



The Reset

DMMHR SB'S MONTHLY NEWSLETTER

NOVEMBER
2023

Red Ribbon Week

Red Ribbon Week takes place every October. It serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

Many schools in Delaware County recognize Red Ribbon Week with a variety of activities. This year the theme was "Be Kind to Your Mind". The Drug Free Delaware Coalition worked with school resource officers and school counselors to provide resources such as lessons, communication tools, project ideas, and promotional materials. Activities included drug-free pledge signings, essay contests, door decorating contests, drug prevention lessons and assemblies, Lunch and Learns, and guest speakers.



One of the Olentangy Berkshire Middle School doors decorated for Red Ribbon Week

DMMHR SB has an opening

The Delaware-Morrow Mental Health and Recovery Services Board is searching for another member for its Board of Directors. Since we cover two counties, certain Board seats are tied to each county. Applicants for this opening must reside in Delaware County.

If you live in Delaware County and have a background or interest in mental health or addiction recovery programs or services, please consider applying at dmmhrsb.org/boardofdirectors. But time is running out! The deadline is November 14.

And keep an eye out for future openings!



Drug Takeback Day

National Prescription Drug Takeback Day was October 28, and DMMHR SB staff members and partners participated in events in both Delaware and Morrow Counties. Combined they collected well over 100 pounds of old medications that were incinerated to prevent possible abuse or damage to the environment.

If you missed out on Drug Takeback Day events, there are still ways to dispose of those old meds. You can find a list of permanent drop-off locations at <https://www.rxdrugdropbox.org>



Delaware & Morrow County food drives

This is the season to help our neighbors in need. That's why the Delaware-Morrow Mental Health and Recovery Services Board decided to participate in two separate food collection drives this year. The Delaware County drive has ended, but there's still time to help in Morrow County. All non-perishable food items are accepted. Items can be dropped off in the collection bin in the lobby of our Board offices at 40 N. Sandusky St., Suite 301, Delaware, during our business hours of 8 a.m. to 5 p.m. Monday through Friday. Items can also be delivered to the Morrow County Sheriff's Office. Items should be dropped off by November 17.

Thanks for participating, and happy holidays!



Meet a Board member

Every month we introduce you to a DMMHR SB staff or Board of Directors member. This month it's Board member Crystal Mazza.

Crystal holds a journalism degree from the University of Oklahoma. Throughout her TV career, she tackled numerous roles in newsrooms from Texas to Ohio, including health reporter, anchor, producer, and editor.

Helping to ensure individuals have access to quality mental health services is a mission she values, especially services for children.

A dedicated advocate for her community, Crystal has volunteered years of service to the public school district, local library, and food pantries.

Crystal joined DMMHR SB Board of Directors in 2022.



Try to unwind this holiday season

NOVEMBER 2023

This time of year can be stressful. Many people travel to see family and loved ones, and even if you're staying close to home, it's easy to get stretched thin with various commitments and obligations. During what can be a hectic time of year, it may seem impossible to take a step back and try to block out the chaos.

But there are some strategies to help cope with the chaos and fight off holiday fatigue.

- Practice mindfulness -- Take daily moments for meditation or even just reflecting when possible.
- Stay active -- Exercise if possible, as it can boost your mood and reduce stress.
- Get some sunshine -- It can be hard to find this time of year, but sunshine can help improve your mood.
- Don't over-extend yourself -- Well all have limits. It's OK to say if you're feeling overwhelmed.

Upcoming events



- **November 16** -- DMMHRSB Board meeting. 6:30 p.m. or immediately following the Finance Committee meeting. 2 Troy Road, Delaware
- **November 28** -- HelpLine's Guardians for Good Awards Celebration, 12:00 p.m., Ohio Wesleyan University Hamilton Williams Campus Center, 40 Rowland Avenue, Delaware
- **December 1** -- First Friday tree lighting festivities. 6:30 p.m., downtown Delaware
- **December 1** -- Morrow County Chamber of Commerce Christmas Parade, 7 p.m., downtown Mount Gilead

