

# Townhaller

**DONATE TO TOWNHALL II**

## Inside this Issue:

Recovery-Friendly  
Workplace • P2

Happenings of the  
Month • P3

Upcoming Events • P3

Employee Spotlight • P4

Staff Shout Out • P4

New staff • P4



**“Don’t be pushed around  
by the fears in your  
mind. Be led by the  
dreams in your heart.”**

**–Roy T. Bennett**



## **New Year, New Goals**

The start of the new year is a great time to set some new goals. We all know that New Year’s resolutions can be difficult to achieve, so why not look at the big picture instead for the next few months? Setting smaller goals can help us get started, so that we can then achieve our dreams!

Here are a few things to consider when setting goals:

- How am I feeling physically?: Do I need to add in better foods, more exercise, or get more sleep?
- How am I feeling mentally?: Could I start doing daily meditations to help ease anxiety? What coping skills do I use? What am I doing for self-care?
- How am I feeling emotionally?: Do I need to seek out a counselor for help? Would journaling help me process my feelings? How do I release or express negative emotions?

# New Recovery-Friendly Workplace Program

We are excited about our new Recovery-Friendly Workplace program that is aimed to reduce stigma within the community for those in recovery.

The program is designed to help employers hire more staff, create and improve recovery workplace policies, and provide more support for those in recovery.

## **The program provides employers with:**

- Training on how to create and support a recovery culture for all employees.
- A Recovery-Friendly Advisor who will help businesses meet their needs while maintaining a recovery-friendly workplace.
- Connection with a wide range of community prevention, treatment and recovery resources.

Our CEO, Tamera Hunter, said: "When a recovery-friendly environment is created, people in recovery, and those impacted by substance abuse, can thrive."

There is no cost to participate in the program. We obtained a grant from the Ohio Department of Mental Health and Addiction Services to help local employers find a dedicated workforce, which helps support improved treatment outcomes for Townhall II clients.

**If you are interested in becoming a Recovery-Friendly Workplace, call Townhall II at 330.678.3006 and ask for a Recovery-Friendly Advisor or email [recoveryworkplace@townhall2.com](mailto:recoveryworkplace@townhall2.com).**

# HAPPENINGS OF THE MONTH

**JAN.  
15**

## MARTIN LUTHER KING JR. DAY

Dr. Martin Luther King Jr. was one of the most influential and prominent leaders of the Civil Rights Movement. His dedication to racial justice through nonviolent, peaceful protests was truly unmatched.

MLK day is observed on the third Monday of January each year, which this year falls on Dr. King's actual birthday, January 15th! It actually took 15 years for the holiday to be approved by the federal government. Read more about this [here](#).



## NATIONAL POPCORN DAY

Popcorn is a well-loved snack here in the US. Some of us don't even want to imagine going to the movie theater without the buttery, salty snack in hand!

If you choose to forgo the butter and salt though, popcorn can also be a very healthy snack option. It can be an affordable one, too! One quart of popped popcorn only costs about 20 cents when made at home.



**JAN.  
21**

## SQUIRREL APPRECIATION DAY

This holiday was created in 2001 to shine a light on how important squirrels are to our environment. Squirrels actually play a huge part in our history here in Portage County. Specifically, black squirrels!

In 1961, 10 black squirrels were captured in Canada and released on the Kent State University campus to preserve the species. Outside of Kent though, black squirrels are still fairly rare: there is likely only one for every 10,000 squirrels in North America.



## January Events

For more information  
contact us at  
330.678.3006 or email us  
at [info@townhall2.com](mailto:info@townhall2.com)

- **Group to Grow**
  - January 10th, 17th, 24th & 31st from 6:00–7:30PM.
  - 161 E. Main Street, Ravenna, OH 44266
- **Rainbow After The Rain**
  - January 4th, 11th, 18th, & 25th from 6:00–7:30PM.
  - Meets Virtually
- **Mothers in Recovery**
  - January 8th & 22nd from 6:00–7:30PM.
  - 161 E. Main Street, Ravenna, OH 44266

# Employee Spotlight

## Bo Hall

**Start Date:** 10/17/2022

**Current Title:** Substance Abuse Counselor and Sanctuary Trainer

**Background:** "I graduated from Kent State in December 2022 with a bachelor's in psychology, I completed the ACCEPT program in September of 2022, and have a certificate in addictions counseling. I did my practicum here at Townhall II from June 2022–September 1st, 2022."

**Fun facts about Bo:** Bo loves to bake and will try to bake anything and everything from scratch!

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

## Staff Shout Out!

Jenn (and Oliver),

Thank you so much for hard work and commitment to our clients. We appreciate your willingness to jump in and always help. Your support in providing services for Mental Health, Adolescents and AOD is inspirational. Also, you are an excellent "Cat Mom" (per Oliver)!

-Tracy J.

## New Staff

**Shian Trego**  
Case  
Manager

**Patricia Blevnis**  
Residential  
Aide



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