

WVFSRS

Family Support & Rehabilitation Services (WVFSRS)



Calendar of local events inside.

Such an action packed season. We have birthdays, sober anniversaries and new team members to celebrate!

THERE IS MUCH TO CELEBRATE

Talk with us.




There is hope



If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)




988 SUICIDE & CRISIS LIFELINE

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.



SEPTEMBER IS RECOVERY MONTH

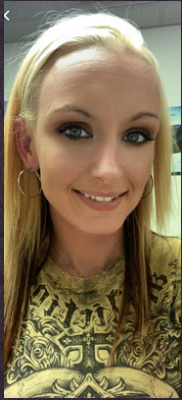


AUGUST - & - SEPTEMBER Birthdays!!!

08/26 Ashleigh Smith



08/17 Mikhaela Young



09/07 Kourtney Smith



08/31 Kayla Payne



08/04 Devin Swartzmiller



09/03 Elizabeth Barlow

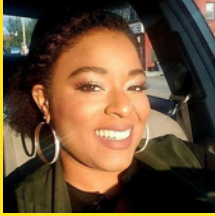
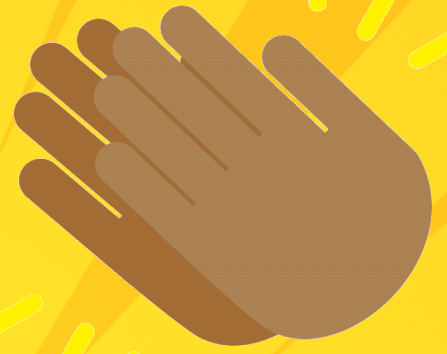


09/24 joan stephenson

Birthday WISHES



HAPPY WORK ANNIVERSARY



08/09 Tiffany Santiago



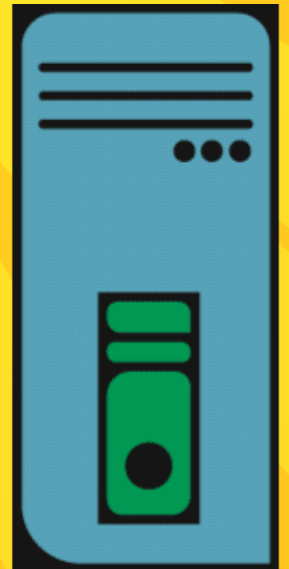
09/18 Maureen Dillard



09/22 Holly Radford



09/26 Chasitiy Smith



“Your sobriety anniversary is proof that you are strong and capable of anything. Keep up the good work!”

DONNA WATTS



WELCOME

TO THE TEAM



My name is Tiffany Okieme, the new Supportive Counselor here at West Virginia Family Support and Rehabilitation Services (Charleston Location). I am glad to join the WVFSRS Team!! Thank you and I look forward to meeting each and every one of you! I am grateful for this new journey of Helping, Learning, Connecting, and Growing!

Welcome

WE ARE SO GLAD TO HAVE YOU
ON OUR TEAM!



WELCOME

Devin Swartzmiller



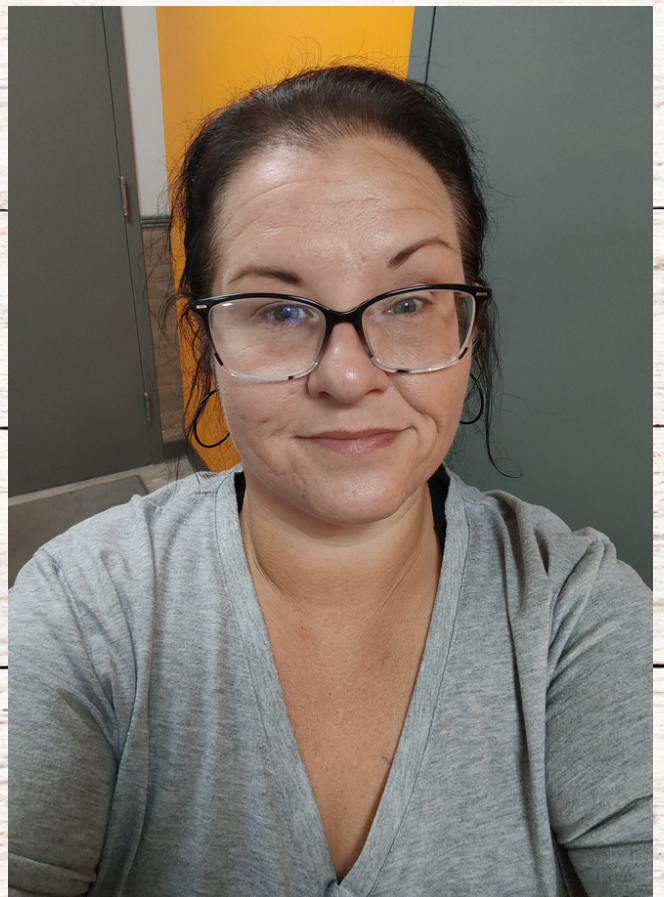
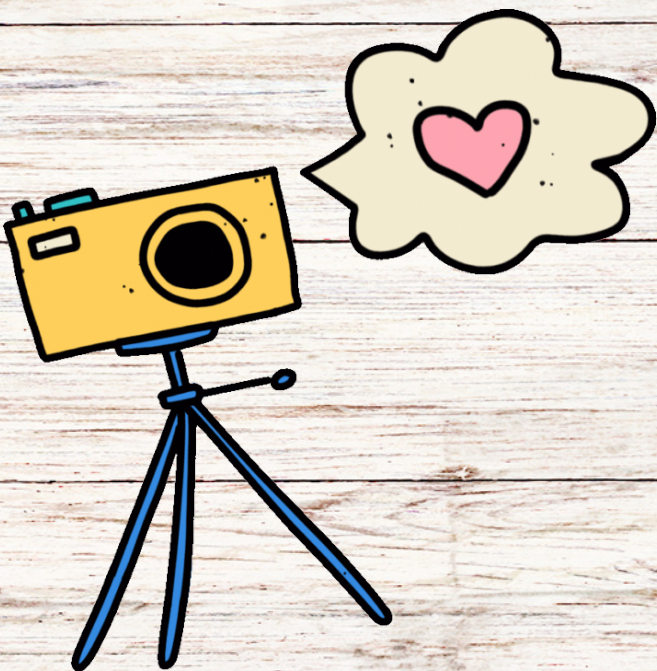
HUNTINGTON
PRSS

NEWS



Sharon Whittaker

Charleston PRSS



WELCOME

TO THE

TEAM

William Thaxton

Charleston PRSS

Phillip Hart

Charleston PRSS



Congratulations, Mikhaela!!!

“Wishing you both joy, love and happiness as you step
into a brand-new chapter of your life”

VOLUNTEERS NEEDED

 **SAVE A LIFE** 
FREE NALOXONE DAY

2023 Kanawha Save A Life Day - Sign up to Volunteer!

Join volunteers new and old for Kanawha County's 4th Save a Life Day!

On Sep 14th 2023, we will need a whole bunch of volunteers to help power naloxone distribution sites across Kanawha County. We are looking for local volunteers, congregants, community members, recovery coaches, nurses, physicians, pharmacists and pharmacy students, and truly - ****anyone who wants to help!****

Looking to learn more about the different volunteer roles before signing up? Click here: <https://bit.ly/SALDVolunteerRoles>

PS: You'll also be a part of the very first Appalachian-wide Save a Life Day, with events in all 13 Appalachian states from Mississippi to New York!

★ WE NEED ★
your
★ SUPPORT! ★



NATIONAL RECOVERY MONTH

HOPE IS REAL. RECOVERY IS REAL.



SAMHSA
Substance Abuse and Mental Health
Services Administration

The recovery journey isn't just for the person with the substance use or mental health issue—it includes everyone who cares about them.

Recovery Month Toolkit

Body

With the right treatment, support, and resources, recovery is possible for everyone. Use this Toolkit to learn more about what SAMHSA is doing to support people in recovery and how to share this information with your audiences. Together, we can make a difference in the lives of those in or seeking recovery from mental and substance use disorders.

The Toolkit is a One-Stop Shop

Social media content to help spread awareness about the process of recovery and to share hopeful message that most people who get help do recover.

Resources for learning about and supporting those in recovery.

Promotional materials about recovery in September and beyond.

Our toolkit was created with our partners in mind. All materials are designed to be shared with your audiences and across your media channels; they are downloadable and shareable, and some of the material is customizable.

How to Use the Toolkit

Copy, download, and share our social messages, graphics, and promotional materials in ways that fit the needs of your audiences and channels.

Use our hashtags, including #RecoveryMonth, when sharing any Recovery Month-related content.

Use our tools in tandem with the best practices with your communities and networks.

Because recovery is holistic, families and caregivers can play an important role in supporting their loved one's journey of recovery.

Recovery Month Toolkit

Week 1: September 4–10

This week we highlight supporting youth and young people in recovery and the crucial role that families and caregivers play in supporting individuals who are already in recovery or are seeking to start their recovery journey.

Key messages:

The recovery journey isn't just for the person with the substance use or mental health issue—it includes everyone who cares about them.

Because recovery is holistic, families and caregivers can play an important role in supporting their loved one's journey of recovery. Staying connected with supportive loved ones and trusted friends can help young people balance school and recovery.

Families and caregivers face unique challenges when helping a loved one who is in recovery and working to overcome mental health or substance use challenges.



RECOVERY

Week 2: September 11–17

This week's focus is ensuring that people of color, youth, older adults, LGBTQI+, rural residents, veterans, and people with disabilities have equitable access to recovery resources.

Key messages:

When recovery care and support reflect someone's unique cultural values, they are more likely to succeed.

No matter where you are, no matter who you are, no one is alone in recovery.

Each person's recovery journey is unique, and it should be based on their individual life goals and values.

With the right supports, tools, and resources, everyone can recover and lead a meaningful life.

Wherever you are, you can find
RECOVERY
help and support.



Week 3: September 18–24

Our focus this week is promoting a whole-person approach to wellness that addresses the social determinants of health in addition to physical and mental symptoms.

Key messages:

Wellness in recovery encompasses a person’s whole life, not just their substance use or mental health issue.

When people are equipped with evidence-based treatment and recovery supports, they can regain their lives and contribute to their families and communities.

Access to housing, education, social support, and employment affect the ability to enter and maintain recovery.

Recovery is personal and requires tailored, individualized care and supports.

Feeling alone?

988 Suicide & Crisis Lifeline

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don’t remain silent. Talk to someone you can trust through the 988 Suicide & Crisis Lifeline. Call or text 988 or chat the lifeline.

Las familias y las organizaciones dirigidas por familias son componentes vitales de los sistemas de servicios orientados a **LA RECUPERACIÓN**.



Week 4: September 25–30

This week we highlight the importance of peer support and peer support services in guiding individuals, families, and caregivers through recovery.

Key messages:

By sharing their stories and lived experience, peers engage others in recovery with a vital sense of belonging, support, and hope.

Being able to connect with someone who has lived experience in recovery makes it possible to see what is possible for yourself.

Peers know how to access services and supports that are essential to recovery.

Peer support can help the families and caregivers of someone in recovery navigate their own unique challenges and recovery journeys.

USE THE NATIONAL RECOVERY MONTH EMAIL SIGNATURE TEMPLATE
THROUGHOUT SEPTEMBER IN ALL EMAIL CORRESPONDENCE TO
PROMOTE AWARENESS AND BUILD BRAND RECOGNITION OF THE
OBSERVANCE.



Here's how to replace your current signature with this new one:

1. Edit the above signature with your name, phone number, and other information you want to include in your signature.
2. Highlight the entire new signature, including the image and (if desired) the confidentiality notice.
3. Press CTRL+C to copy the signature.
4. Go to Outlook and select "New Email" from the top menu bar.
5. In the new email box, click the "Insert" menu.
6. Click on the "Signature" icon to display a drop-down menu.
7. Choose "Signatures...." The "Signature and Stationery" box will open.
8. Press "New" and type a name for your new signature (e.g., Recovery Month 2023).
9. Press CTRL+V to paste the signature in the blank space under "Edit signature."

Copy and Paste for your personal email signature!



If you or someone you know is in a crisis, dial 988 or text TALK to 741-741.



More women attempt suicide. More men die by suicide.



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Each September, mental health supporters gather to try and lower the number of suicides across the country. It's Suicide Prevention Month, and the goal is to raise awareness about this issue across the country and the world.

Over 48,000 Americans ended their own lives in 2021, according to figures from the Centers for Disease Control. Over 38,000 were men. It's the 12th leading cause of death in the U.S.

While these are stark statistics, there is hope. Suicide Prevention Month is about raising awareness about options for supporting those who attempt, informing individuals with strategies for prevention and promote connection between everyone.

A key factor, according to experts with the CDC and researchers, is communication. Talking and listening -- actively -- to suicidal individuals can help people move away from the edge. But how does a person recognize signs, and ask important questions without confrontation?

Survivors have told ABC-7 one of the best ways to help someone considering suicide is to be available. Offer to go on walks with them, be available to talk, offer them a chance to get out of the house and see the world around them.



Talking with someone about your thoughts and feelings can save your life.



The Centers for Disease Control suggests that people create safe environment for suicidal individuals. This could include removing lethal items from the home -- like guns, knives or pills. Organization can really help -- setting up scheduled events, getting a person connected to their community and structure can improve feelings of importance.

Suicide affects all groups, and well over 12 million had considered it. The CDC estimates over a million people attempted suicide, and millions of others made a plan. The highest rate of suicide was in Native Americans, followed by non-Hispanic whites.

The American Psychological Association says suicide often occurs surrounding a major depressive episode, but that's not the only factor. Substance abuse, difficult or stressful situations or other body disorders can increase the risks.

Identifying someone who is suicidal can be a key step in prevention, according to federal experts. Recognizing warning signs of suicidal behavior -- like isolation, lack of communication and comments about being gone -- could be the difference.

The APA says that trouble sleeping, preoccupation over death, suicide or dying, preparation of wills, unnecessary risks -- or sudden use of drugs/alcohol can be red flags of suicide attempts.

Seeing, understanding and addressing these symptoms can be important factors in preventing or reducing suicide risks, according to APA materials.

It can also be helpful to create a support plan in case of an attempt can be very helpful, the CDC says. This could include taking them to a safe and calm location, or to limit options for a follow-up attempt. And "postvention" can be a useful tool, checking in with someone's mental state following an attempt or discovery of suicide materials.

Suicides happen in every group, but there are two categories in particular that are worth noting.

"The suicide rate among males in 2021 was approximately four times higher than the rate among females," the CDC states on their website. "Males make up 50% of the population but nearly 80% of suicides."

Elderly individuals over age 85 made up the highest number of suicides in 2021, CDC figures show. Experts tell ABC-7 that isolation, loneliness, and self-separation can lead to increased risks of suicide.

Again, experts believe that listening and responding to concerns by suicidal individuals can make a huge difference for both of these groups.



UPCOMING EVENTS

calendar of events

SEPTEMBER

- 9/4-9/9 – Beckley Kids Classic Festival II – Beckley
- 9/7-9/10 – Culturefest World Music and Arts Festival – Pipestem
- 9/8-9/9 – Nicholas County Potato Festival – Summersville
- 9/8-9/9 – War's Down Home Fall Festival – War
- 9/8-9/10 – Forks of the Buffalo BBQ Throwdown – Mannington
- 9/9 – Ephraim Bee Festival – West Union
- 9/9 – Freshwater Folk Festival – White Sulphur Springs
- 9/9 – Mound Arts and Crafts Festival – South Charleston
- 9/9 – Black Heritage Festival – Clarksburg
- 9/9 – Helvetia Community Fair – Helvetia
- 9/9 – Montgomery Fall Festival – Montgomery
- 9/9 – Hampshire Highlands Arts and Music Festival – Romney
- 9/9 – Putnam County Homecoming – Winfield
- 9/9-9/10 – West Virginia Sunflower Festival and Flea Market II – Alderson
- 9/14-9/16 – King Coal Festival – Williamson
- 9/14-9/16 – West Virginia Oil and Gas Festival – Sistersville
- 9/14-9/17 – Craigs ville Fall Festival – Craigs ville
- 9/14-9/17 – Head for the Hills Motorcycle Festival – Pennsboro
- 9/14-9/17 – West Virginia Ribfest – Charleston
- 9/14-9/17 – Treasure Mountain Festival – Franklin
- 9/14-9/17 – Gauley Fest – Summersville
- 9/14-9/17 – Clay County Golden Delicious Festival – Clay
- 9/15 – Appalachian Heritage Days – Logan
- 9/15-9/16 – Greek Festival at St. George Greek Orthodox Church – Huntington
- 9/15-9/16 – Kirkwood Winery Wine and Music Fest – Summersville
- 9/15-9/16* – Dunbar Fall Festival – Dunbar
- 9/15-9/16 – Lost Creek Community Festival – Lost Creek
- 9/15-9/17 – Country Roads Festival – Ansted
- 9/15-9/17 – WV Country Roads Festival – New Martinsville
- 9/15-9/17 – Hancock County Oldtime Fair – New Cumberland
- 9/16 – Mount Hope Jubilee – Mount Hope
- 9/16 – End of Summer Bash – Fairmont
- 9/16 – Funktafest Music Festival – Huntington
- 9/16 – Camp Creek State Park Fall Festival – Camp Creek
- 9/16 – Downtown Throwdown BBQ & Brewfest – Parkersburg
- 9/16 – Oglebay's Fall Food Truck Festival – Wheeling
- 9/16 – Festival of Colors – Moundsville
- 9/16-9/17 – Harvest Moon Festival – Parkersburg – My Review
- 9/16-9/17 – Mothman Festival – Point Pleasant – My Review
- 9/17 – Bavarian Inn Oktoberfest! – Shepherdstown



SAVE THE DATE

9/22-9/23 – Coaltown Fall Festival – Welch
9/22-9/23 – Paden City Marble Festival (formerly in Sistersville) – Paden City – My Review
9/22-9/23 – Founders Day Festival – Capon Bridge
9/22-9/24 – Mountain Heritage Arts and Crafts Festival – Kearneysville
9/22-9/24 – Leaf Peeper’s Festival – Davis – My Review
9/22-9/24 – Volcano Days Antique Engine Show & Festival – Waverly
9/22-9/24* – Gauley Bridge Town Celebration – Gauley Bridge

9/22-9/24 – Heritage Weekend – Hardy County (Various Locations)
9/23 – St. Albans Train Day – St. Albans
9/23 – Shinnston Rollin’ Brews – Shinnston
9/23 – Fall Festival at Twin Falls – Mullens
9/23 – Wings and Wheels Festival – Pence Springs
9/23 – Autumn Harvest Festival and WV RoadKill Cook-Off – Marlinton – My Review
9/22-9/24 – RegattaFest – New Martinsville
9/23-9/24 – New Cumberland Fall River Fest – New Cumberland
9/24* – Cranberry Mountain Shindig – Hillsboro

9/27-9/30 – Parsons VFD Fireman’s Homecoming Fair – Parsons
9/27-9/30 – Barboursville Fall Fest – Barboursville
9/28-9/30 – Chapmanville Apple Butter Festival – Chapmanville
9/28-9/30 – West Virginia Molasses Festival – Arnoldsburg
9/28-10/1 – Preston County Buckwheat Festival – Kingwood – My Review
9/30 – Head of the Dragon Ride and Kimball Town Fall Festival – Kimball
9/30 – Heritage Farm and Museum Fall Festival – Huntington
9/30 – Blue Ridge Arts and Crafts Festival – Harpers Ferry
9/30 – WV Pawpaw Festival – Morgantown
9/30 – OktoberWest – Charleston
9/30 – Oktoberfest in the Park – Bluefield
9/30-10/1* – Jaeger Fall Festival – Jaeger
9/30-10/1 – West Virginia Wine and Jazz Festival – Morgantown
9/30-10/1 – ArtOber Fest at Timberline Mountain – Canaan Valley
9/30-10/1 – Mountain State Forest Festival I – Elkins





COLLEGIATE RECOVERY
COMMUNITY



Collegiate Recovery Community

TAILGATE

FREE



**CHEER ON THE HERD
TOGETHER**

ALL ARE WELCOME

JOIN US EACH THUNDERING HERD HOME GAME

APPROXIMATELY TWO HOURS BEFORE KICKOFF



GAMES, FOOD & REFRESHMENTS
NALOXONE TRAININGS ON SITE



CAM HENDERSON
CENTER LAWN

FOR QUESTIONS CONTACT  RYAN OR JEREMY WITH THE CRC

RYAN ELKINS
ELKINS167@MARSHALL.EDU

TAILGATE TIMES WILL BE ANNOUNCED ON 

JEREMY BAILEY
BAILEY810@MARSHALL.EDU

LIKE US ON FACEBOOK FOR UPDATES  @MARSHALLUCRC



Saturday, September 23rd

11am-4pm

Event by Pretera Center

Wayne Little League baseball field

Public · Anyone on or off Facebook

Support the sober life and end stigma!

Wayne Little League Ballfield (next to the health department)

Free Lunch from Noon-1pm

*** Speakers with lived experience**

*** Activities for Kids**

*** DJ Acme Sound**

*** Free vaccines and Narcan**

*** Door prizes!!!**

Hosted by Pretera Center & Valley Health. For more information contact Donna

Bishop - donna.bishop@pretera.org

