



CUCF's vision is to become a council that efficiently works together to serve the Union County community - keeping families safe, strong, and intact.

CUCF November Meeting Agenda

November 20th, 2024, 2:00pm-3:00pm

- **Call to Order** – Ware
 - CUCF Vision Statement - Ware
- **October 2024 Meeting Minutes** – Ware: Motion Required
- **Financials**
 - Approval of October Financial Report – Humphrey: Motion Required
- **New Business**
 - Approval of Service Coordination Mechanism in December – Humphrey
- **Union County Report**
 - CUCF Director's Report – Humphrey
 - Harbor OHR Report - McGary
- **Winter Month Resources for Youth & Families**
 - Marysville Public Library- Jessica Smith
 - YMCA- Sydney Gorman
 - Hope Center- Andy Johnson
 - Triple P- Melinda Morena
 - Community Agency share
- **Adjourn**

Next Meeting:

Wednesday, December 18th, 2024 at 2:00pm
Conference Room- Mental Health and Recovery Board of Union County
131 N Main St., Marysville OH 43040



CUCF September Meeting Agenda

September 18th, 2024, 2:00-3:00pm

Voting Members Present: Sue Ware (Chair- Human Services), Kathryn Tummino (Secretary - MHRB), Adam Negley (MHRB), Jennifer Gross (parent rep), Lori Poling (parent rep), Jerome Shapiro (parent rep), Justin Ufferman (North Union Local Schools), Jamie Harris (Leads Head Start), Officer Amy Finley (MPD), Bryant Dill (Bridges), Kara Brown (UCBDD)

Voting Members Absent: Jason Orcena (Vice Chair, Health Dept), Melissa Ebling (Maryhaven), Diane Allen (MEVSD)

Other Attendees: Vanessa Humphrey (Director, CUCF), Randi Bargo-Smith (MHRBUC), Halle DuMoulin-Camella (MHRBUC), Nicole Gerty (CUCF), Holly Novack (NAMI), Frank Drago (Aetna/OhioRISE), Kimberly Bridges (Help me Grow)

Zoom Guests: Nicole Neumeier (CUCF), Denise Casto (Clark, Schaffer, Hackett), Patrice Edwards (DYC), LaToya McGary (Harbor/OhioRISE), Brandi Hibbs (United Way), Ilene Micha (North Union Local Schools)

- **Call to Order** – Sue Ware called the meeting to order at 2:00pm
Welcome and introductions
- **Agenda** – Ware
- **August 2024 Meeting Minutes** – Ware: Motion Required
Sue Ware asked for a motion to approve the August Meeting Minutes.
Motion to approve by Jennifer Gross, Second by Jerome Shapiro. No discussion All in favor. Motion carried.
- **Financials**
 - Approval of August Financial Report
Denise Casto shared the CUCF dashboard including total revenue and expenses for August.
Sue Ware asked for a motion to approve the August Financial report.
Motion to approve by Kara Brown, Second by Adam Negley. No discussion All in favor. Motion carried.
- **New Business**
 - System of Care Grant- Bargo-Smith: Motion Required
MHRBUC awarded a 4-million-dollar System of Care grant which will begin October 1, 2024. Funding will be provided for one full-time Family Coordinator to be hired by CUCF. Funding will also support a portion of the CUCF Coordinator's salary (.2FTE) to oversee the work of the grant. This System of Care grant will be called Building Strong Foundations (BSF)

Sue Ware asked for a motion to add one full time Family Coordinator and .2FTE of Vanessa's position with funding from the Building Strong Foundations (BSF) System of Care Grant.

Motion to approve staffing changes by Jerome Shapiro, Second by Jerome Shapiro. No discussion. All in favor. Motion carried.

Questions:

Jerome asked for more information about how and why Union County was awarded. Adam and Randi shared that 2 sites in Ohio were awarded and that the award was the result of hard work and diligent data collection.

- CUCF Board Meeting Schedule Change- Ware: Motion Required

Sue Ware asked for a motion to approve the CUCF Board Meeting Schedule Change, 3rd Wednesday of the month at 2pm

Motion to approve meeting changes by Kara Brown, Second by Lori Poling. No discussion. All in favor. Motion carried.

- **Council Report – CUCF**

Vanessa Humphrey reviewed the Director’s Report (See Board Meeting Packet)

- **Union County Shared Plan**

DCY Kids Summit Review

Jennifer Gross shared the highlights from the DCY Kids Summit held on September 5th in Columbus.

Continued Shared Priority Collaboration

- **Community Partner Updates**

- LEADS Head Start is enrolling – reach out to Jamie Harris for more information
- MHBUC is celebrating appreciation week, intentionally thanking providers who serve Union County residents
- Board of DD has a new levy issue on the levy, UCBDD needs the funding to pay for preschool in Union County
- Help Me Grow - Please refer children who are suspected of developmental delays
- CUCF / MHRBUC – October 21st trauma training led by Wren Hawkins
- MHRBUC – School-based tier 3 intensive intervention (Bryt) at Fairbanks Elem and North Union MS. 2 new school social workers (FLS, NULS) and 2 student success coordinators (MEVSD), full time prevention specialist at Fairbanks Elementary, BCBA services for each district

- **Adjourn**

Sue Ware asked for a Motion to adjourn

Motion by Kara Brown, Second by Jerome Shapiro. All in favor. Meeting adjourned at 3:04pm

Council for Union County Families

Balance Sheet - Modified Cash

As of October 31, 2024

	TOTAL	
	AS OF OCT 31, 2024	AS OF SEP 30, 2024 (PP)
ASSETS		
Current Assets		
Bank Accounts		
1000 cash	174,993.64	148,537.74
1050 Help me Grow (944)	31,475.01	31,725.01
Total Bank Accounts	\$206,468.65	\$180,262.75
Accounts Receivable		
1110 Accounts receivable	9,067.17	19,478.14
Total Accounts Receivable	\$9,067.17	\$19,478.14
Total Current Assets	\$215,535.82	\$199,740.89
TOTAL ASSETS	\$215,535.82	\$199,740.89
LIABILITIES AND EQUITY		
Liabilities		
Current Liabilities		
Accounts Payable		
2010 Accounts payable	516.00	6,384.53
Total Accounts Payable	\$516.00	\$6,384.53
Total Current Liabilities	\$516.00	\$6,384.53
Total Liabilities	\$516.00	\$6,384.53
Equity		
3010 Unrestrict (retained earnings)	137,771.34	137,771.34
Net Income	77,248.48	55,585.02
Total Equity	\$215,019.82	\$193,356.36
TOTAL LIABILITIES AND EQUITY	\$215,535.82	\$199,740.89

Council for Union County Families

Budget vs. Actuals: Budget SFY25 - Modified Cash

July - October, 2024

	TOTAL			
	ACTUAL	BUDGET	REMAINING	% REMAINING
Income				
0004 Mandated Members				
0003.1 MEVSD		2,000	2,000	100.00 %
0003.2 NUS		2,000	2,000	100.00 %
0003.3 Fairbanks		2,000	2,000	100.00 %
0004.1 Health Department		3,000	3,000	100.00 %
0004.2 MHRB	70,330	232,500	162,170	70.00 %
0004.3 DJFS/CPS		17,104	17,104	100.00 %
0004.4 Juvenile Court		3,000	3,000	100.00 %
0004.5 Commissioners		5,000	5,000	100.00 %
0004.7 UCBDD		5,000	5,000	100.00 %
0009.0 At Large Members		1,000	1,000	100.00 %
Total 0004 Mandated Members	70,330	272,604	202,275	74.00 %
9999.01 Deferred In	36,381	12,026	-24,355	-203.00 %
Grant Revenue	73,529	256,066	182,537	71.00 %
Total Income	\$180,240	\$540,696	\$360,456	67.00 %
GROSS PROFIT	\$180,240	\$540,696	\$360,456	67.00 %
Expenses				
501.01 Compensation	87,856	270,976	183,120	68.00 %
503.03 Supplies/Printing	346	3,400	3,054	90.00 %
504.00 Equipment		500	500	100.00 %
506.10 Professional Service	9,534	23,800	14,266	60.00 %
508.03 Telephone	694	2,100	1,406	67.00 %
508.07 Travel Mileage	241	1,000	759	76.00 %
508.08 Conference/Training incl Travel	1,358	2,000	642	32.00 %
508.11 Dues		100	100	100.00 %
508.17 Parent Stipend	804	3,000	2,196	73.00 %
508.28 Purchase Services				
5700.01 Mentoring		500	500	100.00 %
5700.02 Parent Education		216	216	100.00 %
5700.03 Respite (incl. camp)		4,500	4,500	100.00 %
5700.04 Safety Adapt Equip		1,500	1,500	100.00 %
5700.06 Social Rec Supports	1,474	8,000	6,526	82.00 %
5700.07 Structured Activities		6,000	6,000	100.00 %
5700.08 Transportation	400	1,000	600	60.00 %
5700.10 Other Not Specified	285	212,104	211,819	100.00 %
Total 508.28 Purchase Services	2,159	233,820	231,661	99.00 %
Total Expenses	\$102,992	\$540,696	\$437,705	81.00 %
NET OPERATING INCOME	\$77,248	\$0	\$ -77,248	0%
NET INCOME	\$77,248	\$0	\$ -77,248	0%

Council for Union County Families

1000 cash, Period Ending 10/31/2024

RECONCILIATION REPORT

Reconciled on: 11/07/2024

Reconciled by: Lindsay Altizer

Any changes made to transactions after this date aren't included in this report.

Summary

USD

Statement beginning balance.....	148,537.74
Checks and payments cleared (16).....	-26,772.24
Deposits and other credits cleared (4).....	53,228.14
Statement ending balance.....	<u>174,993.64</u>

Register balance as of 10/31/2024.....174,993.64

Details

Checks and payments cleared (16)

DATE	TYPE	REF NO.	PAYEE	AMOUNT (USD)
10/08/2024	Bill Payment	650675	Clark, Schaefer, Hackett	-1,010.00
10/08/2024	Bill Payment	650678	Pinwheel Creative	-294.00
10/08/2024	Bill Payment	650677	Graphic Stitch	-285.20
10/08/2024	Bill Payment	650674	BALESTRA, HARR & SCHER...	-3,200.00
10/11/2024	Journal	95		-9,940.12
10/15/2024	Bill Payment	651018	Clarity Technology Solutions	-625.06
10/22/2024	Bill Payment	651223	Verizon	-204.36
10/25/2024	Journal	96		-9,923.24
10/29/2024	Bill Payment	651549	Visa	-38.60
10/29/2024	Bill Payment	651545	Vanessa Humphrey	-53.60
10/29/2024	Bill Payment	651546	Nicole Neumeier	-50.38
10/29/2024	Bill Payment	651547	Lori Poling	-100.00
10/29/2024	Bill Payment	651548	Jerome Shapiro	-100.00
10/29/2024	Bill Payment	651542	Clarity Technology Solutions	-687.80
10/29/2024	Bill Payment	651543	Nicole Gerty	-55.61
10/29/2024	Bill Payment	651544	Jennifer Gross	-204.27

Total -26,772.24

Deposits and other credits cleared (4)

DATE	TYPE	REF NO.	PAYEE	AMOUNT (USD)
10/07/2024	Receive Payment		2 - MHRB Subrecipient Grant...	2,000.75
10/07/2024	Receive Payment		2 - MHRB Subrecipient Grant...	5,307.83
10/07/2024	Receive Payment		1 - FFS	12,169.56
10/08/2024	Deposit		2 - Multi System Youth:MSY2...	33,750.00

Total 53,228.14

ACCOUNT SUMMARY TRIAL BALANCE FOR FY24/OCT TO OCT

FUND 942

ACCOUNT ACCOUNT NAME	BEG. BALANCE	ORG	DEBITS	CREDITS	NET CHANGE	END BALANCE
942 100000 UCFCFC CASH	148,537.74	942	53,228.14	26,772.24	26,455.90	174,993.64
TOTALS FOR FUND 942 UC Family / Children First	148,537.74		53,228.14	26,772.24	26,455.90	174,993.64

Council for Union County Families

1050 Help me Grow (944), Period Ending 10/31/2024

RECONCILIATION REPORT

Reconciled on: 11/07/2024

Reconciled by: Lindsay Altizer

Any changes made to transactions after this date aren't included in this report.

Summary

USD

Statement beginning balance.....	31,725.01
Checks and payments cleared (1).....	-250.00
Deposits and other credits cleared (0).....	0.00
Statement ending balance.....	<u>31,475.01</u>

Register balance as of 10/31/2024.....31,475.01

Details

Checks and payments cleared (1)

DATE	TYPE	REF NO.	PAYEE	AMOUNT (USD)
10/08/2024	Bill Payment	1	Delaware Public Health District	-250.00
Total				-250.00

ACCOUNT SUMMARY TRIAL BALANCE FOR FY24/OCT TO OCT

FUND 944

ACCOUNT ACCOUNT NAME	BEG. BALANCE	ORG	DEBITS	CREDITS	NET CHANGE	END BALANCE
944 100000 Help Me Grow CASH	31,725.01	944	.00	250.00	-250.00	31,475.01
TOTALS FOR FUND 944 Help Me Grow	31,725.01		.00	250.00	-250.00	31,475.01

Director's Report

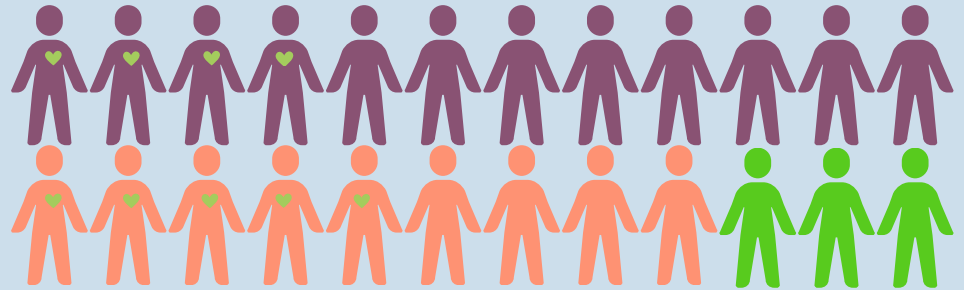
FY25 - NOVEMBER



Total Engagement Metrics

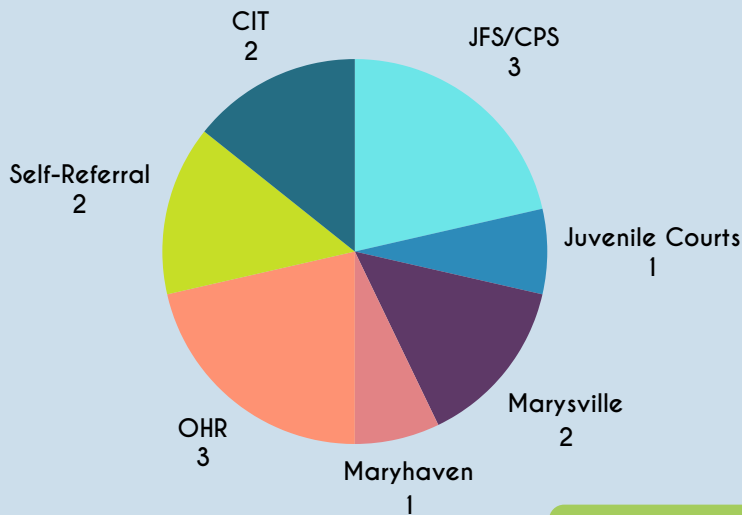
27 Families

- 12 Wraparound
- 9 Service Coordination
- 9 Family Peer Support
- 3 NU FPS
- 3 Info & Referral

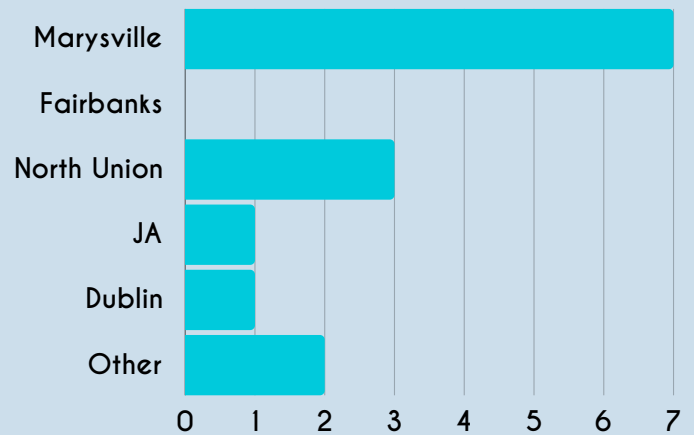


Referral Overview: 14 Youth

Referrals by Source



Referrals by School District



Status of Referrals

- Enrolled: 6 Youth
- FPS referrals to MOSAIC: 2 Youth
- OHR referrals: 1 Youth
- Not enrolled: 3 Youth
- Pending: 3 Youth

Director's Updates

Updates

- CUCF audit is in progress, CUCF and Denise have provided required starting documents.
- Welcome Jennifer Rigano to CUCF as the Early Childhood Family Coordinator!

MSY Funding

- Currently have 1 youth utilizing MSY funding from ODM for residential treatment, \$33,750 for 90 days through December 11th. Plan to apply for additional funds 2 weeks prior to end date.

FCSS Funds

- \$19,036.65 of \$21,716 remain for FY25
- November expenses:
 - 1 YMCA annual family membership
 - 1 UDF gas card
 - 1 reminder watch
 - 2 sets of door/window locks
 - 1 laminator and pouches
 - Set of weekly and monthly dry erase wall calendars





ACRONYM KEY

CANS-Child Adolescent Needs and Strengths

CME- Care Management Entity

CPS-Child Protective Services

CRTs-Community Response Teams

CUCF-Council for Union County Families

DJFS-Department of Job and Family Services

EI-Early Intervention

FCFC-Family and Children First Council

FCSS-Family Centered Services and Supports

HMG-Help Me Grow

ICT-Intensive Community Treatment

IHBT-Intensive Home-based Therapy

LOC-Level of Care

MH&RB-Mental Health & Recovery Board

MRSS- Mobile Response Stabilization Services

OCBF-Operational Capacity Building Fund

ODM- Ohio Department of Medicaid

OFCF-Ohio Family and Children First

OHR- OhioRISE

UCBDD-Union County Board of Developmental Delays



MARYSVILLE

PUBLIC

LIBRARY

Merrysville

December 14 10-12pm

- Santa
- Photobooth
- Cookie Decorating
- Crafts
- Scavenger Hunt





Little Learners

➤ Storytimes

Baby

Thursdays at 11am

Toddler

Mondays at 11am

Thursdays at 9:30am

Ready for School

Wednesday at 11am

➤ Playtimes

Baby

First Tuesday at 11am

Toddler

Second Tuesday at 11am

➤ Dance Party

Third and Fourth Tuesday at 11am

School Age



Art Club

First Tuesday at 6:30pm



Pages and Paws

Third Tuesday at 6:30pm



Pagemasters

Fourth Tuesday at 6:30pm



Scribblers

January 22 and February 26 at 6:30pm



Sweetheart Tea Party

February 8 at 2pm



LEGO League

February 11 at 6:30pm





Tweens and Teens

➤ **Tweensday**

First Tuesday at 6:00pm

➤ **Dungeons and Dragons**

How to DM - December 12 at 6:30pm

Second Tuesday at 5:30pm

➤ **On the Same Page**

Third Tuesday at 6:30pm

➤ **Vision Boards**

January 11 at 1:00pm

➤ **Love Bites (Twilight)**

February 1 at 2:30pm







FALL PROGRAM GUIDE

Contact Us!

(740)943-3054

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PROGRAMS FOR KIDS & TEENS



COZY -AND- COMFY



September

Sept 4 (5:00 pm)- Sparks- Invisible Illness

Anxiety, self-harm, and loneliness. How to get support for you or someone you know. We're making sensory bottles for that calming vibe. Teen girls ages 13-18.

Sept 5 (5:30 pm)- Construction Crew

Create a crazy maze with Legos. All ages.

Sept 11 (6:00 pm)- Night Owls Storytime- Cupcakes

Come enjoy stories while we learn, play, and create! Ages 2-5.

Sept 12 (5:30 pm)- Process Art Workshop

It's all about the PROCESS...not the product! Cut & paste with scrap fabric. Ages 6-12.

Sept 18 (11:00 am)- Early Birds Storytime- Sports

Come enjoy stories while we learn, play, and create! Ages 2-5.

Sept 19 (5:30 pm)- Read with Me Book Club

Escape from Mr. Lemoncello's Library by Chris Grabenstein
Let's get together for a book discussion, activity, and snacks!
Parents and caregivers are welcome to join in.

Sept 25 (6:00 pm)- Night Owls Storytime- Worry

Come enjoy stories while we learn, play, and create! Ages 2-5.

Sept 26 (5:30 pm)- Teen Paint Night

Let's paint like VanGogh! Ages 12-18.



October

Oct 2 (11:00 am)- Early Birds Storytime- Jungle Animals

Come enjoy stories while we learn, play, and create! Ages 2-5.

Oct 2 (5:00 pm)- Sparks- Rate Your Relationship

Is your partner adding to your happiness or destroying it? How to build a solid relationship if and when you're ready. Snacks provided. Teen girls ages 13-18.

Oct 10 (5:30 pm)- Construction Crew

Shoot for the moon with a Magna-Tile rocket! All ages.

Oct 14- Teen Take & Make- Moveable Mummy

Grab a craft bag from our lobby. Ages 12-18.

Oct 16 (6:00 pm)- Night Owls Storytime- ABC's

Come enjoy stories while we learn, play, and create! Ages 2-5.

Oct 23 (11:00 am)- Early Birds Storytime- Reptiles

Come enjoy stories while we learn, play, and create! Ages 2-5.

Oct 23 (5:00 pm)- Splatter!

Spend a spooky evening with us painting Tape Resist Skeletons! Ages 6-12.

Oct 24 (5:30 pm)- The Mystery of the Haunted Library

Strange things are happening at the library! We need your help. Find clues, solve puzzles, and catch the creepy phantom!
Ages 6-12.

Oct 30 (6:00 pm)- Night Owls Storytime- Pumpkin Party at the Park

Come enjoy stories while we learn, play, and create!
Ages 2-5. Note: Location is the Richwood Park's Shelter House.

November

Nov 6 (11:00 am)- Early Birds Storytime- Unicorns

Come enjoy stories while we learn, play, and create! Ages 2-5.

Nov 6 (5:00 pm)- Sparks- Drunk Never Looks Good

Making that decision is tough. Let's talk about consequences, risks, & choices. Pizza provided. Teen girls ages 13-18.

Nov 7 (5:30 pm)- Construction Crew

Build a cozy cabin with Lincoln Logs! All ages.

Nov 11- Kids Take & Make- Clay Pendant Necklace

Pick up a craft bag from our lobby. Ages 6-12

Nov 13 (6:00 pm)- Night Owls Storytime- Cardboard

Come enjoy stories while we learn, play, and create! Ages 2-5.

Nov 14 (5:30 pm)- Teen Book Tasting Cafe

Sample all kinds of books to discover your favorites. Enjoy yummy hot drinks & pastries. Ages 12-18.

Nov 21 (5:30 pm)- Read with Me Book Club

Squint by Chad Morris and Shelly Brown
Let's get together for a book discussion, activity, and snacks!
Parents and caregivers are welcome to join in.



FALL PROGRAM GUIDE

Contact Us!

(740)943-3054

 richwoodlibrary.org

   /richwoodlibrary

PROGRAMS FOR ADULTS

September

Sept 5 (11:00 am-1:00 pm)- Pop-Up Library
The library will be at Richwood Greene Senior Living with lots of books, movies, & more to check out!

Sept 10 (10:00 am)- Cozy Mysteries Book Club
Open and Shut by David Rosenfelt
Meet at the Richwood Civic Center for a book discussion.

Sept 18 (6:00 pm)- Books at Bokes
A Court of Mist and Fury by Sarah J. Maas
Meet at Bokes Creek Winery for a book discussion.

Sept 24 (6:00-8:00 pm)- Puzzle Pandemonium
Ready, set, puzzle! Gather a team of 2-4 people, call the library at (740)943-3054 ext. 1 to register your team, and compete with other teams to be the first to complete a 500-piece jigsaw puzzle!

Sept 30 (Grab & Go)- Spices of the World
Let's cook with French Sweet Basil!
Spice kits are available while supplies last.

October

Oct 3 (11:00 am-1:00 pm)- Pop-Up Library
The library will be at Richwood Greene Senior Living with lots of books, movies, & more to check out!

Oct 5 (11:00 am)- Bookish: A Book Club
People We Meet on Vacation by Emily Henry
Join us at Magnetic Springs Eatery for a book discussion.

Oct 8 (10:00 am)- Cozy Mysteries Book Club
A Good Girl's Guide to Murder by Holly Jackson
Meet at the Richwood Civic Center for a book discussion.

Oct 16 (6:00 pm)- Books at Bokes
The Nature of Fragile Things by Susan Meissner
Meet at Bokes Creek Winery for a book discussion.



Sale

Friends of the Library Book Fair

Thursday Sept 19-Saturday, Sept 21
Check out the selection of books,
movies, magazines, & more for sale
at the annual Book Fair.

Oct 28 (Grab & Go)- Spices of the World
Learn more about Horseradish from Greece!
Spice kits are available while supplies last.

Oct 29 (6:00 pm)- Adult Paint Night
Join us for a fun night of painting with Shawanna Sue from Crooked Door Studios! Pre-registration is required- call the library at (740)943-3054 ext. 1 to register.

November

Nov 2 (11:00 am)- Bookish: A Book Club
The Poppy War by R.F. Kuang
Join us at Magnetic Springs Eatery for a book discussion.

Nov 7 (11:00 am-1:00 pm)- Pop-Up Library
The library will be at Richwood Greene Senior Living with lots of books, movies, & more to check out!

Nov 12 (10:00 am)- Cozy Mysteries Book Club
And Then There Were None by Agatha Christie
Meet at the Richwood Civic Center for a book discussion.

Nov 19 (6:00-8:00 pm)- Puzzle Pandemonium
Ready, set, puzzle! Gather a team of 2-4 people, call the library at (740)943-3054 ext. 1 to register your team, and compete with other teams to be the first to complete a 500-piece jigsaw puzzle!

Nov 20 (6:00pm)- Books at Bokes
Wicked by Gregory Maguire
Meet at Bokes Creek Winery for a book discussion.

Nov 25 (Grab & Go)- Spices of the World
Have you ever used Arrowroot Starch from the Caribbean?
Spice kits are available while supplies last.



Merry on MAIN

ICELESS SKATING Partners Park December 12 - January 5



VISITS WITH

Santa

Times & locations as shown on calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 8	DECEMBER 9	DECEMBER 10	DECEMBER 11	DECEMBER 12 5 PM - 8 PM 5 PM-7 PM	DECEMBER 13 5 PM - 8 PM	DECEMBER 14 2 PM - 8 PM NOON-2 PM
DECEMBER 15 2 PM - 8 PM	DECEMBER 16 5 PM - 8 PM	DECEMBER 17 5 PM - 8 PM	DECEMBER 18 5 PM - 8 PM	DECEMBER 19 5 PM - 8 PM 5 PM-7 PM	DECEMBER 20 5 PM - 8 PM	DECEMBER 21 2 PM - 8 PM NOON-2 PM
DECEMBER 22 2 PM - 8 PM	DECEMBER 23 2 PM - 8 PM 5 PM-7 PM	DECEMBER 24 2 PM - 8 PM	DECEMBER 25 CLOSED	DECEMBER 26 2 PM - 8 PM	DECEMBER 27 2 PM - 8 PM	DECEMBER 28 2 PM - 8 PM
DECEMBER 29 MERRYSVILLE <i>Winter Wonderland</i> 2 PM - 8 PM	DECEMBER 30 2 PM - 8 PM	DECEMBER 31 2 PM - 8 PM	JANUARY 1 2 PM - 8 PM	JANUARY 2 2 PM - 8 PM	JANUARY 3 2 PM - 8 PM	JANUARY 4 2 PM - 8 PM
JANUARY 5 2 PM - 8 PM						

Winter Crisis Program

November 1, 2024-March 31, 2025

Benefits:

Help with paying heating bills when you:

- Are disconnected or threatened with disconnection.
- Have less than a 25% supply of bulk fuel or wood.
- Need help establishing or transferring service.
- Have a PIPP default or enrolling on PIPP for the first time.

Qualifications:

- ✓ Below 175% Federal Poverty Level
- ✓ Have one of the above emergencies

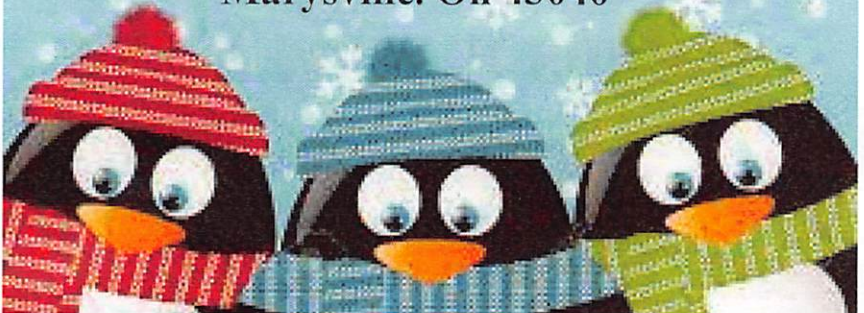
Don't freeze this winter!

Call

Bridges Community Action

Phone 937-642-4986

232 N Main St Suite G
Marysville. Oh 43040





**232 N Main St Suite G
Marysville, Oh 43040**

What to bring:

- ✓ Proof of income for the last 30 days*
- ✓ Most recent heating and electric bills
- ✓ Everyone's birth dates and social security numbers
 - ✓ Proof of disability if applicable
- ✓ Proof of Citizenship: Birth certificates or social security cards for all household members**

*If you have not had income in the past 30 days, are self-employed or seasonal, please call ahead and listen for your county prompts to speak with someone about more detailed instructions

***Other proof of citizenship may be accepted. Please call to explore your options.*

**Call for an appointment today!
Phone 937-642-4986**

When the season doesn't feel calm or bright

Tips for Managing Your Mental Health During the Holidays

Did the “most wonderful time of the year” turn into the most stressful time of the year?

Of all the things on your holiday preparation to-do list, the most critical one is maintaining your mental health and practicing self-care. **Here are 10 practical ways to protect yourself leading into a busy season:**

- 1 Stay in therapy.** If you can, keep your scheduled therapy sessions to ensure that you have built-in time to explore anything that comes up.
- 2 Stay hydrated.** Drink plenty of water. Hydration nourishes the brain and can improve your overall mood.
- 3 Spend time with loved ones.** Social interaction can help lessen the feelings of loneliness that may come around this time of year.
- 4 Find time to decompress.** Make sure you're taking the time to recharge and use your best coping skills. Pay attention to the practices that make you feel your best.
- 5 Remember that it's okay to feel the way you feel.** It's healthy to acknowledge your feelings and work through them, rather than suppressing them.
- 6 Don't feel pressured to uphold family traditions.** While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.
- 7 Come up with a plan.** What good are the holidays if you don't have the energy to enjoy them? Make a list, check it twice, and decide if there's anything you can remove.
- 8 Find the best time to shop.** Malls are less crowded on weekdays and weeknights. Practicing mindful activities while you wait in line can also help you stay calm among the holiday shopping chaos.
- 9 Be kind to yourself.** All you can do is your best, and your best is good enough. It's impossible to please everyone, but we are often our own harshest critics.
- 10 Remember that the NAMI HelpLine is available.** Our volunteers are ready to take your call, text, or chat to connect you with helpful resources during the holiday season and beyond. You are not alone.

If you or someone you know needs help facing the challenges of mental illness, the NAMI HelpLine is available Monday through Friday, 10:00 am–10:00 pm, ET. Call **1-800-950-NAMI (6264)**, text “**HelpLine**” to **62640**, or chat with us at **nami.org/help**.

In a crisis, call or text **988** or chat at **988lifeline.org**.

A Week of Wellness

Use this wellness calendar daily to incorporate different activities into your everyday.

you can tailor these activities to fit the needs of your students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reflect with your child about someone who has impacted both of your lives for the better. It could be a friend, family member, teacher or coworker.</p> <p>Together with your child write that person a thank-you note. If they're not sure what to say, use the following prompts:</p> <p>What are some of the qualities that made them wonderful?</p> <p>Why are you grateful for them?</p>	<p>Sometimes we get distracted by other people's lives; social media and other methods of influence can lead us to spend a significant amount of time wishing for bigger and better.</p> <p>Ask your child the following questions to have a meaningful conversation.</p> <p>What do you crave/feel distracted by the most about other people's lives?</p> <p>What about yourself do you love/appreciate the most?</p>	<p>Gratitude is not just something you say. It can also be something you experience with each of your senses.</p> <p>Take a nature walk with your child and reflect on the day by answering the following prompts:</p> <p>Name someone you enjoyed talking to recently.</p> <p>Name something you touched that felt good.</p> <p>Name something you saw that was beautiful.</p> <p>Name something that you heard that inspired you.</p> <p>Name something that you ate that tasted amazing.</p>	<p>Listen to your favorite music or a calming playlist to do things like cooking, doing homework or taking a shower.</p> <p>Encourage your child to dance, move and take small actions to inspire and encourage them to care for their mental health.</p>	<p>Flashback Friday: share a moment in your life where you were experiencing increased anxiety, stress or sadness.</p> <p>Share advice / words of encouragement you would give your younger self with your child and invite them to share reflections from the week and advice they would give to their younger selves.</p>



10 Question Tuesday

Weekly Check-In for Parents/Caregivers with their child/children!

Ask any of the following questions to develop practical strategies with your child on how to best support their mental health

***you can tailor the questions to fit your child's needs.*

1. What's your favorite way to relax or de-stress?

2. How are things going with your friends? What is something cool you talked about or did recently to connect with them? What is something fun you have planned soon with your friends?

3. What has been taking up most of your mental energy these days?

4. Do you feel anxious? If so, what leads to that feeling, and what does anxiety feel like to you?

5. Who or what is inspiring you the most right now?

6. What has been your favorite part of the week so far?

7. What new activities, music or hobbies do you want to try?

8. What's something exciting that you're looking forward to? What is something that you are absolutely dreading?

9. Do you feel like you have too many responsibilities? Do you think you are managing your time well? What could support you?

10. I love you and care about you. What's the best way to regularly connect about mental health and wellness? What is one thing I can do right now to encourage you?



The Three C's

for Parents and Guardians

Welcome to the 2024-2025 school year. This year, like many others, can be a difficult time for students. NAMI created The Three C's to help you and your child connect around mental health and wellness, know the key "concrete" supports for family well-being, and encourage your child to share with you about the joys and challenges they are experiencing at this time.

1 GET CURIOUS

There may be moments at home when your child may seem disconnected, exhibiting changes in behavior, but communicating that "everything is fine." Because there is often stigma attached to mental health conditions, children can feel ashamed to talk about their anxieties, stress, and depressed feelings.

Use the following conversation starters to talk with your child about what they are experiencing. Remember to listen with curiosity and empathize with them.

- It seems you are sadder during the evenings. So, let's explore, together, why that may be the case.
- I've noticed you seem less interested in some of your favorite activities. What do you think is behind that?
- When was the last time you felt this way? And what was happening around you?

2 GET CONCRETE

Here are some activities you can do with your child to talk about mental health can help normalize mental health symptoms, eliminate stigma, and empower your child to seek the help and support they deserve:

- [10 Questions on a Tuesday](#)
- [A week of Wellness](#)

Use these activities to stay connected with your child, boost their self-confidence, and practice resilience and self-care.

3 STAY COMPASSIONATE

Use compassionate language to ensure your child feels seen, heard, and validated when discussing mental health and wellness. Some language tips:

- It helps to say "Thank you for telling me that" after your child expresses how they feel.
- Engage in active listening by repeating the feelings that your child has shared, saying phrases such as, "what I'm hearing you say is," and "we're in this together."
- Avoid making assumptions about the experiences your child shares or the meaning of those experiences. This is a time for listening and demonstrating your empathy.
- Get comfortable with silence, because most people, your child included, share more when we show we are listening without interjecting.
- Always remain calm as your child learns to understand and share more deeply about their emotions and mental health symptoms. If your child senses you are upset, they will be less likely to share in the future.

YA Mental Health Resources

1. Check-In. Checking in means setting time aside to reflect with yourself on how you are feeling and what you need. Here are some questions you can answer to check in on your mental health
 - a. [YA/Mental Health Check-in Carousel Instagram Post - Instagram Post \(canva.com\)](#)
2. Everything you do for your mental health are moments of celebration. Swipe to reflect on the everyday decisions to care for your mental health.
 - a. [YA Mental Health Game Plan - Instagram Post \(canva.com\)](#)
3. Gratitude is showing appreciation to yourself. Join our gratitude challenge and try giving thanks to yourself.
 - a. [YA Gratitude Challenge IG Story](#)



HAPPY Thanks Giving



Please join us
for our annual


*Thanksgiving
Dinner*



November 27
1-4pm



We will be doing the meals in 45 minute sessions,
so make sure you stop at the front desk or call
937-642-9555 to get your spot in a time slot



729 S. Walnut St. Marysville, Oh

