelpLine [web site](#) for more information.

Have a story idea? [E-mail us](#) with your ideas for future e-news stories.

24-hour Support and

awareness presentations." According to Colvin, the vast majority of those thinking about suicide will find some way to signal their intent. Additionally, most suicidal people are looking for another option and don't want to die.

Prevention of a suicide by a loved one begins with learning to recognize the signs of someone at risk, taking those signs seriously and knowing how to respond to them. Warning signs of suicide include:

- Observable signs of serious depression:
 - Unrelenting low mood
 - Pessimism
 - Hopelessness
 - Desperation
 - Anxiety, psychic pain and inner tension
 - Withdrawal
 - Sleep problems
- Increased alcohol and/or other drug use
- Recent impulsiveness and taking unnecessary risks
- Threatening suicide or expressing a strong wish to die
- Making a plan:
 - Giving away prized possessions
 - Sudden or impulsive purchase of a firearm
 - Obtaining other means of killing oneself such as poisons or medications
- Unexpected rage or anger

"The bottom line is suicide can be prevented."

For more information on suicide prevention resources, training or assistance, contact HelpLine at 2-1-1 or 1-800-273-TALK.

HelpLine Welcomes Prevention Volunteers, Advocates

It's an accepted axiom that volunteers play a significant role in nonprofit organizations. Volunteers provide logistical, administrative and direct services that often help agencies do more with less.

HelpLine would like to congratulate and welcome the following volunteers who completed the recent Sexual Assault Response Network (SARN) and prevention training:

Lynne Leibrand - Prevention
 Lisa Lemaster - SARN
 Jami Reidmiller - SARN
 Jodi Schermerhorn - SARN
 JoEllen Smith - Prevention
 Carol White - SARN

"We are thankful to have such wonderful people from our community join us," said Shilo Gall, HelpLine Volunteer Coordinator. "In the face of state and federal budget cuts, having committed volunteers is a necessity to ensuring continuity and availability of programming."

This year alone, more than 350 hours were logged by volunteers on the HelpLine 24-hour information and support line. SARN advocates delivered nearly 10,300 hours to survivors of sexual assault. So, it's safe to say that HelpLine runs on the altruistic fuel of its volunteers to provide many of its much needed programs and services.

Volunteers for the SARN program completed 40 hours of training over four evenings and two weekends. SARN advocates learned how to respond to Delaware-based Grady Memorial Hospital and

**Information line:
211 or 1.800.684.2324**

Giving to HelpLine Just Got Easier!

Kroger has recently announced the re-

kroger community rewards

enrollment process for their Community Rewards Program - the fundraising program that rewards your designated charity every time you use your Kroger Plus Card.

All continuing and first time participants must re-enroll each year at Kroger Community Rewards and every time you shop at Kroger, you will raise funds for HelpLine without any additional spending required -- it's that simple!

To enroll or re-enroll, visit www.krogercommunityrewards.com For step-by-step directions, visit [here](#) or call 740.363.1835, ext. 112 for more information.

Upcoming Training & Events

November 2010

Friday, November 12
[Alzheimer's Disease and Related Dementias](#)

December 2010

Saturday, December 11
[Healing Circle](#)

Call 2-1-1 Today!



Have you ever wondered how to find help or a community service for yourself or someone in need?

What if you could remember the number of every social service agency in your community?

Now you can! It's 2-1-1.

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Morrow County Hospital in Mt. Gilead, Ohio when survivors of sexual assault request support, resources, referrals and crisis intervention. The volunteers commit to being on-call for five days a month in the evening.

Prevention volunteers who also completed the training are tasked with delivering prevention-based curriculum to local schools educating youth K-12 about ways to prevent violence and identify inappropriate peer and adult behavior. Youth also learn interpersonal communication skills, self esteem and problem solving.

"We couldn't deliver as many programs or have as much impact as we've had without the help of our volunteers," said Gall. "While we know that our volunteers may not always have the time, they always have the heart."

Record-Breaking Participation During Make a Difference Day in Delaware County

More than 400 Delaware County volunteers gave their time, energy and effort during Connections Volunteer Center 4th Annual Make a Difference Day - an all encompassing day of



national service dedicated to helping others - on Saturday, October 23. Volunteers of all ages completed 17 projects for non-profit agencies and outdoor chores for seniors within Delaware County. "This has been our biggest turnout ever," said Margie

West, Senior Leadership Coordinator at Connections. West believes that the record-breaking turnout was due largely to the success in past years and that more people see the value in 'paying it forward.'

Connections would like to thank this year's sponsors: Council for Older Adults, Educational Sales Management, Hilborn Insurance, Jessica Forman/State Farm Insurance, North Church and The Quandel Group. Donations were received by Bargain Outlet, Culvers, Donatos, Home Depot, Krispy Kreme Doughnuts, McDonalds, Meijer, Panera Bread, Speedway, TSC, and Walmart. Their generosity ensured the success of this event and helped us thank our volunteers for their service.



Make a Difference Day takes place on the fourth Saturday of every October. If you are interested in joining the planning committee or registering your project for next year's service day, contact Connections Volunteer Center at 740.363.5000.

HelpLine Receives Donation from Emerson Network Power

HelpLine recently received a \$4,500 donation from Emerson Network Power. The latest gift brings their total donation to HelpLine to \$12,500 over the past three years.



[HelpLine on Twitter](#)



[HelpLine LinkedIn](#)

GoodSearch for HelpLine!



"We are pleased that Emerson has once again chosen to invest in HelpLine as we work to provide critical, uninterrupted services to local residents," said Susan Hanson, Executive Director of HelpLine. "We believe that this latest gift is a testament of our stewardship practices and representative of an effective, symbiotic partnership that public and private sectors can cultivate within a community."

This year alone, HelpLine has responded to nearly 12,000 calls to the 24-hour support and information line, of which 300 were suicide related calls. The donation will be used to provide additional staff support on the support and information line and expand prevention education training around the issues of suicide, sexual assault and child abuse prevention.

During this past year, Emerson contributed \$22.9 million to 2,288 charities and nonprofit organizations across the United States, including educational and cultural institutions. Of that total, \$8.2 million was allocated to 819 community organizations caring for the health and welfare of others.

Jim Shernisky, Delaware Plant Manager at Emerson, said "Emerson Network Power is strongly committed to supporting local organizations like HelpLine that work to improve the health and well being of local residents." "Our contribution will help sustain services and ensure that people of all ages, ethnicities and socio-economic levels can continue to access the support they need, when they need it."

HelpLine Hires New Prevention, Program Staff

HelpLine has added several new faces to the prevention and program staff.

Amy McCann has rejoined HelpLine as a Child Therapist. Funded and based within the Highland Local Schools in Morrow County, she will provide counseling to elementary-aged children identified by the schools. McCann earned a bachelor's degree in Social Work from Capital University and master's degree in Social Work from The Ohio State University.

Amy Hansen is the Family Education and Support Coordinator. Hansen will provide parenting education, assist parents in advocating for their children and connecting families with resources. Prior to her current role, she was a therapist in the childrens department of a community mental health center in South Dakota. Hansen holds a master's in Counseling from Western Seminary in Portland, Oregon.

Stanya Greathouse has been hired as a Prevention Educator. Greathouse will conduct violence prevention groups for students from grades K-12. Previously, she worked as an Intensive Family Advocate for the Delaware County Juvenile Court where she provided in-home counseling, crisis management and support services to adjudicated at-risk youth and families, and a Project Manager for the Ujima Project developing after-school programming and curriculum for at-risk youth. She earned a dual master's degrees in Education and Counseling at Methodist Theological School and her bachelor's in Communication and Religious Studies from Baldwin Wallace College.

Lydia Guirguis is a Prevention Educator for HelpLine of Delaware and Morrow Counties, Inc. In this position, Guirguis is responsible for educating students on sexual and dating violence awareness and prevention to students from K-12. Most recently, she was an independent contractor for the Sexual Assault Network of Central Ohio, where she advocated for survivors of sexual violence in hospital emergency rooms. Guirguis holds a bachelor's degree in Psychology from The Ohio State University and is currently seeking a master's degree in Social Work.

Jennifer Tewell was named Prevention Coordinator where she will facilitate empowerment groups for middle school boys and girls. Before joining HelpLine, she served as an advocate for the Sexual Assault Response Network program. Tewell also worked to secure first-time grant funding for the HelpLine annual survivor's retreat held each fall. She received her bachelor's in Organizational Communication from Franklin University and is a certified trainer in the Fragile Families and Stewards of Children.

Josh Williams has been hired as a Prevention Coordinator. In this role, Williams will lead and facilitate violence prevention groups for students from elementary through high school. In addition to his role at HelpLine, Josh also serves as the Director of the Family Advocate Program for the Delaware County Juvenile Court. Williams received a master's degree in Social Work from The Ohio State University and is currently working on completing his supervisory hours toward an independent clinical license in social work.

HelpLine Jazz Event is Huge Success

The 3rd Annual Evening of Jazz and Wine was a huge success



as more than 150 supporters raised money to benefit HelpLine programs and services on Saturday, October 23 at 1808 American Bistro.

Delaware's own Gary 'Doc' Holloway and The State of Mind band provided foot tapping jazz as attendees

enjoyed a range of sweet and dry, red and white wines from Wine Trends.

Chef Josh Dalton, Executive Chef at 1808, prepared a succulent array of southern-inspired barbecued spare ribs, candied bacon, homemade macaroni and cheese, mashed potatoes and more. T & S Country Carriage provided horse-drawn carriage rides around downtown Delaware. A live and silent auction capped the event.

Special thanks to all participants, attendees, donors, and event sponsors including The Delaware Gazette, Amanda Plumbing Sewer and Drain, Irwin Siegel Agency, Inc, Consolidated Electric Cooperative, Inc, 1820 Collective, 1808 American Bistro.





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