

Townhaller

DONATE TO TOWNHALL II

Inside this Issue:

Youth Summit • P2

Upcoming Events • P2

Happenings of the
Month • P3

Teen Dating Violence
Awareness Month • P3

Staff Shout Out • P4

New Staff • P4



“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

—Martin Luther King, Jr.



Our Helpline is looking for Volunteers!

After a two-year hiatus, the Townhall II Helpline Volunteer program is back! There will be a Spring, Summer, and Fall training offered to volunteers. The Spring training is in the works and is scheduled to be from March 11th - April 29th. The training will feature community presenters from Kelly's Grief Center, Safer Futures, as well as presentations from Townhall's counseling, prevention, and VOCA departments. Prospective volunteers must be 18+ and be able to fulfill a 100 to 200 hour commitment with the Helpline after successful completion of the training program.

Please direct any questions or interested applicants to our Helpline Training Coordinator, Rebekah Swango (rebekahs@townhall2.com).

Applications for the Spring training are due by Monday, February 19th.

Townhall's 3rd Annual Youth Summit

Townhall II invited all Portage County High Schools to participate in the 3rd Annual Portage County Youth Summit at Maplewood Career Center. Students from six different schools attended with the intention of becoming leaders within their school and promoting positive changes throughout their districts.



Joe Markiewicz, National Youth Trainer, joined as our guest speaker from Building Stronger Communities to share information about the needs of youth in Portage County. He educated the students on data to prioritize risk factors that lead to problem behaviors such as substance abuse, mental health issues, truancy, bullying, and violence. He was able to provide examples of positive social norming campaigns to get the students thinking about what they could do to improve their school environment.

Each school was given time to brainstorm ideas that they would like to see implemented and developed a student action plan. Our prevention specialist, Tiffany Martin, will be working with these groups to help them bring their ideas to life! The top priorities were similar between the schools which included addressing mental health needs, increasing parent involvement, childhood trauma, suicide, violence and drinking and vaping use among teens. Each student received a t-shirt designed using words that youth feel defines a leader. The event was made possible by a grant from the Ohio Department of Health.

Special thanks to Karyn Kravetz from the Mental Health and Recovery Board of Portage County and Commissioner Sabrina Christian-Bennett for speaking to the students about the importance of creating positive changes for our community. We would also like to thank Kent Roosevelt High School, Streetsboro High School, Waterloo High School, Southeast High School, Ravenna High School and Rootstown High School staff and students for participating and making it a successful day.

February Events

For more information contact us at 330.678.3006 or email us at info@townhall2.com.

- **Group to Grow**

- February 7th, 14th, 21st & 28th from 6:00–7:30PM.
- 161 E. Main Street, Ravenna, OH 44266

- **Rainbow After The Rain**

- February 1st, 8th, 15th 22nd & 29th from 6:00–7:30PM.
- Meets Virtually

- **Mothers in Recovery**

- February 5th & 19th from 6:00–7:30PM.
- 161 E. Main Street, Ravenna, OH 44266

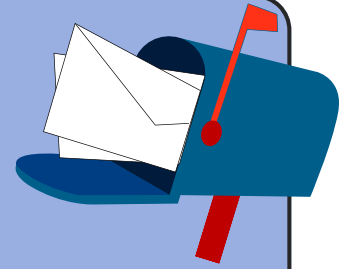
HAPPENINGS OF THE MONTH

4TH

National Thank a Mail Carrier Day

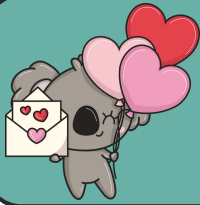
Fun Mail Facts:

- The first organized mail service started in 1775 in America.
- Stamps were invented in 1847.
- Zip Codes started in 1963.



Ways to show your mail carrier appreciation:

- Leave a thank you note in the mailbox for them!
- Leave them a gift that shows you appreciate them like chocolates, a gift card, or even something tasty to drink for the rest of their ride!



happy valentine's day

14TH

29TH

Leap Day

Did you know?

Someone born on a leap day is called a Leaping or Leaper.

The first leap year was introduced by Julius Caesar in 46 B.C.

Century years, such as 1800 and 1900, usually do not get leap days.

The first arrests for the Salem Witch Trials were on a leap day in 1692.

Teen Dating Violence Awareness Month

Did you know that February is Teen Dating Violence Awareness Month? This is an annual, month-long event that focuses on advocacy and education to stop dating abuse before it starts.

Dating violence is more common than you may think. It affects millions of young people in the United States and can take place in person, online, or through technology.

Teen dating violence has a major impact on lifelong health, but the good news is that it is preventable.

Townhall II offers an evidence-based program adapted from Safe Dates called **Stand Up** to all Portage County middle and high schools. This program meets with students for 5 days discussing types of relationships (safe and supportive vs. unsafe), types of abuse, consent, and bystander interventions. This program served over 1,800 students last school year and offers support, resources and referrals as needed.

For more information on teen dating violence and a tool kit to use during Teen Dating Violence Awareness Month, visit the [Love is Respect website](#). And remember to wear orange on February 6th to show your support!

Employee Spotlight

Taryn Vespoint



Start Date: December 2022

Current Title: Substance Abuse Prevention Specialist

Background: Taryn has been a Juvenile Corrections Officer for DYS in Circleville, a Case Manager for Federal Inmates in Cleveland and a Crisis Intervention Specialist in Ravenna. She has a Bachelor's degree in Criminal Justice and is a certified Paralegal.

Fun facts about Taryn: She is the Ravenna High School Girls Soccer Coach. She graduated from there in 2008 and they won their conference that year!

Taryn's favorite quote: "Your perspective is your reality, change your perspective to change your life."

Staff Shout Out!

Rebekah S!

Rebekah is our helpline training coordinator and has done an amazing job at putting together skills packets and creating fun ways to learn in the helpline. She is exceptional at teaching our Crisis Intervention Specialists the skills needed to implement Crisis Intervention on the phone and in person. She is always eager to lend a helping hand. She is a valuable asset to our team!

New Staff

Kevin Brosien

Marketing
Director

Katie

Matthews

MAT Clinic Nurse



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