

Lake-Geauga Recovery Centers' Prevention Highlights

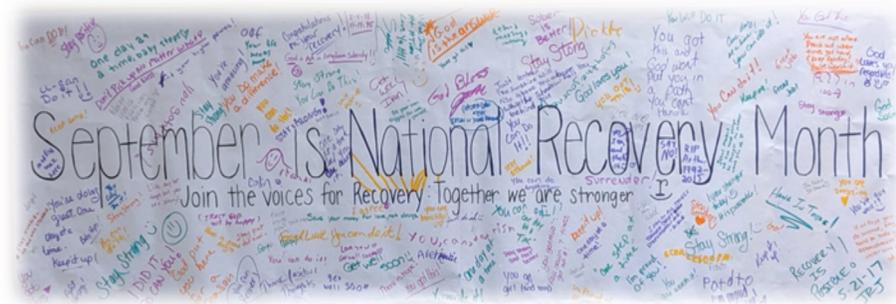
**Welcome!**

Welcome to our first issue of Prevention Points where we highlight events and activities that our prevention department at LGRC is doing. We believe that prevention is a community effort and that it is essential in promoting informed decision making and healthy behavior. Our prevention department is dedicated to providing high quality prevention services such as Employer Drug Free Safety, Alcohol, Tobacco and Drug Prevention Education, Problem Gambling Education and more.

- In this issue:**
- #SobrietyRocks
  - National COPD Awareness Month
  - Trick or Treat
  - QPR—Suicide Prevention for Everyone

Our prevention team consists of three Prevention Specialists. Claire Spada, OCPS, dedicates her time to problem gambling prevention services, Matt Petersen, OCPS, provides general drug and alcohol prevention to youth and adults while Nicol Susel focuses on tobacco and vaping prevention.

If you would like more information about our prevention services or are looking for speakers on gambling, drugs, alcohol, or other prevention topics, please visit [www.lgrc.us](http://www.lgrc.us) or e-mail us at [info@lgrc.us](mailto:info@lgrc.us).



**#SobrietyRocks**

September was National Recovery Month and LGRC wanted to do something special for our recovery community. We had a table at the Geauga County Fair where the community was invited to share their positive and encouraging messages on our banner, shown above. This banner is now displayed at each of our locations as a reminder to those on the path to recovery that there is support. Thank you to everyone who shared their inspiring words!

Also our clients painted rocks to share inspirational messages in support of National Recovery Month. These rocks were then hidden throughout the community. If you find one of our rocks, take a picture of it and post it on social media with the hashtag #SobrietyRocks or #LGRC.



*“It is literally true that you can succeed best and quickest by helping others to succeed.”*  
— Napoleon Hill



## National COPD Awareness Month

A prevention focus for this coming quarter is National COPD Awareness Month which is held in November. COPD stands for Chronic Obstructive Pulmonary Disease which comes in two forms: chronic bronchitis and emphysema. The main cause of COPD is smoking. The more a person smokes the more likely they are to develop COPD. Another risk factor for COPD includes exposure to heavy amounts of secondhand smoke.

In the spirit of COPD Awareness during the month of November we would like to invite you to think about your smoking habits and ask that you consider quitting. Lake-Geauga Recovery Centers now offers tobacco cessation treatment. If you would like more information about our tobacco cessation services, or to schedule an appointment with Lake-Geauga Recovery Centers, please contact us at 440.255.0678 or [info@lgrc.us](mailto:info@lgrc.us)

## Trick or Treat



When: Thursday, October 31st 5-7pm

Where: Washington Post Plaza

Stop by and support businesses like Lake-Geauga Recovery Centers, Howard Hanna, Birthright, Joey's Italian Grille, Jersey Mike's, Pet Wants, United Way Geauga, and the World Champion Taekwondo Academy for some trick-or-treating before Halloween on the Square!

LGRC will have some information about the importance of checking your child's candy before they dig in!

## QPR: Ask a Question, Save a Life!

Most of us know that CPR helps save thousands of lives each year but did you know there is a response that may save someone from a potential suicide?

QPR (Question, Persuade, and Refer) teaches three simple steps that anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR offers a 1-2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis. Gatekeepers can include anyone such as parents, friends, neighbors, teachers, coaches, caseworkers, police officers, employers. QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to act vigorously to prevent a possible tragedy.

Interested in bringing this training to your group, church, school, or place of employment? Contact Claire at [cspada@lgrc.us](mailto:cspada@lgrc.us) or 440.205.2689

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