

The 4-1-1 on 2-1-1



2-1-1 updates for the week of March 10th, 2024

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Find our newsletters online at:
www.211ashtabula.org/newsletters

What am I reading?

Welcome to our 2-1-1 newsletter, "The 4-1-1 on 2-1-1"!

Now more than ever access to available resources is vital. We started this newsletter to highlight new and/or timely community updates. This is just a small highlight and may not contain all the information you need.

For more resources and for up-to-date information, please remember to contact us at 2-1-1 Ashtabula County! Just Dial 2-1-1.



Ashtabula County
Helping People. Changing Lives.

ASHTABULA COUNTY HARM REDUCTION SERVICES

All distributed harm reduction items, HIV and Hep C testing is FREE

Ashtabula County Mental Health and Recovery

Services Board

- Alcohol/drug treatment resources
- Mental health counseling & treatment resources
- Provides Detera (drug deactivation) bags to county libraries for distribution

Ashtabula County Health Department

- Naloxone/ Fentanyl Test Strip Distribution
- Syringe Needle Exchange/ Syringe Drop-Off
- Rapid HIV/ Hepatitis C Testing
 - Test result reviews and education, prevention, and follow-up

Ashtabula City Health Department

- Overdose/ Harm Reduction education
- Naloxone/ Fentanyl Test Strip Distribution

Conneaut City Health Department

- Naloxone/ Fentanyl Test Strip Distribution

Signature Health – Facility

- HIV and Hepatitis C testing

Signature Health – Mobile Van

- Naloxone Distribution
- Fentanyl Test Kit Distribution
- Educational Handouts
 - (“How to Clean Syringes”, PrEP/PEP)
- HIV and Hepatitis C testing
- Test result reviews and education, prevention, and follow-up

Community Counseling

Center

- Naloxone/ Fentanyl Test Strip Distribution

Lake Area Recovery Center

- Naloxone/ Fentanyl Test Strip Distribution

Glenbeigh – Rock Creek

- Naloxone Distribution (by appointment)

Brightview

- Naloxone Distribution

Square One

- Naloxone Distribution

Prescription Drug Disposal

Drop- Off

- Andover Village Hall
- Ashtabula City PD
- Ashtabula County Sheriff
- Conneaut PD
- Northwest Ambulance District (NAD)
- Orwell Village Hall
- South Central Ambulance District (SCAD)

Syringe Drop-Off

- NAD
- Conneaut PD
- Ashtabula County Health Department – box outside

****Most services offered at Ashtabula County Health Department (12 W. Jefferson St.) will also be available at our community clinics****



Upcoming Mobile Food Pantries

The mobile food pantry program provides produce giveaways in multiple places in the county. For more information about your regular local food pantry, please call 2-1-1.

No mobile food pantry this week

**Looking for your local food pantry?
Call 2-1-1.
Or text your zip code to 898211**



2-1-1 Ashtabula County has reached 300k contacts!

Thank you for for trusting us to connect you with food, housing, utility help, and other local resources!



MEDICARE INFORMATIONAL SEMINAR



Thursday, March 21st at 5:30 pm

This Educational Seminar is presented by a Medicare Specialist who will answer your questions about Medicare Supplement Plan or Advantage Plan.

Kingsville Public Library
mylibrary heartofthecommunity

Street Smart Ohio:

Substance Use Awareness and Recognition for Child Welfare Professionals

Course Description:

Street Smart Ohio realizes that substance use affects so many Ohio families. Ohio is experiencing record numbers of overdose deaths, so now more than ever, it is important that anyone with a nexus to children understands the importance of recognizing the appearance, behavioral, and conduct indicators of drug abuse. Drugs do not discriminate and any of our families could be affected by addiction.

Trainer Biography, Capt. Shawn Bain, (Ret.):

Shawn retired after serving over 33 years with the Franklin County Sheriff's Office in Columbus, Ohio an agency responsible for serving a population of over one million citizens. He has been assigned many different areas of responsibility in Law Enforcement including the jail division, patrol division, canine unit, SWAT, and Special Investigations conducting vice and narcotics investigations. He has also served as a supervisor in all of these areas.

His expertise in Law Enforcement lies within drug investigations, with 25 years of experience in the drug field. He has served as the lead undercover detective or supervisor on over 3,000 undercover drug buys and participated in over 1,000 drug search warrants both at the local and federal levels. He has assisted in supervising several Federal Title III wire taps and State wire taps involving large scale drug trafficking organizations.

HE has been assigned as Task Force Commander of the Franklin County-HIDTA Drug Task Force with a focus on disrupting/dismantling large-scale drug trafficking organizations within the United States coming from Mexico.

Shawn found his passion the last 20+ years in drug education. With the experience he gained while interviewing or interrogating thousands of drug traffickers and drug abusers, he has come to the realization that enforcement of drug crimes is not the solution to the drug epidemic plaguing our country today. Instead, the answer lies with education to change the culture of drug abuse in our society. This passion for drug education is evident during his instruction. He has lectured throughout the United States at a variety of national conferences, seminars, and drug-free workplace education with an emphasis on front line supervisors and managers.

Training: **Shawn** has completed training on conducting drug investigations in Quantico, Virginia, San Diego, California, El Paso, Texas, and Columbus, Ohio. He has attended several schools and seminars related to narcotics across the country.

Accomplishments:

Graduate of the Federal Bureau of Investigations (FBI) National Academy.

Graduate of the Drug Enforcement Administration (DEA) Drug Unit Commanders Academy.

Certified instructor, Ohio Peace Officers Training Academy.

Certified Prevention Specialist Assistant (CPSA) with the Ohio Chemical Dependency Professionals Board.

Licensed with the Ohio Department of Mental Health and Addiction Services.

Certified by Ohio Bureau of Workers Compensation.

Shawn is also currently assigned as the Drug Intelligence Officer for the State of Ohio for Ohio (HIDTA) High Intensity Drug Trafficking Area.

APRIL 18, 2024 9AM—4:00PM

Grand River Academy—Morrison Hall: 3042 College Street, Austinburg, OH 44010

Registration Information:

CAPS LMS users may register in CAPS

Non-CAPS LMS users may use this link to register: https://forms.office.com/pages/responsepage.aspx?id=xPz4UNiUB0-E6zbtV8flosUCOoKOrVRCg8j0UiK_LZ9UNTNWTEIWTFZLWktGVFJTQJZPWFBFSzVSVS4u

Session Locator Number: 12169 **RTC Host: NEORTC**

For questions or assistance with registration, EMAIL: matthew.wunsch@jfs.ohio.gov

5.5 CEUs for Counselors and Social Workers

The University of Cincinnati, School of Social Work is an approved Continuing Education Provider through the Ohio Counselor, Social Worker and Marriage and Family Therapist Board. OCWTP programs designated as approved for licensure credit hours can be used by licensees toward license renewal requirements. Only individuals completing training in its entirety will receive Certificates of Training. Ohio CSWMFTB rules state that participants cannot use the same workshop to satisfy renewal requirements for both. For additional information regarding CSWMFTB, visit <http://cswmft.ohio.gov>.

Social Work Approved Provider Number: RSXX038702 effective 1/1/2021

Counselor Approved Provider Number: RCX012101 effective 1/1/2021

****Donuts, coffee, and water are provided. There will be a one hour break for lunch.**





About PAX TOOLS

PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. This training is designed for parents and those who work with youth

PAX TOOLS is provided free to the community through funding from the Ashtabula County Mental Health and Recovery Services Board as part of Community Counseling Center's Prevention Services.

To Register



Two Training Options

February 17th 10am-12pm
Jefferson Henderson Memorial Library
or
March 19th 5pm-7pm
Community Counseling Center
2801 C Court Ashtabula

Healthy Ashtabula Bingo

How to play: Complete activities in a row, column, diagonal, or the entire board. Adapt as needed by modifying activities to fit your lifestyle and health goals. Share on social media (Optional) by posting your board or pictures with #HealthyAshtabulaBingo. Celebrate your health journey. Every completed task is a step towards a healthier you!



| | | | | |
|--|---|---|---|---|
| Start or end your day watching the sun rise or set | Do a series of gentle stretches to release tension before bed | Have a meal with all 5 food groups | Enjoy a Rainbow: Include a full spectrum of colorful foods today! | Schedule a preventative exam |
| Visit a local park and go for a walk | Protect your eyes with sunglasses | Spend 5 minutes with your legs up against the wall to relax your body | Watch a funny video or recall a funny memory | Put your fork down in-between bites during a meal |
| Make half your plate fruit and veggies | Spend 30 minutes "spring" cleaning | Take a moment to appreciate your meal | Work towards a personal health goal | March in the sunshine |
| Call a loved one | Eat breakfast | Plant a seed or adopt a plant. (ex basil) | Outdoor Activity: Jump rope, bike, geocache, climb a tree, kayak... | Drink at least 60oz of water |
| Avoid caffeine after 2pm to help prepare for rest. | Visit Healthy Ashtabula County's website www.healthyashtabulacounty.com | Complete 3 physical activity classes within the month | List 5 things you are grateful for | Pack your lunch instead of eating out |

#HealthyAshtabulaBingo

Healthy Ashtabula Bingo

Are you ready to make health and wellness fun? Dive into Healthy Ashtabula Bingo – a game designed to inspire, motivate, and unite our community to achieve better health. Here is the link for the 1-minute video: https://www.youtube.com/watch?v=en6_sNVVHos

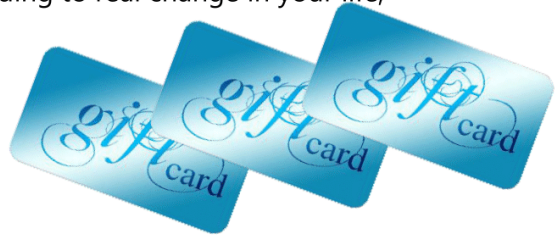
You choose the challenge, aim for a single-line bingo or multiple lines, or go for the total blackout board! Make sure to modify the activities to suit your goals, abilities, and preferences. This challenge is about improving your health in the best way for you!



What Are Parent Cafés?

Parent Cafés are a, **FREE**, three part series of group conversations for parents where you can:

- * The Parent Café process includes follow-up, leading to real change in your life, your family, and your community.
- * Learning you are not alone
- * Sharing ideas
- * Learn about community resources



Are Parent Cafés For Me?

Are you a parent, grandparent, or someone who is actively involved in raising a child?

If so, the answer is **“yes”!**

Will I Feel Safe Talking About Difficult Things?

Parent Cafés are all about bringing difficult situations and emotions to the surface, supporting each other, and building the strength we need to be the parent we want to be.

To make sure that happens, Parent Cafés create a safe environment where participants:

- * Speak from their own experience
- * Listen attentively
- * Uplift each other
- * Keep confidentiality



SCAN TO REGISTER

Location: Ashtabula County YMCA 263 W Prospect Rd. Ashtabula, OH.

- * Monday, March 18, 2024 : 4:00pm-6:00pm
- * Tuesday, March 19, 2024 : : 4:00pm-6:00pm
- * Wednesday, March 20, 2024 : 4:00pm-6:00pm

food will be provided – there is child care at this facility.

Make up sessions are available

Upon completion of all three sessions you will receive:

- * \$30 in gift cards + more money in concrete supports!
- * Certificate of Completion

Contact: Estelle Tomasio - estellet@doyccac.org - 440-992-2121 ext 7028

Sponsored in part by:



You May Qualify

for

Meals on Wheels



You May Qualify If:

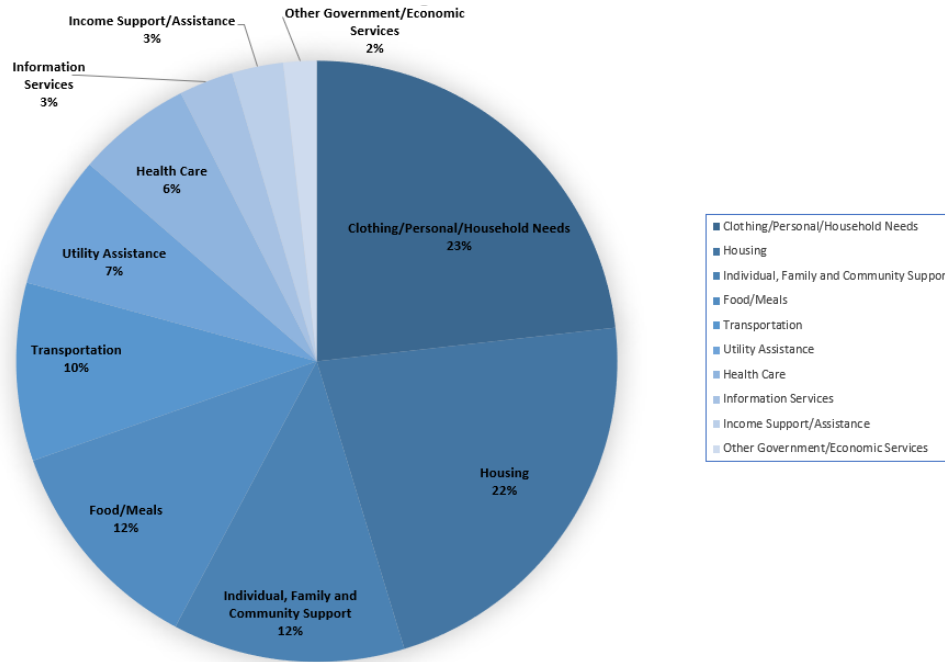
- You Are 60 Years of Age or Older
 - Funding May Be Available For Those Under 60 Years of Age (Based On Income and Need)
- Homebound
- Struggle Making or Cannot Make Meals
- Have Little To No Meal Support

A suggested donation of \$3.00 per meal will be requested.
No one will be denied service based on an inability to pay.

**For More Information or
To Make A Referral
Call (440) 998-3244**



Unmet Needs Report 2023



At 2-1-1 Ashtabula County, we carefully track every contact we receive, including those where we cannot immediately connect a client with a resource. These are referred to as "unmet needs." Unmet needs can occur for several reasons:

- **Program limitations:** A program may exist, but it could be out of season or have no current funding available.
- **Eligibility:** The client may not meet the specific requirements for available programs.
- **Resource exhaustion:** The client may have already used all the assistance a program offers.
- **No Program:** There may be no program available for that specific need.

In 2023, we received 12,449 contacts. Of those, 642 were classified as unmet needs.

Here is a breakdown of our top unmet need categories:

Clothing, Personal, and Household Needs (23%): This includes requests for bed bug removal, large home appliances, and furniture.

Housing (22%): Common needs were rent assistance, help finding housing, moving expenses, and home repairs. Though programs do exist for many housing needs, clients may not qualify, programs may be full, or assistance may have ended.

Individual, Family, and Community Support (12%): This category covers services that supplement family support, aid new residents, and provide care for domestic animals. Examples of unmet needs here included requests for Christmas program assistance after programs ended and help finding support animals.

For more details about unmet needs or to find resources, dial 2-1-1.

By: Samantha Dragon
 Have something you want featured?
 Email sdragon@accaa.org or call 440-990-1719

This is only a short highlight of some of the timely 2-1-1 resources, please contact 2-1-1 for more information.