

The Helping Hand

e-news

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

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HelpLine

Of Delaware and Morrow Counties, Inc.



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HelpLine Announces Online Depression Screening Tool



HelpLine is now offering a free, confidential online screening for depression, anxiety and bipolar disorders at www.helplinedelmor.org. Developed by Screening for Mental Health, Inc., the online test helps in determining the need for professional consultation or further evaluation. Users who are identified under one or more mental health categories are directed to call 211, the HelpLine information and referral hotline, where they will receive assistance with scheduling a follow-up meeting with a local mental health professional who will discuss the screening results and provide additional resources.

Survivors Experience Healing, Holism during Annual SARN Retreat



The Sexual Assault Response Network (SARN) at HelpLine hosted an annual retreat for survivors of sexual assault on October 4. The retreat, entitled 'A New Day', featured activities that helped survivors bond and share their experience in a safe, supportive environment.

"It was a powerful, moving experience to see survivors connect and bond with other survivors," said Ruth Reeve, SARN Coordinator at HelpLine. "There was no shortage of mutual concern, respect and empathy."

Survivors were affirmed, yet transformed through a therapeutic environment where they used journaling, performance art and storytelling through collage. SARN would like to thank Andrews House, Bath and Body Works, Consolidated Electric People Fund, LUSH, MS Magazine and Panera Bread for their donations and support.

HelpLine Raises Awareness and Money during Fall Jazz Event

About HelpLine

Founded in 1970, HelpLine of Delaware and Morrow Counties, Inc. is private, nonprofit organization that provides a 24-hour crisis and information hotline, prevention education and training, comprehensive mental health advocacy and volunteer network.

Committed to empowering people through knowledge and resources, HelpLine facilitates the recovery and stability of the emotional, financial and information needs of the Delaware and Morrow County communities.

Quick Links

[HelpLine Online](#)

[Give to HelpLine](#)

[Online Depression Screening](#)

Reflections from SARN Survivors' Retreat

My victim advocates activities. Shel's writing insight. Mimi's story was scary, yet moving all the same. The stones. The collages. Seeing everyone again.. ((well almost everyone)). Learning about IC work. Talking about safe place. The yummy italian food!! The music room or maybe the quiet room?? Everything about yesterday totally rocked!!!!!!!!!! At the end I did need a little support, my pieces were beginning to show. At least today is another day and I have all the tools I got



HelpLine hosted its first annual jazz event on September 20 at the Mean Bean Lounge to raise awareness of its more than 20 programs and services. The evening emphasized the Stewards of Children program, the newest program added to the HelpLine roster, which empowers adults to prevent, recognize and react responsibly to child sexual abuse. Attendees were entertained by local jazz band Coalescence and entreated to food provided by Nova. The live and silent auction portions of the event helped to raise nearly \$2,800. HelpLine would like to thank the businesses that donated silent auction items and to the following sponsors:

Not on the Corner Framing
National City Bank
Delaware County Bank
First Knox Bank
Mean Bean Caffeine Lounge
Clyde's Tree Service
Wanner MetalWorx

HelpLine Annual Meeting Emphasizes Child Safety



HelpLine of Delaware and Morrow Counties, Inc. (HelpLine) held its 36th annual meeting on Thursday, September 25 at the Cardinal Center in Morrow County. Executive Director Susan Hanson kicked off the breakfast meeting and was followed by Julianna Nemeth, HelpLine Prevention Director who introduced Stewards of Children (SOC). To date, HelpLine has trained nearly 170 adults throughout Delaware and Morrow Counties in SOC and anticipates cultivating a new crop of proactive adults who are willing to stand for and protect children.

The Gilead Christian High School choir, under the direction of Jenny Ebert, rendered three songs and provided a fitting reminder of the obligation to the future generation. Patricia Lyons of Prevent Child Abuse Ohio (PCAO), a statewide

organization that prevents the abuse and neglect of Ohio's children, delivered the keynote address which challenged and empowered audience members to take an active role in protecting children from the risk of abuse. As the primary prevention program for The Center for Child and Family Advocacy at Nationwide Children's Hospital, PCAO uses a wholistic approach to addressing root issues. According to PCAO, one in four girls and one in six boys will be sexually abused before their 18th birthday, less than one in 10 will tell. Lyons described this epidemic as an avoidable epidemic which she hopes to be able to stop - even in the face of displacement.

"We are in a business where we are trying to work ourselves out of a job," said Lyons.

Also during the meeting, Hanson presented John Radabaugh, Detective Sergeant with the Delaware Police Department and Sexual Assault Nurse Examiner at Grady Memorial Hospital, Heather Crosbie, with the 2008 Katherine Gharrity Community Service Award. Posthumously recognized for the same award was Bonnie Rogers a former Counselor at Delaware Area Career Center who recently lost her battle with cancer at age 66. Katherine Gharrity received special recognition for her role in founding HelpLine and Jennifer Tewell, Event Services Consultant with Occasions by Jennifer, was the recipient of the Volunteer of the Year honor for her work with the Sexual Assault Response Network. The event culminated with a business meeting where Board member Don Lockwood was elected as Chair of the Board of Directors at HelpLine.

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yesterday and the ones I have accumulated over the years to help me. Sigh. Relieved.

-Survivor

GoodSearch for HelpLine!



Kroger Gift Cards Available for Holiday Giving



Looking for a gift idea for the holidays? We've got you covered! Visit the HelpLine office to purchase your \$5 Kroger gift card and beat the holiday rush. The re-usable card is pre-loaded with \$5. Load additional money on the card and use it as the perfect gift for holiday office parties, gift exchanges or even as a family grocery budgeting tool.

For more information contact the HelpLine business office at 740.363.1835 or 419.946.1350.

Upcoming Events

Social Worker Ethics Training Tues., Oct. 21 @ 9:00 a.m.

Presenter: Tammy Tingle **Location:** Council for Older Adults
 800 Cheshire Rd., Delaware, OH

Make a Difference Day Ohio - Delaware County Sat., Oct., 25 @ 8:30 a.m.

Connections will host the largest day of volunteer of service in Delaware County. The kickoff will include a light breakfast at 8:30 a.m. at the Delaware Area Career Center - North Campus, 610

State Route 521 in Delaware and is open to volunteers. Those in need of projects will also be assigned at this time. For more information contact Suzanne Pingry or Connections at 740.363.5000.

Communications Tools for Nonprofits Training
Wed., Nov. 12 @ 9:00 a.m.
Presenter: Tamika Vinson
Location: Hayes Service Building, Room G-35, 140 N. Sandusky St., Delaware, OH

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