

The Helping Hand e-news

A quarterly publication of HelpLine of Delaware and
Morrow Counties, Inc.

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HelpLine

Of Delaware and Morrow Counties, Inc.



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101 Reasons to Call HelpLine's Hotline

By Linda Owings, CIRS, Hotline Specialist

Helpline has many outstanding programs that serve the residents of Delaware and Morrow County. One of these programs is the hotline. Frequently, when people think of a crisis hotline, they think only of suicide prevention services. The Helpline hotline does provide support services to those who are suicidal, having thoughts of suicide and family members or friends concerned about a suicidal loved one. The hotline ALSO provides information and referral services, crisis intervention and support for people experiencing a difficult situation.

It is staffed by trained employees and volunteers 24 hours a day, seven days a week. You may think that you might never have a need to call a hotline but listed below are 101 reasons why people call the hotline and why you should too!

1. Find a volunteer position
2. Feeling lonely

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.

3. Employment resources
4. Counseling referrals
5. AA meetings
6. Suicidal family member
7. Free medical clinic information
8. Parenting issues and frustrations
9. Fight with significant other
10. Need a wheel chair
11. Poison Control phone number
12. Landlord/tenant issues
13. Injured wildlife on your property
14. People in Need phone number
15. Need school supplies...

[CLICK HERE FOR THE COMPLETE ARTICLE 101 REASONS TO CALL](#)

HelpLine's hotline offers referrals and assistance for your situation while treating you with kindness, dignity and respect. The hotline phone numbers are 740-369-3316, 419-947-2520 and 1-800-684-2324. The information and referral number is 211. We welcome your call!

Support Mental Health & Recovery RENEWAL Levy



Mental illness and substance abuse issues do not discriminate. They are real for people regardless of how much money they make, family upbringing or the amount of will power possessed.

Delaware-Morrow Mental Health and Recovery Services Board (DMMHRSB) assures the availability of a safety net of mental health and substance abuse treatment and prevention services for the residents of Delaware and Morrow counties, and continuously plans, funds, monitors, and evaluates these services. Currently, DMMHRSB has one 1.0 mill property tax levy, which is set to expire in December 2012. **This levy is a Renewal of the existing levy - Not an increase.** For a \$100,000 home, the tax remains the same: \$30.63 - Ninety-four cents of every dollar is used to provide direct services.

For more information on the renewal levy and to get involved visit us online at www.supportmentalhealthandrecovery.com.

With Help Comes Hope: 2011 HelpLine Annual Meeting

**24-hour Support and Information line:
211 or 1.800.684.2324**

DONATE NOW!

Support HelpLine by making a tax deductible contribution TODAY!

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.

With Help Comes Hope

If you are thinking about suicide or know someone you are concerned about, you can also call 1-800-274-8255 or go to www.suicidology.org.

SIGN-UP FOR KROGER REWARDS TODAY!

Support HelpLine everytime time you use your Kroger Plus Card.

Once enrolled in Community Rewards, everytime you shop at Kroger, you will raise funds for HelpLine without any additional spending required - it's that simple!

[CLICK HERE](#) and select ENROLL or RE-ENROLL, select HELPLINE INC. from the drop down menu. Shop as usual!

Upcoming Events

HL Calendar of Events

[Connections Volunteer Opportunities](#)
(updated monthly)

[October is Domestic Violence Awareness Month](#)

Saturday, October 8, 2011 Healing Circle

With
help
comes
hope.

HelpLine's Annual meeting, With Help Comes Hope, was held Tuesday September 27th at Cardinal Center in Marengo Ohio. The annual meeting highlighted agency partners and successes with a focus on suicide prevention services.



Award Winners Abby Fields and Ariana Woods with Brande Urban

The event kicked-off with Keynote, Carolyn J. Givens, Executive Director of the Ohio Suicide Prevention Foundation. Ms. Givens shared information about the Foundation, current suicide related statistics, some of the latest research, and current initiatives in and around the state of Ohio to address suicide. HelpLine presented the President's Volunteer Service Award to two Stand Up Leadership students, Abby Fields and Ariana Woods in recognition of their tremendous service to their schools, classmates, and community.

Stephanie Hummel and Kathleen Vance, two HelpLine employees were recognized for 12 and 15 years of service respectively. The Volunteer of the Year award went to Allison Newman for her dedication to the Stewards of Children and SARN program. Rosemary Levings received the Katherine Gharrity Community Service Award in acknowledgement and gratitude for her many years of service to the Morrow County community and her support of HelpLine's mission. Ms. Levings was the director of the United Way and Chamber of Commerce for 16 years and recently retired. She continues to be active in the YMCA, Whetstone, the local Salvation Army, and her church, Edison United Methodist.



Rosemary Levings

For more information about the Ohio Suicide Prevention Foundation, go to www.ohiospf.org. If you or someone you know is contemplating suicide, call HelpLine's 24/7 hotline at 1-800-684-2324 or Dial 2-1-1.

Saturday, October 22, 2011 Make A Difference Day

Support HelpLine at the Community Market

The Delaware Community Market is locally owned and operated, providing a retail store at 222 E. William St. that sells fresh produce, and high quality, locally made bakery products and crafts and more!

The Market supports the non profit community by donating a portion of your purchase to the non profit of your choice.

You can support HelpLine by registering on line at http://www.dccmc.com/customer_advanceSignup.aspx and then shopping at Market.

Don't forget to let them know you are registered on line to support us. They will do the rest.

HelpLine Seeks Board Members

HelpLine is seeking to fill Board positions from both Delaware and Morrow Counties. The HelpLine Board is the guiding body of community volunteers involved in providing strategic leadership, fundraising, making policy for the agency, and general oversight, relying on the executive director to manage the day-to-day operations and administer its policies. HelpLine is committed to ensuring a Board of Directors that is diverse, forward thinking, and committed to ensuring the implementation of HelpLine's mission and vision.

If interested, please contact Executive Director Sue Hanson at shanson@helplinedelmor.org

HelpLine Jazz Event

The annual HelpLine Jazz Event has been postponed. Thank you to all who have supported this event. Check our website for information on the event planned for the spring.

Connections Training: Strategies for Working Well with Caregivers

Tuesday, October 25, 2011, 9:00am-12:15pm

Council for Older Adults Board Room located in the Center for Older Adults - 800 Cheshire Rd., Delaware

\$45 per person

Suicide Prevention

In Ohio, suicide is the eleventh leading cause of death and for every one homicide in our state there are two suicides. Suicide is a major public health problem and it is important that people become aware of the resources available in their local community.

HelpLine is accredited by the American Association of Suicidology and offers hotline services 24/7. Suicide Prevention Programming is designed to equip people when responding to a crisis and is relevant to all ages. Services are also available to survivors of suicide; that is, those who have lost someone to suicide. HelpLine provides leadership for the The Delaware County Suicide Prevention Coalition, a multidisciplinary group of agency and community members actively engaged in addressing the problem of suicide in Delaware County.

We sponsored the first Suicide Prevention Awareness Walk at Smith Park in Delaware, Ohio on Saturday, September 24. Friends, family, and community members gathered to support survivors of suicide and walk 1 .1 miles to raise awareness of this pressing issue. "There is help and hope for lives affected by suicide" says Max Lencl, Suicide Prevention Coordinator. "We hope the walk shines a light on this often hidden and stigmatized issue."

Suicide Prevention Services are funded by the Delaware Morrow Mental Health & Recovery Services Board. There will be additional activities and events in recognition of Suicide Prevention Awareness including the 2011 Out of Darkness Community Walk on October 23, 2011.

To learn more or if you or anyone you know is having thoughts of suicide, contact HelpLine at 1-800-684-2324 or visit us at www.helplinedelmor.org.

"Art as a Force for Healing" 2011 SARN Retreat

Helpline is sponsoring the free 4th annual retreat planned by survivors for survivors of sexual assault. This year's topic, "Art as a Force for Healing", will concentrate on healthy and creative ways to aid in the healing process of a survivor's journey. Topics such as healthy boundaries, increasing self esteem, and positive coping mechanisms will be explored in a safe and supportive environment among other survivors. Creative activities that center, calm, and celebrate the "self" will be available, participation is at attendee's own comfort level and no artistic talent needed! Raffle

3 CEUs for Counselors and Social Workers

You will learn how some types of personalities allow people to enjoy and flourish as Caregivers, while other personality types provide more challenges.

For more information or to register [CLICK HERE](#)

HelpLine Needs SARN Volunteers

Are you ready to make a difference in someone's life? Do you want to learn new skills, while helping others? Become a [HelpLine volunteer](#) will allow you to invest in the lives of others, who often in turn, bring something altruistic into your life.

[We are NOW accepting volunteer applications for the October training - learn more.](#)

Contact HelpLine Volunteer Coordinator, Shilo Gall, at sgall@helplinedelmor.org or 614.507.5703.

Connections Training: Ethics Overview

Tuesday, November 15, 2011, 9am-12:15pm

Delaware County Bank Corporate Headquarters, 110 Riverbend Avenue, Lewis Center, OH 43035

\$45 per person

3 CEUs for Counselors and Social Workers

This workshop will present information on the Board process of investigation and give participants an opportunity to discuss issues and ethical dilemmas that Social Workers face every day.

For more information or to register [CLICK HERE](#)

Visit us online:

For up to the minute news and events: www.helplinedelmor.org | [facebook](#) | [Twitter](#) | [YouTube](#) | [HL Calendar of Events](#)

prizes and lunch will be served.

Comments from past retreats include:

"I felt so comfortable in this group and am able to take home tangible ways to improve my life!"

"Thank you for the educational and inspiring information on healing." "This was such a special day of celebrating the survival of the unthinkable"

"Not only did I win an awesome comfy blanket, I made new friends too!"

Come experience the unique support other survivors can give in an informal and relaxed setting. The retreat will take place in Delaware County on Saturday November 12, 2011 from 10am-3pm. Location will be disclosed upon registration. To RSVP or ask additional questions please contact Nora Flanagan at nflanagan@helplinedelmor.org or 740.363.1835 x105.

Make A Difference Day 2011

MAKE A DIFFERENCE DAY
NATIONAL DAY OF DOING GOOD
O · H · I · O
ANNUAL CHALLENGE

On October 22, 2011, students, community members and families from all over Delaware County will come together for the largest day of service to Make A Difference and a positive impact in the lives of others. This year's event will kickoff at 8:00 a.m. - noon at the Delaware County Fairgrounds, 236 Pennsylvania Ave. at the Junior Fair Building. Pre-registration is required.

If you are interested in registering your project for this year's service day, volunteering, or helping to sponsor the event, contact Colleen Dennis at 740.363.5000 or e-mail cdennis@helplinedelmor.org. Register online at <http://www.delawarecountyvolunteers.org/mdds/signup.html>.

HelpLine's Hotline Highlights

By Jim Rundle, MSW,
LISW-S, HelpLine
Clinical Director

Needy Family

I have worked at Helpline on the hotline for over ten years. We receive a variety of calls each day and no two days are alike - I begin my shift at seven and my first call is a mother needing food. Her children have left for school and there will be no



food for dinner if she doesn't find some assistance. Her husband lost his job two weeks ago and is waiting for unemployment to start and they are completely out of funds. I look in our database to see which food pantries are operating today and make a referral. I talk with her about her situation and suggest she consider applying for food stamp assistance. We also discuss other assistance available and I suggest maybe they check out the benefit bank to see what they are eligible for. The caller is relieved and thanks me.

Hopelessly Alone

The next call I take is from an elderly man who is suicidal. His wife has died very recently and he feels sad and alone. I let him process his grief and encourage him to talk about his wife and their long marriage. Talking about it seems to help him and he realizes how much it would hurt his kids and grandkids to lose him as well. We talk about grief support groups and calling his doctor if the depression worsens. I tell him that he can use Helpline as a support during this difficult time and call us as often as he needs to. I ask if we can do a follow up call with him tomorrow and he agrees. We end up talking an hour but at the end of the call, he is in a much better place and was no longer feeling suicidal.

Helpline is available 24 hours a day, 7 days a week and we will do our best to assist you or find a referral for you. You may only need a phone number or may need support in another area. You might even have a very unusual situation and have no idea of what to do. Our workers and volunteers are trained and ready to help. The Helpline hotline phone numbers are 740-369-3316, 419-947-2520, 1-800-684-2324 or dial 211 for information and referral.

Spread Prevention

This summer, HelpLine's Violence Prevention program offered a full day based on the "Girls Kick Butt" program to girls who were participating in our Thank Goodness I'm Female (TGIF) initiative and the result was a huge success! Girls reported getting a lot out of the day and it has helped the group begin the new school year motivated and involved. HelpLine and Youth to Youth have submitted a second grant to the Central Ohio Women's Fund to continue TGIF for another year. We hope to build on our successes, and expand efforts to prevent relational aggression (or bullying). To learn more about TGIF [click here](#).

We have continued to offer programming to incarcerated youth at Scioto Correctional Facility with

8 girls who participated in our "Young Women's Lives" program. Participants gave this program a rave reviews! Our outreach to institutes of higher education has us working with OWU students to increase our visibility and programming around sexual violence. The Prevention Team has been responding to requests from area schools to set dates for our teen dating/relationship violence prevention programs Safe Dates (Middle Schools) and Love: All That & More (High Schools).

The STAND UP! Leadership Team, our youth-led prevention efforts group, has begun meeting and planning for the academic year ahead. Brande Urban, our staff leader of SULT! and TGIF has also come on board as a Prevention Educator.

We're also glad to say that we're back at Liberty Childcare Center, delivering the "Hands And Words Are Not For Hurting" (our Purple Hands Bear program), to preschool children, teaching core skills, building positive social interactions, and increasing knowledge about how our feelings and actions play out. All of these messages are delivered in fun, interactive sessions

This fall, the Violence Prevention Team will also be working with volunteers - to help spread the word, spread the prevention.

[Join Our Mailing List!](#)

[Forward email](#)