

Nov. 2, 2017

## >>> Take Charge Ohio Campaign Aims to Educate on Pain Management

Ohio unveiled a [new public awareness campaign](#) today that targets the state's deadly opioid epidemic. Take Charge Ohio targets prescribers, their patients and the general public. The campaign, announced at a press event held at the Alcohol, Drug Addiction and Mental Health Services Board of Franklin County, will educate prescribers about safe opioid prescribing practices and non-opioid pain management therapies, and provide tools and resources they can use with their patients, including brochures, fliers and posters.



The campaign, which was developed by the Ohio Department of Health in partnership with the state medical and pharmacy boards and other agencies from the Governor's Cabinet Opiate Action Team, will also include multimedia ads, billboards, targeted emails and social media postings. Learn more at <http://takechargeohio.org/>.

**PICTURED:** OhioMHAS Medical Director Mark Hurst, M.D., responds to questions at Thursday's launch event. [View more photos.](#)

## >>> Survey to Gather Data for Opioid Overdose Family Toolkit

The Ohio State University College of Social Work is asking the public to share experiences related to addiction and overdose through a [brief survey](#). The anonymous information provided will allow research staff to determine how opioid overdoses affect a variety of individuals, gauge supports that are available and discern what help families need to address an overdose event. Researchers are also seeking to gain a comprehensive understanding of the experience of the first responder and protocols for responding to an overdose event, particularly when children are present. For questions, please contact Ashley Bennett [bennett.1173@buckeyemail.osu.edu](mailto:bennett.1173@buckeyemail.osu.edu) or Karla Shockley McCarthy [shockleymccarthy.1@osu.edu](mailto:shockleymccarthy.1@osu.edu). Please share this survey with others in your network. **The survey is open Nov. 1-15.**

## >>> Tips for Coping with Holiday Anxiety

The holidays are right around the corner, and our partners at Mental health and Recovery Services of Warren and Clinton Counties are sharing several tips developed by the Mayo Clinic to help individuals deal with holiday-related stress and depression:

- **Don't do the same old thing.** Feeling overwhelmed by hosting the holiday dinner? Change things up! Suggest other options, like having someone else host this year or going to a restaurant.
- **Don't expect miracles.** Sometimes anxiety stems from a history or family conflict. Don't pin your happy time on resolving all of the problems of the past in one day. Focus on your own happiness during the day and tackle the family issues at another time.

- **Don't worry about how things should be.** We can sometimes compare ourselves to those Norman Rockwell images of the perfect Thanksgiving. But most times, it's not perfect. Things can happen. Don't deny your negative feelings if they happen. It's OK to feel it.

For other coping tips, visit the [Mayo Clinic website](#). Curious about [signs of anxiety](#)? If you or someone you know needs to find coping tools for anxiety, call Ohio's toll-free information and help line at 1.877.275.6365. You can also use the Crisis Text Line by messaging "4hope" to 741 741.

### **In the News**

11.2.17 | *WSYX-TV* [New statewide campaign launched to fight opioid crisis in Ohio](#)

11.2.17 | *Wellington Enterprise* [Rapid response teams to fight addiction](#)

11.2.17 | *OSU Lantern* [Annual Art of Recovery fundraiser offers support for recovering artists](#)

11.1.17 | *Youngstown Vindicator* [Ron Marian called a champion for individuals with mental illness](#)

11.1.17 | *WKYC-TV* [Riders on the storm: On the front lines of Ohio's opioid epidemic](#)

11.1.17 | *Dayton Daily News* [President's commission lays out plans to fight opioid addiction](#)

11.1.17 | *Canton Repository* [Stark's Quick Response Team poised to launch](#)

10.31.17 | *WCPN 90.3* [Halloween stereotypes cause concern for some mental health advocates](#)

10.31.17 | *WBCO 1540AM* [Women's transition house to open this spring](#)

10.31.17 | *Columbus Dispatch (Editorial)* [Spare people with severe mental illness](#)

10.31.17 | *Canton Repository (Editorial)* [Stark County gets win in fight against opioids](#)

10.31.17 | *Youngstown Vindicator* [Alta launches revamped FIRST program](#)

10.30.17 | *Ashtabula Star Beacon* [Glenbeigh opens \\$3.2M expansion](#)

10.30.17 | *WLWT-TV* [Federal prosecutor worries spike in Ohio cocaine, meth deaths may be linked to rise in prescription stimulants](#)

10.30.17 | *Columbus Dispatch* [DeWine demands drug makers, distributors pay for opioid crisis](#)

10.30.17 | *Marietta Times* [Domestic violence a cyclical problem](#)

10.29.17 | *TechCrunch* [Concrn is a 911 alternative that helps people during mental health crises](#)

10.29.17 | *USA Today* [Survey: Teachers' mental health declining amid job stress](#)

10.29.17 | *Cincinnati Enquirer* [Heroin addicted cry out for treatment now, but help can be slow](#)

10.27.17 | *Akron Beacon Journal* [Leading lawmakers and service providers give combat report in war on opioids](#)

10.27.17 | *Chillicothe Gazette* [Anti-drug rally draws more than 2,000 in Chillicothe](#)

[Ohio National Guard Counterdrug Task Force supports Red Ribbon Campaign event in Delaware](#)

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