

R & R



Recovery

Resiliency

A publication of the Lorain County Board of Mental Health.



Volume 4, Issue 1



Winter Got You Feeling Down?



Ways to Beat the Winter Blues

Once the flurry of holiday activities comes to an end, the friends and family have returned home, and we must resume our daily routine, we may experience post-holiday stress or depression. We feel the loss of increased support we received from family and friends throughout the season. We are no longer caught up in getting a million and one things done, so we need to find things to look forward to in the upcoming winter days. There are things we can do to ward off or cope with these post "holiday hazards."

- Make plans for a weekend trip or special evening outing.
- Invite friends for dinner or an evening of games.
- Visit a shut-in or someone in a nursing home -- it will brighten your day and theirs.
- Invite your spouse/significant other out for a "date" and let him or her choose the activities for the evening.

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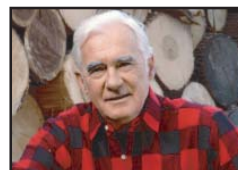
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Why Recovery?

Because all of us have or will be faced with the challenge of recovering from some life-changing experience such as the loss of a loved one, divorce, or disability.

Why Resiliency?

Because resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress.

This newsletter is being sent to you as a **FREE** public service and features news you can use and local resources.

Key Information for Service Members/Veterans

“Combat stress reactions may include feelings of sadness, hopelessness or despair.”

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Coping Skills

The following is a listing of some of coping behaviors that can be used if and when symptoms occur:

Remember that unwanted memories are just that—memories, and no longer events that control you.

Establish a counter memory (something very pleasant) that can be consciously called up to override the unwanted memory.

Talk about unwanted memories with someone you trust.

Remember that it is natural and normal to have vivid memories of traumatic events.

The path to recovery does not mean that you will forget the traumatic events nor does it mean you will no longer experience emotional pain from thinking about those experiences. Recovery means that over time you will have fewer symptoms and/or the symptoms you do have will become less disturbing.

Source: Ohio Department of Mental Health



Symptoms of Depression

Some service members and veterans have significant difficulty and struggle with their transitions back home. Combat stress reactions become a problem when a service member feels down, sad, hopeless or despairing. The following is a list of feelings or behaviors someone may experience if they are depressed:

- Constant attempts to avoid thoughts, feelings, people, places, or events that remind them of the experiences.
- Feelings of numbness, where they find it difficult to have pleasant or loving emotions.
- Guilt and shame may be overwhelming and result in feelings of self-hate, hopelessness or despair.
- Keeping away from friends. Social isolation means loss of support, friendship and closeness.
- Dropping out of pleasurable or recreational activities. This decreases opportunities to feel a sense of achievement.
- Using or abusing alcohol or other drugs to reduce anxiety or relax to stop thinking about the traumatic experience, or to go to sleep.
- Working all the time to try and avoid distressing memories of the trauma—the workaholic.
- If a veteran, service member or anyone you know is experiencing any of these symptoms or you are concerned about their use of alcohol or other drugs, consult a physician or behavioral health professional immediately.

Useful Websites For Veterans & Families

- National Institute of Mental Health www.nimh.nih.gov
- National Mental Health Association www.nmha.org
- OHIOCARES www.ohionationalguard.com/ohiocares
- Department of Job and Family Services www.jfs.ohio.gov/ouc/

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Mental Health Network of Lorain County



Sharing the Promise of Mental Health

Mental Health Network of Lorain County Agencies

Applewood Centers (440) 934-9930

Beech Brook (440) 324-4980

Bellefaire JCB (440) 324-5701

Big Brothers/Big Sisters (440) 277-6541

Catholic Charities Service 1-877-566-1106

El Centro (440) 277-8235

Far West Center (440) 988-4900

Gathering Hope House (440) 233-7400

Genesis House (440) 323-3400 (440) 244-1853

The Lorain County Labor Agency
1-800-499-8817

The Lucy Idol Center (440) 967-6724

NAMI of Lorain County (440) 282-3204

New Sunrise, Inc. (440) 365-9600

The Nord Center
(440) 322-4663 (440) 233-7232

Pathways Counseling & Growth Center
(440) 323-5707

Volunteer Guardianship Program
(440) 934-3613

Mental Health Crisis/Rape Crisis 24-Hour Hotline 1-800-888-6161

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Ways to Beat the Winter Blues



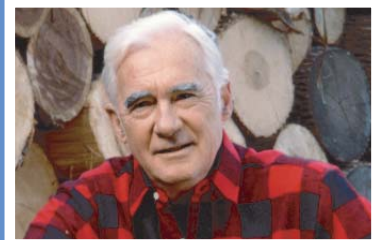
- Plan a special activity to do with your children.
- Spend some time with family members reflecting on the holidays.
- Start a new activity. Is there something you have always wanted to do but have never gotten around to learning how to do? If so, see if there are any community courses you can enroll in to learn this new skill.
- Buy some fresh flowers for the house. It helps to brighten your home and your spirits.

Again, the possibilities are endless. It is still a matter of attitude and mindset. Make up your mind not to let the post "holiday hazards" get a grip on you and your life.

The information on this page was reprinted in part from the booklet entitled, *Coping With the Holidays*. For a **FREE** copy of this 10-page booklet, call the Lorain County Board of Mental Health at 440.233.2020. This booklet and hundreds of articles on mental health topics are also available on the Board's website at www.lorain.oh.networkofcare.org.

Feeling SAD?

Seasonal Affective Disorder



Seasonal affective disorder (SAD) is a cyclical illness, characterized by depressed periods usually beginning in November or December and subsiding in March or April. Symptoms typically appear after thirty and result in mood changes that worsen in the winter months. Four times as many women as men experience SAD. Light therapy can be an effective component of treatment. Researchers have targeted specific hormones and neurotransmitters that vary with daily as well as seasonal patterns of sunlight. This type of therapy can work within days or may take a few weeks. If you or someone you love is experiencing symptoms of SAD, consult your physician or a mental health professional for diagnosis and treatment.

Source: National Institute of Mental Health Depression Awareness, Recognition, and Treatment (DART) Program.



Lorain County Board of Mental Health
1173 North Ridge Road East, Suite 101
Lorain, Ohio 44055

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Visit our website:
www.lorain.oh.networkofcare.org

To have your name removed
from this list or for questions,
call 440-233-2020, ext. 8000
Emails can be sent to:
newsletter@lcmhb.org

Mental Health Network Member Agencies

Applewood Centers

5255 North Abbe Road, Suite 1
Elyria, Ohio 44035
(440) 934-9930

Beech Brook

347 Midway Blvd., Suite 301
Elyria, Ohio 44035
(440) 324-4980

Bellefaire JCB

347 Midway Blvd., Suite 200
Elyria, Ohio 44035
(440) 324-5701

Big Brothers/Big Sisters

1917 North Ridge Road, East, Suite A
Lorain, Ohio 44055
(440) 277-6541 1-888-222-7371

Catholic Charities Services

628 Poplar Street
Elyria, Ohio 44035
(440) 366-1106* 1-877-566-1106*

El Centro de Servicios Sociales, Inc.

1888 East 31st Street
Lorain, Ohio 44055
(440) 277-8235

Far West Center

554 Leavitt Road
Amherst, Ohio 44001
(440) 988-4900

Gathering Hope House

1173 North Ridge Rd. East, Suite 102
Lorain, Ohio 44055
(440) 233-7400

Genesis House

P. O. Box 718
Lorain, Ohio 44052
(440) 323-3400* (440) 244-1853*

The Lorain County Labor Agency

1936 Cooper Foster Park Road
Lorain, Ohio 44053
(440) 282-7401 1-800-499-8817

The Lucy Idol Center for the Handicapped

435 Nicholson Avenue
Vermilion, Ohio 44089
(440) 967-6724

NAMI of Lorain County

1936 Cooper Foster Park Rd.
Lorain, Ohio 44053
(440) 282-3204

New Sunrise, Inc.

1100 North Abbe Road, Suite A
Elyria, Ohio 44035
(440) 365-9600

The Nord Center

6140 South Broadway
Lorain, Ohio 44053
(440) 322-4663 (440) 233-7232

Pathways Counseling & Growth Center

312 Third Street
Elyria, Ohio 44035
(440) 323-5707

Volunteer Guardianship Program

5201 Abbe Road
Elyria, Ohio 44035
(440) 934-3613

*Sharing the Promise
of Mental Health*

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Handicapped services available
at all Network agencies.

* TTY accessible