

# PREVENTION POINTS

Fall 2020

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## Lake-Geauga Recovery Centers' Prevention Highlights

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### HELP US CELEBRATE RED RIBBON WEEK! October 23rd - 31st

**Be Happy. Be Brave. Be Drug Free.**

History: Red Ribbon Week is an ATOD and violence awareness campaign observed each year in October. It began as a tribute to fallen DEA special agent Enrique Camerena in 1985.

To celebrate something together but apart, Lake-Geauga Recovery Centers is encouraging our staff and other local agencies to participate in a Red Ribbon Spirit Week! LGRC will also light up our residential and outpatient buildings in red to show support. So keep an eye out! Agencies in the Geauga County Opiate Prevention HUB will be sharing social media posts and pictures of their employees participating in special themed days. Don't forget to Like and Share any posts you see!

- Monday, October 26, 2020: Wear Red Ribbon pin
- Tuesday, October 27, 2020: Wear a red mask and Red Ribbon pin
- Wednesday, October 28, 2020: Wear a red shirt and Red Ribbon pin
- Thursday, October 29, 2020: Wear red socks and Red Ribbon pin
- Friday, October 30, 2020: Wear a red hat and wear Red Ribbon pin

### NATIONAL RECOVERY MONTH RECAP

September was National Recovery Month and this year's theme was "Join the Voices for Recovery: Celebrating Connections". LGRC did just that by sharing stories of sobriety, strength and resiliency on our Facebook page. We also highlighted several of our recovery houses and have been so thankful for the positive support of the amazing work we do!

For those who are newly sober, recovery housing can provide time, support, and resources to how to sustain long-term recovery. House Manager, Virgie Mason, shares that "the benefit of recovery housing is to give the person a place to live that's supportive of their 12 step recovery. Our houses have no time limit on length of stay, so there's a sense of security and no extra pressures. The residents really support each other in their recovery, and this is all overseen by a house manager who gives guidance and encouragement on further avenues of support in the community."

## ARE YOU A FORMER TOBACCO USER?

Please contact one of our Prevention Specialists, at 440-205-2694 or click on the link for more information about our new Tobacco Mentoring Program!

[https://www.surveymonkey.com/r/LGRCTobacco\\_Mentoring](https://www.surveymonkey.com/r/LGRCTobacco_Mentoring)

## TOBACCO USE IS A TOUGH HABIT TO BREAK

Nationally, 70% of tobacco users want to quit. In Geauga, 41% of adults who use tobacco reported they have tried to quit but was unsuccessful.

([Gauga County Community Health Needs Assessment, 2019](#))



Lake-Geauga Recovery Centers now offers Cessation services. If you've tried to quit, don't know how to quit, and are willing to quit, don't be discouraged. You are NOT ALONE! Give us a call today to try again, 440-205-2678

For additional assistance and resources for quitting the unpleasant and costly effects of nicotine addiction call, 1-800-QUIT-NOW or visit [www.odh.ohio.gov/QuitNow](http://www.odh.ohio.gov/QuitNow)

**Ohio Tobacco  
Quit Line**  
1-800-QUIT-NOW  
1-800-784-8669

## WELCOME!

We would like to welcome Christie Gigliotti to the Prevention Team! She is our new Tobacco Prevention Specialist for Geauga County. She is a go getter, and has several years' experience working with community organizations. In her free time she enjoys gardening, and mentoring youth theatre troops in Northeast Ohio.



## QUESTION, PERSUADE, REFER

LGRC is able to offer QPR (Question, Persuade, and Refer) a suicide prevention program to community groups, organizations, work places, and beyond for FREE! This hour long program is intended for those who have little or no mental health experience. Contact Claire at 440-205-2689 for more information!

## UPCOMING LGRC PREVENTION CLASSES & TRAININGS

### Anger Management Intervention:

Our next group runs November 2<sup>nd</sup> through December 7th. The class runs for 6 Mondays from 5:30 – 7pm. The cost for registration is \$60.

### Saturday Education Classes:

This program was designed to give participants an overview of substance abuse and addiction, to provide valuable information in maintaining healthy lifestyle choices. It is appropriate for those referred by law enforcement, a judge, or attorney, employees with a positive drug screen, educators, clergy, parents, or anyone concerned about family members, friends or their own use.

### Upcoming Classes

November 21<sup>st</sup> 8am – 5pm

December 19<sup>th</sup> 8am – 5pm  
Cost: \$125

For more information call us at 440-255-0678 OR stop by one of our offices to get registered!

### **NEW GAMBLING TRAINING**

Our Gambling Prevention Specialist, Claire, will be co-presenting at an upcoming virtual training.

Responsible Gambling in Ohio Venues: Collaboration Across the Continuum of Care

Held by: Problem Gambling Network of Ohio  
Wednesday, November 18<sup>th</sup>

10am – 3pm

Cost: \$15

To Register Visit:

<https://pgnosio.org/events/event-form/registration-fom/52902/tickets>



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Lake-Geauga Recovery Centers is generously supported by

