



FAIRFIELD COUNTY PREVENTION IN FOCUS



AN ENEWSLETTER BY THE FAIRFIELD
COUNTY ADAMH BOARD FOR SCHOOLS,
PARENTS, AND STUDENTS

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THE RECOVERY CENTER

The Recovery Center is a local, not-for-profit resource operating in Fairfield County since 1973. We provide an evidence-based, broad spectrum of substance abuse and mental health prevention and counseling.

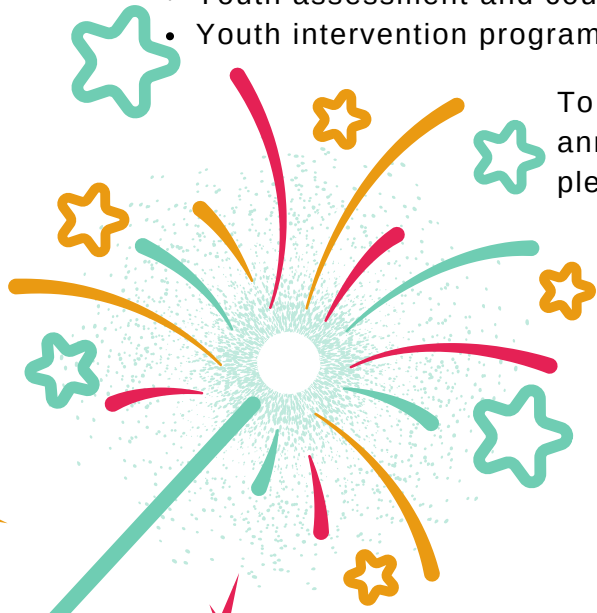
Youth services are provided by highly trained employees to all school districts in Fairfield County. Most youth service programs are implemented in schools during school hours. We can provide group or individual counseling at your school on a first-come-first-served basis.

Services can be scheduled by calling The Recovery Center at 740.687.4500. Following are our current programs and/or services funded through the Fairfield County ADAMH Board:

- The Incredible Years (ages 3–8)
- Parent education and/or staff training and counseling
- Project Alert (grades 7–9)
- Reconnecting Youth (small group format; grades 7–12)
- Red Flags Depression Awareness (grades 7–12)
- Red Ribbon (Prevention) Week (all ages)
- Safe Dates (grades 7–12)
- Tobacco intervention program (grades 7–12)
- Too Good for Drugs (grades K–12)
- Too Good for Violence (grades K–12)
- Youth assessment and counseling
- Youth intervention program (Grades 6–12)



To view The Recovery Center's public service announcements running at local movie theaters, please [click here](#).



HANDLING STRESS IN THE NEW YEAR

It's 2021 and Ohio weather is changing drastically. There are ways to reduce or alleviate stress. According to the National Alliance on Mental Illness (NAMI), helpful ways include:

1. Accept your needs.
2. Manage your time.
3. Exercise.
4. Set aside time for yourself.
5. Eat well.
6. Get enough sleep.
7. Avoid alcohol and drugs.
8. Talk to someone.

NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Fairfield Mental Health Consumer Group](#)
- [Lancaster/Fairfield Community Action](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

CRISIS TEXT LINE |

Text 4HOPE to 741741

A free, 24/7 text line for people in crisis.

Mental Health Crisis Hotline

740.687.8255

Toll-free: 855.431.0803

24/7/365



Fairfield County ADAMH Board
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740.654.0829
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