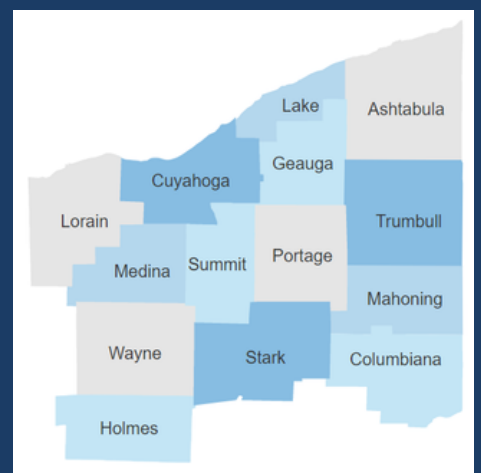


# Ohio PREP

Personal Responsibility Education Program

District 2 Newsletter

Volume 1 Issue 3



## 2020's New Normal

Meetings, classes, doctor appointments, even dance classes have moved to virtual platforms due to COVID-19. Ohio PREP is adjusting to the "new normal" by introducing Making Proud Choices! virtually. District 2 trainers are available to teach the Making Proud Choices! curriculum to your youth.

Contact the trainer assigned to your agency to schedule a virtual class today!

District 2 North:

Rebecca Coiner- PREP Trainer

Rebecca.coiner@ohioguidestone.org

216.219.5871

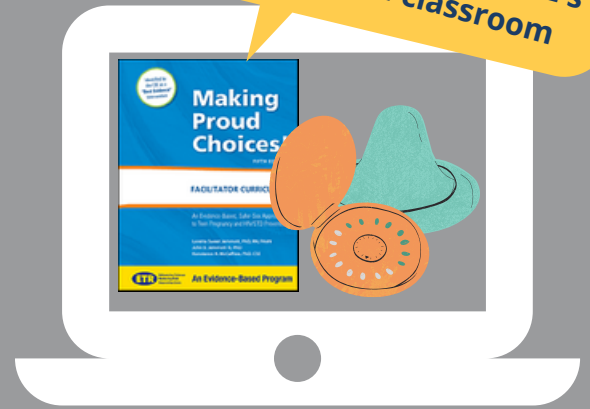
District 2 South:

MollyMalloy- PREP Trainer

mmalloy@cantonhealth.org

330.489.3322

Big thank you to Stark County JFS staff & youth for participating in D2's 1st virtual classroom



## DISTRICT 2 VIRTUAL COALITION MEETING

AUGUST 19, 2020

10:00AM-12:00PM

Please join us for a free training and Ohio PREP program updates.

Space is limited to 35 participants. Please RSVP by 8/14/20 to

Maurice Cole at [mcole@ccbh.net](mailto:mcole@ccbh.net)

### QPR- Question, Persuade, and Refer

3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, 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. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. By receiving this training you will be considered a gatekeeper. A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

As a QPR-trained Gatekeeper you will learn to:

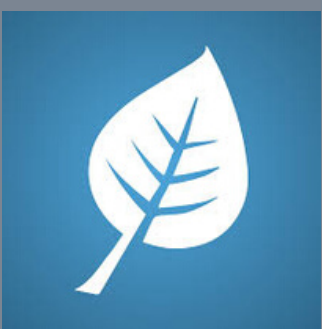
- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Stark County  
Mental Health &  
Addiction Recovery

Elena M. Aslanides-Kandis,  
M.Ed LPCC-S  
Suicide and Community  
Response Coordinator

Meeting ID and password will be sent with confirmation of registration. If you are unable to attend, program updates will be sent out following the meeting.

## Need Help Staying Mindful During COVID-19?



Mindfulness Coach was created by VA's National Center for PTSD.

Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.

Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help one understand and adopt a simple mindfulness practice.

For more information, contact:

Erin Lark

Cuyahoga County Board of Health

Ohio PREP District 2 Coordinator

(216) 201.2000, ext. 1326

[elark@ccbh.net](mailto:elark@ccbh.net)