



Portage  
County

A proud partner of the American Job Center network

# Portage County Youth & Young Adult Resource Guide



Serving the Youth & Young Adults in Portage  
County

[OhioMeansJobs.com/Portage](http://OhioMeansJobs.com/Portage)

# Welcome to the Portage County Youth & Young Adult Resource Guide!

Brought to you by OhioMeansJobs Portage County

## OhioMeansJobs Portage County

OhioMeansJobs Portage County has a variety of services designed to meet your employment needs.

## OhioMeansJobs.com

OhioMeansJobs.com is an online career counseling center providing a menu of career services for all Ohioans. OhioMeansJobs.com provides a central location for individuals and businesses interested in employment opportunities.



**OWEN**

## Ohio Workforce Education Network (OWEN)

Owen can take you on a guided tour of OhioMeansJobs.com and offer step by step instructions to help get you started!

### Online services include:

- A virtual backpack that includes school, scholarship, career and employment program searches, and document storage
- Information on local career fairs and workshops
- Free practice ACT, SAT, and GED testing
- Internship and apprenticeship information
- WorkKeys Assessment
- In demand careers
- Labor Market information

# Welcome to the Portage County Youth & Young Adult Resource Guide!

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## Need Face-to-Face Services? Stop by our local OhioMeansJobs Center!

OhioMeansJobs services are free and open to the public!

### Location:

253 South Chestnut St.  
Ravenna, Ohio 44266  
330-296-2841

### Hours:

Monday—Friday  
8:00 AM—4:25 PM  
*\*Closed all major holidays  
& weekends*

## Employment related services include:

- Job Fairs
- Fax Machine
- Resume Assistance
- Resume Paper
- Envelopes
- Postage
- Newspapers
- Workshops
- Internet Access
- Computers
- Printers
- Job Board
- Books
- DVDs
- Telephone
- Copier

**Workforce Innovation and Opportunities Act (WIOA)**- WIOA focuses on individualized attention and planning to meet the needs of adults in Portage County. WIOA is designed to shape skilled workers and leaders for the future.



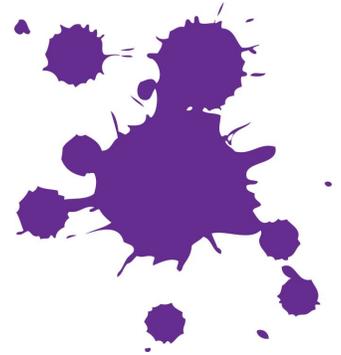
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# Getting Started!

## Things to remember:



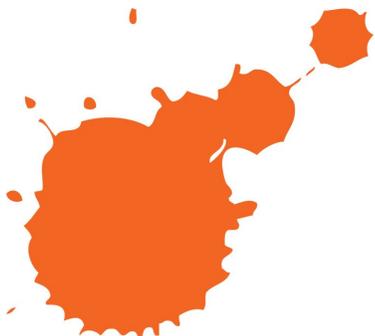
- What resources are available?
- What does it cost?
- Do I have to live in Portage County?
- How old do I have to be?
- Do I need an appointment?
- Where am I going?
- What documents do I need?
- Do I need permission from my parent or guardian?
- Who do I report it to?



*\*Be sure to write down the date and time of your appointment, the location, the person's name you spoke with, and a phone number. Explore other alternatives; you may want to call a few other resources before making a final decision.*

## What do I say?

Be prepared to ask questions. If you are unsure of what to say, write it down and practice prior to making the call.



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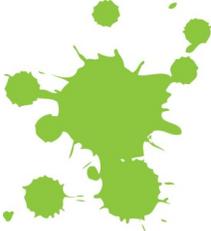
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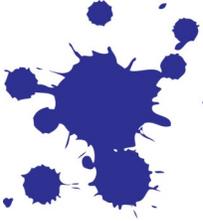
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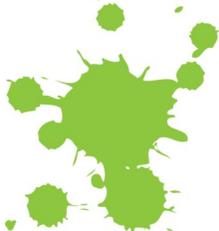
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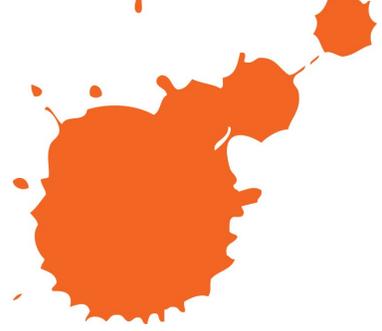
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# The Basics



## Food

**Food Pantries/Food Banks**– A food pantry or food bank is typically a non-profit organization that distributes and collects food to those who are in need.

**Emergency Food Pantries**– Provides help to individuals and families on an emergency basis.

**Hot Meals**– Organizations may provide hot meals for those who do not have the means to prepare their own food.

**Free or Reduced School Lunch**– You may be able to obtain free or reduced lunches if your family has a low income. Be sure to check with your school to see if you may be eligible for this program.

**Summer Lunch**- Nutritious free meals are available for children and teens 18 years and younger at many locations in Portage County while school is out of session.

For more information on Summer Lunch Programs, contact:

**Community Action Council | 330-297-1456 ext 226**

**Lovelight, Inc. . | 330-673-5839**

# The Basics

## Food Pantries

### **Brimfield Cupboard**

1235 Tallmadge Rd. Kent, Ohio 44240 | 330-541-3223

### **Center of Hope/ Christian Cupboard**

1034 W Main St. Ravenna, Ohio 44266 | 330-297-5454

### **Catholic Charities**

206 W Main St. Ravenna, Ohio 44266 | 330-297-7745

### **Church of Christ Ravenna**

3897 Summit Rd. Ravenna, Ohio 44266 | 330-296-3637

### **Crestwood 4C's**

4572 W Prospect St. Mantua, Ohio 44255 | 330-274-3310

### **Kent Social Services**

1066 S Water St. Kent, Ohio 44240 | 330-673-6963

### **Lifepointe Church of Atwater**

6498 Waterloo Rd. Atwater, Ohio 44201 | 330-947-2259

### **Nelson Garrettsville Community Cupboard**

8147 Center St. Garrettsville, Ohio 44231 | 330-527-2011

### **Riverwood Community Chapel**

1407 Fairchild Ave. Kent, Ohio 44240 | 330-678-7000

### **Salvation Army**

251 W Spruce St. Ravenna, Ohio 44266 | 330-296-7371

### **Salvation Army Center for Worship & Service**

9005 Wil-Verne Dr. Windham, Ohio 44288 | 330-326-6133

### **St Joseph Church**

2643 Waterloo Rd. Mogadore, OH 44241 | 330-682-9941

### **Streetsboro Christian Cupboard**

10206 Page Rd. Streetsboro, Ohio 44241 | 330-626-5449

### **Streetsboro Church of Christ**

1386 Russell Dr. Streetsboro, OH 44241 | 330-626-4282

### **Streetsboro United Methodist Church**

8940 St Rt 43 Streetsboro, Ohio 44241 | 330-626-2239

### **Trinity Lutheran Church**

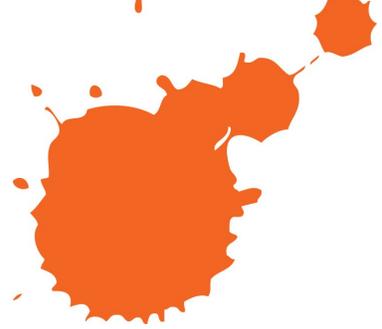
600 S Water St. Kent, Ohio 44240 | 330-673-5445

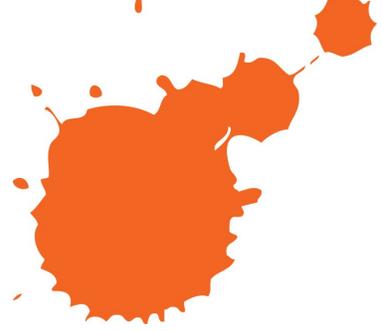
### **Winfield Church of God in Christ**

6595 Winfield St. Ravenna, Ohio 44266 | 330-296-5880

### **Volunteers of America**

1063 N Aurora Rd. Aurora, Ohio 44202 | 330-562-2118





## Hot Meals

### **American Legion Post 674**

9960 E Center St. Windham, Ohio 44288 | 330-326-3188

### **Carita's Café**

200 W Main St. Ravenna, Ohio 44266 | 330-297-7745

### **Center of Hope**

1081 W Main St. Ravenna, Ohio 44266 | 330-297-5454

### **Christ Lutheran Church**

10827 Main St. Mantua, Ohio 44255 | 330-274-2849

### **Covenant Bible Fellowship**

8146 High St. Garrettsville, Ohio 44231 | 330-527-4205

### **Hilltop Christian Church**

4572 W Prospect St. Mantua, Ohio 44255 | 330-274-2771

### **Kent Social Services**

1066 S Water St. Kent, Ohio 44240 | 330-673-6939

### **Kent United Church of Christ**

1400 E Main St. Kent, Ohio 44240 | 330-673-9534

### **Lake Brady United Methodist Church**

1995 Brady Lake Rd. Brady Lake, Ohio 44240 | 330-673-0145

### **Mantua Center Christian Church**

4118 St Rt. 82 P.O. Box 550 Mantua, Ohio 44255 | 330-274-8258

### **Nelson United Methodist Church**

9367 St Rt. 305 Nelson Township, Ohio 44231 | 330-527-2268

### **Randolph/Suffield/Atwater Food Shelf**

*St. Joseph Church School* | 330-628-1801

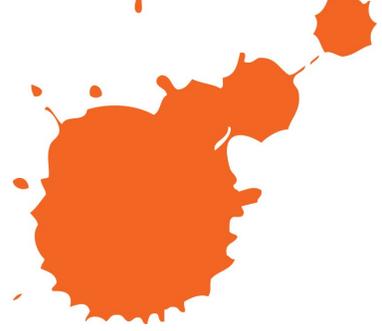
2617 Waterloo Rd. Atwater, Ohio 44201

*St. Nicholas Church* | 330-628-1801

775 S Cleveland Ave. Mogadore, Ohio 44260

*Suffield United Church of Christ* | 330-628-4038

1115 St Rt. 43 Suffield Township, Ohio 44260



## Summer Breakfast/Lunch

### **Terrill Suites**

858 1/2 Cleveland Rd. Ravenna, Ohio 44266 | 330-296-7139

### **CAC of Portage County**

519 N Walnut St. Ravenna, Ohio 44266 | 330-297-1456

### **Community Estates**

6443-6499 S Fairfield St. Ravenna, Ohio 44266 | 330-673-5839

### **King Kennedy Community Center**

6660 Garfield Rd. Ravenna, Ohio 44266 | 330-296-9957

### **Renaissance Place**

5650 S Prospect St. Ravenna, Ohio 44266 | 330-678-3839

### **Whispering Pines Mobile Home Park**

1915 St Rt. 59 Kent, Ohio 44240 | 330-673-5839

### **Summit Gardens Apartments**

1101 Summit Gardens Blvd. Kent, Ohio 44240 | 330-673-5839

### **Heritage Knolls**

Walter St. Kent, Ohio 44240 | 330-235-4781

### **Athena Drive Apartments**

Athena Dr. Kent, Ohio 44240 | 330-235-4781

### **Kent Recreation Center**

1115 Franklin Ave. Kent, Ohio 44240 | 330-678-3277

### **Villages #2**

1214 Anita Dr. Kent, Ohio 44240 | 330-673-5839

### **Riverwood VBS**

1407 Fairchild Ave. Kent, Ohio 44240 | 330-671-5581

### **Silver Meadows Apartments**

1214 Anita Ct. Kent, Ohio 44240 | 330-673-5839

### **LifePointe Church**

6498 Waterloo Rd. Atwater, Ohio 44201 | 330-947-2259

### **Renaissance Family Center**

9005 Wil-Verne Dr. Windham, Ohio 44288 | 330-697-3288

# The Basics



## Clothing

### **Brady Lake Post Office**

2231 Brady Lake Rd. Brady Lake, Ohio 44211 | 330-678-0793

*Open Monday–Friday 8am-12pm, 3pm-5pm; Saturday 8am-12pm*

### **Deerfield Evangelical Friends Church**

1261 St Rt 14 Deerfield, Ohio 44411 | 330-584-6777

*Distribution is the second Saturday of each month, 10am-12pm*

### **Phyllis Zumkehr County Clothing Center**

3377 St Rt 59 Ravenna, Ohio 44266 | 330-296-0503

*Open Monday–Friday 10am-2pm; Tuesdays & Thursdays 6pm-8pm*

## Shelters

**Shelters**– Shelters are emergency housing when someone may have no where else to go or are homeless. Please keep in mind that shelters typically have waiting lists. Follow the directions of the shelter to remain on their waiting lists. This will ensure your spot in the shelter once a bed becomes available.

**Freedom House– Veteran’s Shelter** | 330-673-0705

**Miller Community House** | 330-673-0034

**Miss Liberty House** | 330-703-2585

**Safer Futures** | 330-297-7027

## Housing Assistance

### **Coleman Professional Services– Housing Services**

5982 Rhodes Rd. Kent, Ohio 44240 | 330-673-1347

### **Fair Housing Contact Services, Inc.**

441 Wolf Ledges Parkway, Suite 200 | 330-376-6191

### **Habitat for Humanity**

6630 Cleveland Rd. Ravenna, Ohio 44266 | 330-296-2880

### **Neighborhood Development Services**

120 E Main St. Ravenna, OH 44266 | 330-297-6400

### **Portage Area Transitional Housing (PATH)**

5650 S. Prospect St, #101, Ravenna Ohio 44266 | 330-296-0024

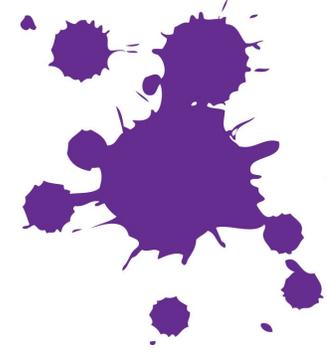
### **Portage Metropolitan Housing Authority (PMHA)**

2832 State Route 59 Ravenna, Ohio 44266 | 330-297-1489

### **White House**

642 W Main St. Ravenna, Ohio 44266 | 330-703-2585

# Addiction



## What is Addiction?

Addiction can be defined as a compulsive action of a habit-forming substance, thing, or activity,

In physical addiction, the body becomes reliant on the substance being used requiring progressively increased amounts to experience the effects first felt by smaller doses.

In psychological addiction, one may become emotionally dependent on a substance, thing or activity.

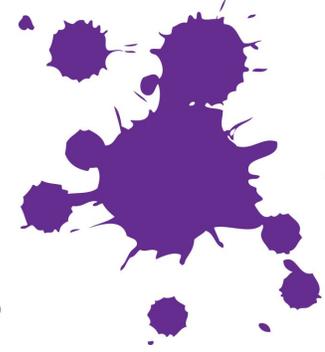
Symptoms of withdrawal may include, but are not limited to:

- Irritability
- Nausea
- Vomiting
- Disorientation
- Mood-Swings
- Diarrhea
- Depression
- Anxiety
- Overly tired
- Poor performance in daily routines
- Violent behavior

## How do I know if I'm addicted?

If you cannot stop the urge for a substance, thing or activity, and it may be interfering with your daily life, you may have an addiction.

# Addiction



## Alcohol

**Alcohol-** Alcohol can be an addictive substance. Not everyone who consumes alcohol will become addicted. However, certain people may be more susceptible to addiction.

Individuals who suffer from alcohol abuse do not always exhibit the same symptoms. The type of symptoms experienced by an individual will depend on a number of factors, such as the individual's background and medical history. While alcohol abuse symptoms do vary, there are signs and symptoms that can indicate a problem.

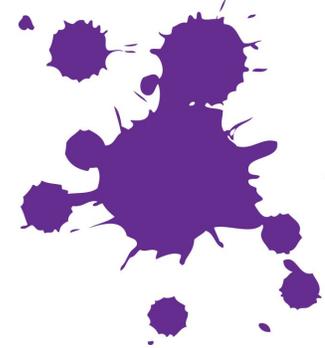
### Signs of alcohol abuse include:

- Decreased involvement in extracurricular activities
- Loss of interest in work or school
- Depression
- Lack of interest in family or friends
- Preoccupation with drinking
- Restlessness
- Inability to control drinking
- Erratic behavior
- Violent behavior

**Short-Term Effects-** Nausea, vomiting, headaches, slurred speech, blackouts, impaired judgment.

**Long-Term Effects-** Memory loss, liver disease, certain cancers, brain damage, immune system obstruction. <http://drugabuse.com/library/alcohol-abuse/>

# Addiction



## Tobacco

**Smoking/Tobacco-** Smoking is the inhalation of the smoke of burning tobacco encased in cigarettes, pipes, and cigars. Casual smoking is the act of smoking only occasionally, usually in a social situation or to relieve stress. A smoking habit is a physical addiction to tobacco products. Many health experts now regard habitual smoking as a psychological addiction and one with serious health consequences. <http://medical-dictionary.thefreedictionary.com/smoking>

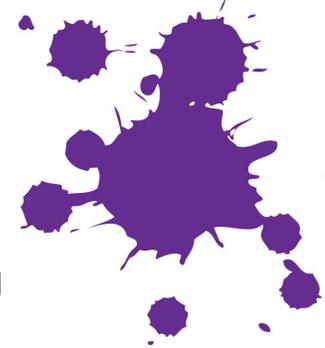
Quitting smoking isn't easy. But if you smoke, quitting is the best thing you can do for your health. Smoking increases your risk for cancer, diabetes, heart failure, and other serious medical problems. Still, if you've been smoking for a long time, it can be very hard to quit. You might worry about withdrawal symptoms or that your craving for a cigarette might be too strong to ignore. But with some support, you can do it. <http://portage.oh.networkofcare.org/ph/library/article.aspx?hwid=center1045>

## To get support, seek help from:

The National Tobacco Quit Line  
1-800-QUIT NOW

**Gambling-** Gambling is one of the greatest illusions of easy money, yet can quickly lead to financial ruin. Gambling addiction can occur when a person feels that they are in financial ruin and can only solve their problems by gambling what little they have in an attempt to get a large sum of money. This creates a cycle where a person may feel they must win back their losses.

# Addiction



## Drugs

**Marijuana-** Marijuana is typically smoked as a cigarette (joint), but may also be smoked in a pipe. Less often, it is mixed with food and eaten or brewed as tea. Sometimes users open up cigars and remove the tobacco, replacing it with marijuana (blunt). Joints and blunts are sometimes laced with other, more powerful drugs, such as crack cocaine, or PCP (phencyclidine, a powerful hallucinogen).

When a person smokes marijuana, they typically feel its effect within minutes. The immediate sensations include increased heart rate, lessened coordination and balance, and a “dreamy” unreal state of mind.

Aside from the discomfort that goes with sore throats and chest colds, it has been found that consuming one joint gives as much exposure to cancer-producing cancers as smoking five cigarettes. The mental consequences of smoking marijuana are equally severe. Smokers may have poorer memory and mental aptitude than do non-users. <http://www.drugfreeworld.org/drugfacts/marijuana.html>

**Heroin-** Heroin is a highly addictive, illegal drug and is made from the resin of poppy plants. Heroin can be smoked, snorted, or injected, creating additional risks for the user, who faces the danger of AIDS or other infection on top of the reality of addiction.

The initial effects of heroin include a surge of sensation– a “rush.” This is often accompanied by a warm feeling of the skin and a dry mouth. Sometimes, the initial reaction can include vomiting or severe itching. After these initial effects fade, the user becomes drowsy for several hours. The basic body functions such as breathing and heartbeat slow down.

Within hours after the drug effects have decreased, the body will begin to crave more. Withdrawal includes the extreme physical and mental symptoms which are experienced if the body is not supplied again with the next dose of heroin. Withdrawal symptoms include restlessness, aches and pains in the bones, diarrhea, vomiting, and severe discomfort.

The intense high a user seeks lasts only a few minutes. With continued use, an addict may increase the amounts of the drug just to feel “normal.” <http://www.drugfreeworld.org/drugfacts/heroin.html>

### **Short-Term Effects**

- “Rush”
- Slowed Breathing
- Clouded mental functioning
- Nausea & vomiting
- Sedation; drowsiness
- Decreased body temperature
- Coma or death (due to overdose)

### **Long-Term Effects**

- Bad Teeth/gums
- Constipation
- Weakened immunity
- Coma
- Depression
- Insomnia
- Itching

# Addiction



**Opioids-** Opioids, which usually come in pill form, are prescription medications used to reduce pain. When opioids are taken as prescribed by a medical professional, they are relatively safe and can reduce pain effectively. However, dependence and addiction are still potential risks when taking prescription opioids. These risks increase when these drugs are abused. Painkillers are one of the most commonly abused drugs by teens, after tobacco, alcohol, and marijuana.

People abuse opioids by taking them in a way that is not intended such as taking more of the medication than prescribed, combining it with alcohol or other drugs, or crushing the pills into powder to snort or inject the drug. Taking opioids in this way increases risk for both addiction and overdose. Some people who start out abusing opioids and get addicted to them may turn to heroin.

Effects of opioids include sleepiness, confusion, nausea, constipation, and breathing problems.

## **Types of Opioids may include:**

|   |           |
|---|-----------|
| Oxycodone (OxyContin, Percodan, Percocet) | Codeine   |
| Hydrocodone (Vicodin, Lortab, Lorcet)     | Fentanyl  |
| Diphenoxylate (Lomotil)                   | Darvon    |
| Morphine (Kadian, Avinza, MS Contin)      | Dilaudid  |
| Demerol                                   | Methadone |

<https://teens.drugabuse.gov/drug-facts/opioids-and-pain-relievers>

**Stimulants-** Stimulants, sometimes called “uppers,” temporarily increase alertness and energy. The most commonly used street drugs that fall into this category are cocaine and amphetamines.

Illicit stimulant drugs may be extremely addictive. Some of these include Cocaine, Crack-cocaine, Methamphetamine, and MDMA (Ecstasy, Molly, etc.).

Prescription stimulants come in tablets or capsules. When abused, they are swallowed, injected in liquid form or crushed and snorted.

## **Short-Term Effects**

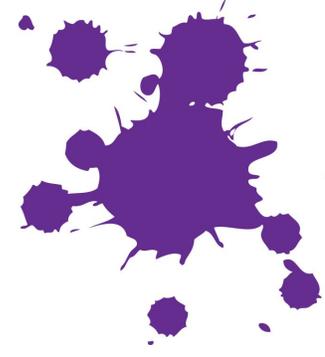
The short-term effects of stimulants include exhaustion, apathy and depression—the “down” that follows the “up.” It is this immediate and lasting exhaustion that quickly leads the stimulant user to want the drug again. Soon he is not trying to get “high,” he is only trying to get “well”—to feel any energy at all.

## **Long-Term Effects**

Stimulants can be addictive. Repeated high doses of some stimulants over a short period can lead to feelings of hostility or paranoia. Such doses may also result in dangerously high body temperatures and an irregular heartbeat.

<http://www.drugfreeworld.org/drugfacts/prescription/stimulants.html>

# Addiction



**Club Drugs**– Club drugs are a group of psychoactive drugs that affect the central nervous system and can cause changes in mood, awareness, and how you act.

Club drugs are also sometimes used as “date rape” drugs to make someone unable to say no to or fight back against sexual assault. These drugs are even more dangerous when mixed with alcohol.

MDMA (“Ecstasy”, “Molly”)

GHB (“Date rape drug”, “Liquid Ecstasy”)

Ketamine (“Special K”, “Vitamin K”)

Rohypnol (Roofies)

Methamphetamine (“Speed”, “Ice”, “Meth”, “Crystal”)

Lysergic Acid Diethylamide (“LSD”, “Acid”)

<https://www.nlm.nih.gov/medlineplus/clubdrugs.html>

**Inhalants**- Inhalants are chemical products found in ordinary household or workplaces that people inhale on purpose to get “high.” Because many inhalants can be found around the house, people often don’t realize that inhaling their fumes, even just once, can be very harmful to the brain and body and can lead to death. In fact, the chemicals found in these products can change the way the brain works and cause other problems in the body.

<https://teens.drugabuse.gov/drug-facts/inhalants>

**Steroids**– Some youth and young adults use anabolic steroids to increase strength, especially in athletics. Using steroids can stunt growth and cause damage to the heart, liver and kidneys, which may be permanent.

## Addiction Resources

**Coleman Professional Services | Addiction Recovery Services**

3922 Lovers Lane Ravenna, Ohio 44266 | 330-673-1347

**Family & Community Services**

143 Gougler Ave. Kent, Ohio 44240 | 330-677-4124

**Root House**

330-677-4124

**Townhall II**

155 E Main St. Kent, Ohio 44240 | 330-687-3006

**Alcoholics Anonymous**

800-897-6737

**Gamblers Anonymous**

330-505-5060

**Narcotics Anonymous**

888-438-4673

# Mental Health

**What is mental health?** Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

<http://www.mentalhealth.gov/basics/what-is-mental-health/>

## **Mental Health Issues**

Mental illnesses are of different types and degrees of severity. Some of the major types are depression, anxiety, schizophrenia, bipolar mood disorder, personality disorders, trauma and eating disorders.

The most common mental illnesses are anxiety and depressive disorders. While everyone experiences strong feelings of tension, anxiety, or sadness at times, a mental illness is present when these feelings become so disturbing and overwhelming that people have great difficulty coping with day-to-day activities, such as work, enjoying leisure time, and maintaining relationships.

[http://www.dhhs.tas.gov.au/mentalhealth/about\\_mental\\_illness/types\\_of\\_mental\\_illness](http://www.dhhs.tas.gov.au/mentalhealth/about_mental_illness/types_of_mental_illness)

**Personality Disorders-** People with personality disorders tend to be inflexible, rigid and manipulative. Although most feel that their behaviors are justified and perfectly fine, they often have a tunnel-vision view of the world and have problems connecting with others in socially acceptable ways. <http://www.psychone.net/list-of-personality-disorders.php>

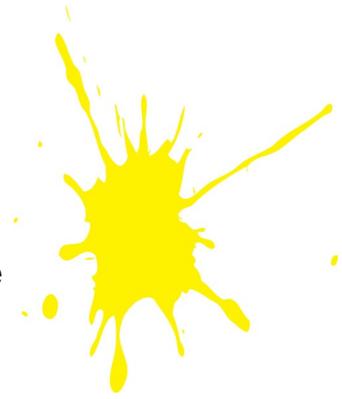
There are many types of personality disorders which are classified in three groups or clusters based on the nature of symptoms. Examples may include: Borderline Personality Disorder, Narcissistic Personality Disorder, Histrionic Personality Disorder, Avoidant Personality Disorder, Dependent Personality Disorder, and Obsessive-Compulsive Disorder, just to name a few.

**Stress-** You may feel physical stress which is the result of too much to do, not enough sleep, a poor diet or the effects of an illness. Stress can also be mental: when you worry about money, a loved one's illness, retirement, or experience an emotionally devastating event, such as the death of a spouse or being fired from work.

Stress can cause physical, emotional and behavioral disorders which can affect your health, vitality, peace-of-mind, as well as personal and professional relationships. Too much stress can cause relatively minor illnesses like insomnia, backaches, or headaches, and can contribute to potentially life-threatening diseases like high blood pressure and heart disease. <http://www.mentalhealthamerica.net/conditions/>

# Mental Health

**Eating Disorders-** Eating disorders are more than just going on a diet to lose weight or trying to exercise every day. They represent extremes in eating behavior and ways of thinking about eating – the diet that never ends and gradually gets more restrictive, for example. Or the person who can't go out with friends because he or she thinks it's more important to go running to “work off” a snack eaten earlier.



The most common eating disorders are anorexia nervosa and bulimia nervosa (usually called simply, "anorexia" and "bulimia"). But other food-related disorders, like avoidant/restrictive food intake disorder, binge eating, body image disorders, and food phobias, are becoming more and more commonly identified.

**Dealing with Death–** Each year thousands of teenagers experience the death of someone they love. When a parent, sibling, friend or relative dies, youth feel the overwhelming loss of someone who helped shape their fragile self-identities. These feelings about the death become a part of their lives forever.

Caring adults, whether parents, teachers, counselors or friends, can help youth during this time. If adults are open, honest and loving, experiencing the loss of someone loved can be a chance for young people to learn about both the joy and pain that comes from caring deeply for others.

<http://www.hospicenet.org/html/teenager.html>

**Teen Suicide-** Suicides among young people continue to be a serious problem. Each year in the U.S., thousands of youth commit suicide. Suicide is the third leading cause of death for 15-to-24-year-olds, and the sixth leading cause of death for 5-to-14-year-olds.

Youth experience strong feelings of stress, confusion, self-doubt, pressure to succeed, financial uncertainty, and other fears while growing up. Divorce, the formation of a new family with step-parents and step-siblings, or moving to a new community can be very unsettling and can intensify self-doubts. For some, suicide may appear to be a solution to their problems and stress.

Many of the signs and symptoms of suicidal feelings are similar to those of depression. Other signs may include:

- Change in eating and sleeping habits
- Withdrawal from friends, family, and regular activities
- Violent actions, rebellious behavior, or running away
- Drug and alcohol use
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom
- Difficulty concentrating, or a decline in the quality of schoolwork
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards

# Mental Health



## **A teenager who is planning to commit suicide may also:**

- Complain of being a bad person or feeling rotten inside
- Give verbal hints with statements such as: “I won't be a problem for you much longer,” “Nothing matters, It's no use,” and “I won't see you again.”
- Put his or her affairs in order. For example, give away favorite possessions, clean his or her room, throw away important belongings, etc.
- Become suddenly cheerful after a period of depression
- Have signs of psychosis (hallucinations or bizarre thoughts)

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Teen-Suicide-010.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)

## **For immediate suicide prevention help and assistance, call:**

- 911**– Call 911 and ask to speak to CIT (Crisis Intervention Team) officer
- 1-866-449-8518** (Townhall II Helpline)
- 1-877-796-3555** (Coleman)
- 330-673-1756** (National Alliance on Mental Illness)
- 330-673-1756** (Mental Health & Recovery Board)

**Post Traumatic Stress Disorder (PTSD)**- Children and teens could have PTSD if they have lived through an event that could have caused them or someone else to be killed or badly hurt. Such events include sexual or

physical abuse or other violent crimes. Disasters such as floods, school shootings, car crashes, or fires might also cause PTSD. Other events that can cause PTSD are war, a friend's suicide, or seeing violence in the area they live.

Any life threatening event or event that threatens physical harm can cause PTSD. These events may include:

- Sexual abuse or violence (does not require threat of harm)  
physical abuse
- Natural or man made disasters, such as fires, hurricanes, or floods
- Violent crimes such as kidnapping or school shootings
- Motor vehicle accidents such as automobile and plane crashes

[http://www.ptsd.va.gov/professional/treatment/children/ptsd\\_in\\_children\\_and\\_adolescents\\_overview\\_for\\_professionals.asp](http://www.ptsd.va.gov/professional/treatment/children/ptsd_in_children_and_adolescents_overview_for_professionals.asp)

# Mental Health

## Mental Health Resources

**Best Practices in Schizophrenia Treatment Center (BeST)**  
4209 St Rt 44, PO Box 95 Rootstown, Ohio | 330-325-6695

**Children's Advantage**  
520 N Chestnut St. Ravenna, Ohio 44266 | 330-296-5552

**Coleman Professional Services, Behavioral Health**  
5982 Rhodes Rd. Kent, Ohio 44240 | 330-673-1347  
**Coleman Access—24 HR Crisis Walk-in**  
3922 Lovers Lane Ravenna, Ohio 44266 | 330-296-3555

**Family and Community Services**  
143 Gougler Ave. Kent, Ohio 44240 | 330-677-4124

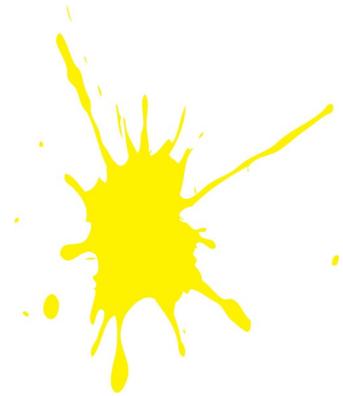
**FIRST Portage County**  
5982 Rhodes Rd. Kent, Ohio 44240 | 330-676-6859

**Kent State Counseling & Human Development Center**  
325 White Hall Kent, Ohio 44240 | 330-672-2208

**Kent State University– The Psychological Clinic**  
176 Kent Hall Kent, Ohio 44240 | 330-672-2372

**National Alliance on Mental Illness (NAMI)- Portage County**  
330-673-1756 ex 201

**Townhall II**  
155 E Main St. Kent, Ohio 44240 | 330-678-3006  
*24 HR Crisis Line 330-678-4357*



# Violence/Abuse

**Violence/Abuse**– Violence and abuse can be defined as a behavior involving physical force intended to hurt, damage, or kill someone or something.

**Family**- Crimes involving family members as offenders and victims are considered incidents involving family violence

**Dating**- Dating violence is controlling, abusive, and aggressive behavior in a romantic relationship. It can happen in straight or gay relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination.

**Sexual**– Sexual violence is any sexual act or attempt to obtain a sexual act by violence coercion, unwanted sexual comments or advances, acts to traffic a person or acts directed against a person's sexuality, regardless of the relationship to the victim.

Violence can occur in any capacity and may include behaviors that are controlling, verbally, emotionally, physically or sexually abusive. Both boys and girls can be a victim of violence. Some of these behaviors may include someone:

Not letting you hang out with friends or family, telling you what to wear, having to be with you all the time, calling you names, jealousy, belittling you, threatening to hurt you, themselves, or someone you know, shoving, punching, slapping, pinching, hitting, kicking, hair pulling, strangling, unwanted touching and kissing, forcing sex, not allowing the use of birth control, and forcing you to do other sexual things.

<https://victimsofcrime.org/help-for-crime-victims/get-help-bulletins-for-crime-victims/bulletins-for-teens/dating-violence>

**School Violence**- School violence is widely held to have become a serious problem in recent decades in many countries, especially where weapons such as guns or knives are involved. It includes violence between school students as well as physical attacks by students on school staff.

**Bullying**– Bullying can be defined as the use of superior strength or influence to intimidate someone, typically to force him or her to do what they want.

**Gangs**– Gangs are a group of individuals or close family or friends with leadership that can be identified with claiming control over territory in a community, and engaging either individually or collectively in violent or illegal behavior.

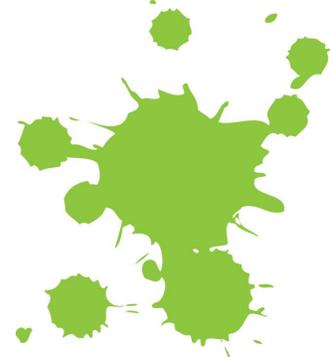
**Cult**– A relatively small group of people having religious beliefs or practices regarded by others as strange or sinister which may result in committing acts of violence against themselves or others.

If you ever find yourself in an uncomfortable situation regarding any of the violence above, please make sure to contact the authorities or other professionals.

[www.breakthecycle.org](http://www.breakthecycle.org)

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.youth.gov](http://www.youth.gov)



# Violence/Abuse



## **Violence/Abuse Resources**

If at any time you or someone you know feels unsafe or has been the victim of violence, please contact local authorities. If the situation becomes an emergency, call 911 immediately.

**CARES Children/Adult Protective Services**– Portage County  
209 S Chestnut St. Ravenna, Ohio 44266 | 330-297-2273

**Ohio Domestic Violence Network**  
800-934-9040

**Safe Path**  
705 Oakwood St. Ravenna, Ohio 44266 | 330-346-0623

**Safer Futures**  
330-673-2500

## **Portage County Police Departments**

**Aurora Police Department**  
100 S Aurora Rd. Aurora, Ohio 44202

**Brimfield Twp. Police Department**  
1287 Tallmadge Rd. Kent, Ohio 44240 | 330-673-7716

**Brady Lake Police Department**  
2123 Merrill Rd. Ravenna, Ohio 44266 | 330-673-5332

**Kent Police Department**  
319 S Water St. Kent, Ohio 44266 | 330-673-7732

**Mantua Village Police Department**  
4650 W High St. Mantua, Ohio 44255 | 330-274-2251

**Portage County Sheriff**  
8240 Infirmary Rd. Ravenna, Ohio 44266 | 330-297-3408

**Ravenna Police Department**  
220 Park Way Ravenna, Ohio 44266 | 330-296-6486

**Ravenna Twp. Police Department**  
6115 N Spring St. Ravenna, Ohio 44266 | 330-297-1098

**Streetsboro Police Department**  
2080 OH-303 Streetsboro, Ohio 44241 | 330-626-4976

**Twinsburg Police Department**  
10075 Ravenna Rd. Twinsburg, Ohio 44087 | 330-425-1234

**Windham Police Department**  
9621 E Center St. Windham, Ohio 44288 | 330-326-2211

# Social Media



**Social Media**– Social Media is websites and applications that enable users to create and share content or to participate in social networking. Examples of these sites include Facebook, Twitter, Tinder, Instagram, LinkedIn, Snapchat, and more.

## **Safety-**

1. Check your privacy settings– In most cases, the default privacy settings will give your posts the most public exposure which can be very dangerous.
2. Be cautious of Friend Requests– Play it safe and only accept requests from friends and family in the real world.
3. Think before you post!- Limit personal contact information in your profile and posts. Never give away your phone number or address. Keep your private information private!
4. Avoid using location services– Disable location services on Facebook, Instagram, Twitter, etc. when posting photos. It's cool, sure... but the risk is greater than the reward.
5. Avoid posting that you are going on vacation-Wait to post photos or information about travelling until you are home.
6. Never agree to meet someone you met online– If someone you met online sends or requests provocative pictures, tell someone. Online friends could potentially be a predator, even if it feels like you know them. <http://www.safesearchkids.com/a-teens-guide-to-social-media-safety/>  
#.VvvvJXkUWoe

**Internet Trolling**– Named after children's tales, an internet troll is someone who stirs up drama and abuses their online anonymity by purposely creating hatred, racism, conflict, or just simple bickering between others.

**Catfish**– Someone who creates false identities on sites such as Tinder, Facebook, Instagram, etc., particularly to pursue deceptive online romances.

**Cyber Bullying**- Cyberbullying is bullying that takes place using electronic technology including devices and equipment such as cell phones, computers, and tablets as well as communication tools such as social media sites, text messages, chat, and websites.

**Report social media abuse to your local enforcement agency or call 911.**

# Health



**Health Basics-** Fitness and nutrition are the cornerstones of health. The habits you develop as a youth can last a lifetime. If you are physically active, keep it up! Also, eat a balanced variety of healthy foods such as proteins, vegetables and fruits.

If at any time you are not feeling well and you have concerns about your health, seeing a doctor may be a good choice.

**Body Piercings & Tattoos-** Young people get tattoos and body-piercings for lots of reasons – fashion, peer pressure and acceptance, as an expression of identity and individuality, rebellion against their parents’ values, or as a part of a traditional rite of passage for their cultural group.

You’ll see lots of people, young and old, with body-piercings and tattoos. Even if you have mixed feelings, it might help to know that many people feel OK about them – or don’t even notice them.

There are some other things that are worth thinking about before getting a tattoo or body-piercing. These include: caring for the piercing or tattoo in the first weeks or months while it heals, cost, pain and difficulty of getting a tattoo removed, implications for future employment – For example, facial tattoos or piercing may not be acceptable, potential regrets if the tattoo is of a boyfriend or girlfriend’s name, infection, serious infectious diseases such as hepatitis C and HIV, allergic reactions, and thick scars called keloids. [http://raisingchildren.net.au/articles/tattoos\\_body\\_piercings.html](http://raisingchildren.net.au/articles/tattoos_body_piercings.html)

# Sexual Health



**Sexual Health-** Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. [http://www.who.int/topics/sexual\\_health/en/](http://www.who.int/topics/sexual_health/en/)

**Sexually Transmitted Diseases (STDs)-** STDs are diseases that are passed from one person to another through sexual contact. These include Chlamydia, Gonorrhea, Genital Herpes, Human Papillomavirus (HPV), Syphilis, and HIV. Many of these STDs do not show symptoms for a long time, but they can still be harmful and passed on during sex. <http://www.cdc.gov/std/life-stages-populations/stdfact-teens.htm>

Doctors recommend that males and females between the ages of 9 and 26 get vaccinated against **Human Papillomavirus (HPV)**, a common infection that is one of the leading causes of cervical cancer.

**Birth Control-** All women and men can have control over when, and if, they become parents. Making choices about birth control, or contraception, isn't easy. There are many things to think about. To get started, learn about birth control methods you or your partner can use to prevent pregnancy. You can also talk with your doctor about the choices.

Different types of birth control include: abstinence, condoms, oral contraceptives, patch, shot, vaginal ring, and IUD to name a few.

## **Pregnancy-**

Signs and symptoms:

|                                 |                           |
|---------------------------------|---------------------------|
| Nausea with or without vomiting | Fatigue                   |
| Frequent urination              | Headaches                 |
| Backaches                       | Cramping                  |
| Cravings or food aversions      | Constipation and bloating |
| Shortness of breath             | Mood swings               |
| Elevated body temperature       | Dizziness                 |
| Late or no period               | Positive pregnancy test   |

*If you or someone you know become pregnant at any time, Portage County offers many agencies to help assist in this time of need.*

### **Coleman Pregnancy Center and Infant Clothing**

5982 Rhodes Rd. Kent, Ohio 44240 | 330-839-9919

### **First Step Pregnancy & Family Support Program**

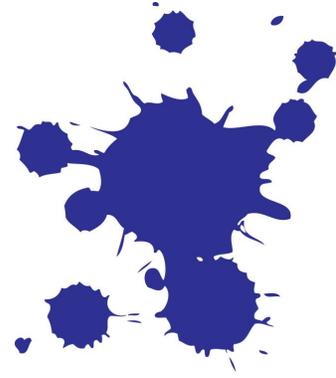
206 W Main St. Ravenna, Ohio 44266 | 330-297-7745

### **Planned Parenthood**

138 E Main St. 2nd Floor, Kent, Ohio 44240 | 330-678-8011

# Resources for New Moms & Dads

Becoming a new parent can be a difficult and challenging time for anyone, especially teens and young adults. A number of programs in our community help address the specific needs and concerns teens and young adults may face as new parents.



**Adoption-** An unexpected teen pregnancy can create a very emotional time. Deciding how to handle a teen pregnancy, and what choice will be best for you and your baby is difficult. It is important that adoption may be an option.

**Safe Havens-** Not all women who get pregnant are ready to raise a child. Sometimes they see no options except to abandon the baby. Safe Havens provide a new option. It allows a birth parent to leave an infant (up to 30 days old) with a medical worker in a hospital, fire department or other emergency service organization, or a peace officer at a law enforcement agency. This law provides protection from prosecution only for the child's parents. <http://jfs.ohio.gov/safehavens/index.stm>

## Resources

### **Child Support Enforcement Agency**

209 S. Chestnut St. #203, Ravenna, Ohio 44266 | 330-297-3791

### **Coleman Pregnancy Center and Infant Clothing**

5982 Rhodes Rd. Kent, Ohio 44240 | 330-839-9919

### **Help Me Grow**

705 Oakwood St. Ste. 221 Ravenna Ohio, 44266 | 330-298-4545

### **First Step Center for Family Support**

206 W Main St. Ravenna, Ohio 44266 | 330-297-7745

### **Passages**

122 N Prospect St. Ravenna, Ohio 44266 | 330-296-3237

### **Place of Peace Center**

705 Oakwood St. Ste. 122 Ravenna, Ohio 44266 | 330-296-4522

### **Public Assistance Programs**

449 S. Meridian St. 2nd Floor, Ravenna, Ohio 44266 | 330-297-3750

### **Portage-Summit Diaper Bank**

PO Box 805 Kent, Ohio 44240 | 330-283-8120

### **WIC Program**

449 S Meridian St., 1st Floor, Ravenna, Ohio | 330-297-9422

# Non-Traditional Living Arrangements

**LGBT-** Millions of children have one or more gay and/or lesbian parents. For some children, having a gay or lesbian parent is not a big deal. Others may find it hard to have a family that is different from most families. Being different in any way can be confusing, frustrating, and even scary. But what really matters is that children can talk to their parents about how they feel and that there is love and support in the family. <https://www.healthychildren.org/English/family-life/family-dynamics/types-of-families/Pages/Gay-and-Lesbian-Parents.aspx>

**Kinship Care**– Kinship Care refers to a temporary or permanent arrangement in which a relative or any non-relative adult who has a long-standing relationship or bond with the child and/or family, has taken over the full-time, substitute care of a child whose parents are unable or unwilling to do so. [https://jfs.ohio.gov/ocf/kinship\\_care.stm](https://jfs.ohio.gov/ocf/kinship_care.stm)

**Foster Care**– When children cannot safely remain in their own homes, they are placed in temporary living situations called foster care. Foster parents care for children until a court decides that they can return home safely or that they should be placed with adoptive parents or legal guardians. Most children return to their parents or another relative within a year, but sometimes it takes longer. <https://jfs.ohio.gov/ocf/fostercarelicensing.stm>

**Parents in Prison**– Having a parent in prison may affect a teen or young adult’s mental health, social behavior, and education. Children of incarcerated parents may also face a number of other challenging circumstances. They may have experienced trauma related to their parent’s arrest or experiences leading up to it, financial difficulty and uncertainty of the future.

If you are under the age of 18 and want to visit your parent in prison or jail, you must have permission from your legal guardian and be accompanied by an adult.

# Rights & Responsibilities



You have the right to fair and equal treatment free from any judgment based on the color of your skin, appearance, nationality, sexual orientation, religion, or disability. Knowing your rights is important, but with each right comes responsibilities to society; maintaining honesty, respecting others, and respecting the law.

**Student Rights**– As a student, you have specific rights: the right to an education, the right to a free education through high school, the right to a due process of law, and the right to free speech. There are also limitations to your rights: your locker and book bag, while on school grounds, can both be searched at any time without notice if they have reason to suspect you have illegal or banned objects or substances.

**Curfew**– Curfew laws control the hours when those under 18 can and can't be in public places, such as sidewalks and parks. After curfew, those under 18 must be accompanied by a parent, legal guardian, or other responsible adult. Although curfews may vary in each neighborhood, curfews are based on age. The older you are, the later you are permitted to stay out. Under age 14– no later than 9 PM; Age 14-15 no later than 11 PM; Age 16-17 no later than 12 AM.

**Driving**– In Ohio you must be 15 1/2 years old to obtain a temporary driver's permit, and at least 16 before you are able to obtain a driver's license. If you are under 17, you may not drive with more than 1 non-relative at a time in addition to specific times you may drive.

**Texting and driving in Ohio is ILLEGAL!**

# Money Management



**Financial Literacy**– In your lifetime, you will spend, borrow and loan money. Financial literacy means understanding the benefits and detriments of each, and recognizing what options are available in any given situation.

**Saving**– The sooner you start saving money the better. There are many reasons to save: paying bills, going to college, buying a car, retirement, etc.

As you go out on your own, begin building a savings account by creating a monthly budget, laying out specific amounts of money available to spend, and a specific amount to deposit into savings.

**Spending**– the key to becoming financially literate is smart savings and spending. When making a purchase, decide whether the item is needed or wanted. Can you put off buying this item? Will the purchased item cause more harm than good (debt, etc.)? Buy the items you need and save for the items you want!

**Credit**– Credit cards, car and home loans is money someone is willing to loan you in exchange for your promise to pay it back with interest. As a result, when you borrow money to pay for an item, you end up paying more than if you had paid for the item yourself.

Once you begin borrowing money, you will develop a credit report, which is a history of how well you have managed paying your bills. Having good credit shows you can pay your bills on time and will help you get more credit at a lower interest rate. Bad credit results in fewer people willing to lend you money and higher interest rates. You must be 18 or older to borrow money.

# Social Activities



**Community Libraries**– Visit your local library to utilize resources, find volunteer opportunities, become involved in events, and network with those in your community!

**Aurora Memorial Library**

115 E Pioneer Trail Aurora, Ohio 44202 | 330-562-6502

**Brimfield Library**

4604 St Rt 43 Kent, Ohio 44240 | 330-677-5082

**Deerfield Computer Lab**

1450 St Rt 14 Deerfield, Ohio 44411 | 330-557-6032

**Garrettsville Library**

10482 South St. Garrettsville, Ohio 44231 | 330-527-4378

**Kent Free Library**

312 W Main St. Kent, Ohio 44240 | 330-673-4414

**Pierce Streetsboro Library**

8990 Kirby Lane Streetsboro, Ohio 44241 | 330-626-4458

**Randolph Library**

1639 St Rt 44 Randolph, Ohio 44265 | 330-325-7003

**Reed Memorial Library**

167 E Main St. Ravenna, Ohio 44266 | 330-296-2827

**Windham Library**

9005 Wilverne Dr. Windham, Ohio 44288 | 330-326-3145

**Recreation**– Contact your local Parks & Recreation Departments to engage in local community activities and to participate in educational programs and partnerships.

**Brimfield Park & Recreation**

1333 Tallmadge Rd. Kent, Ohio 44240 | 330-678-0739, ext 10

**City of Aurora Parks & Recreation**

129 W Pioneer Trail Aurora, Ohio 44202 | 330-562-4333

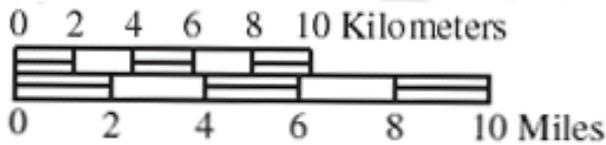
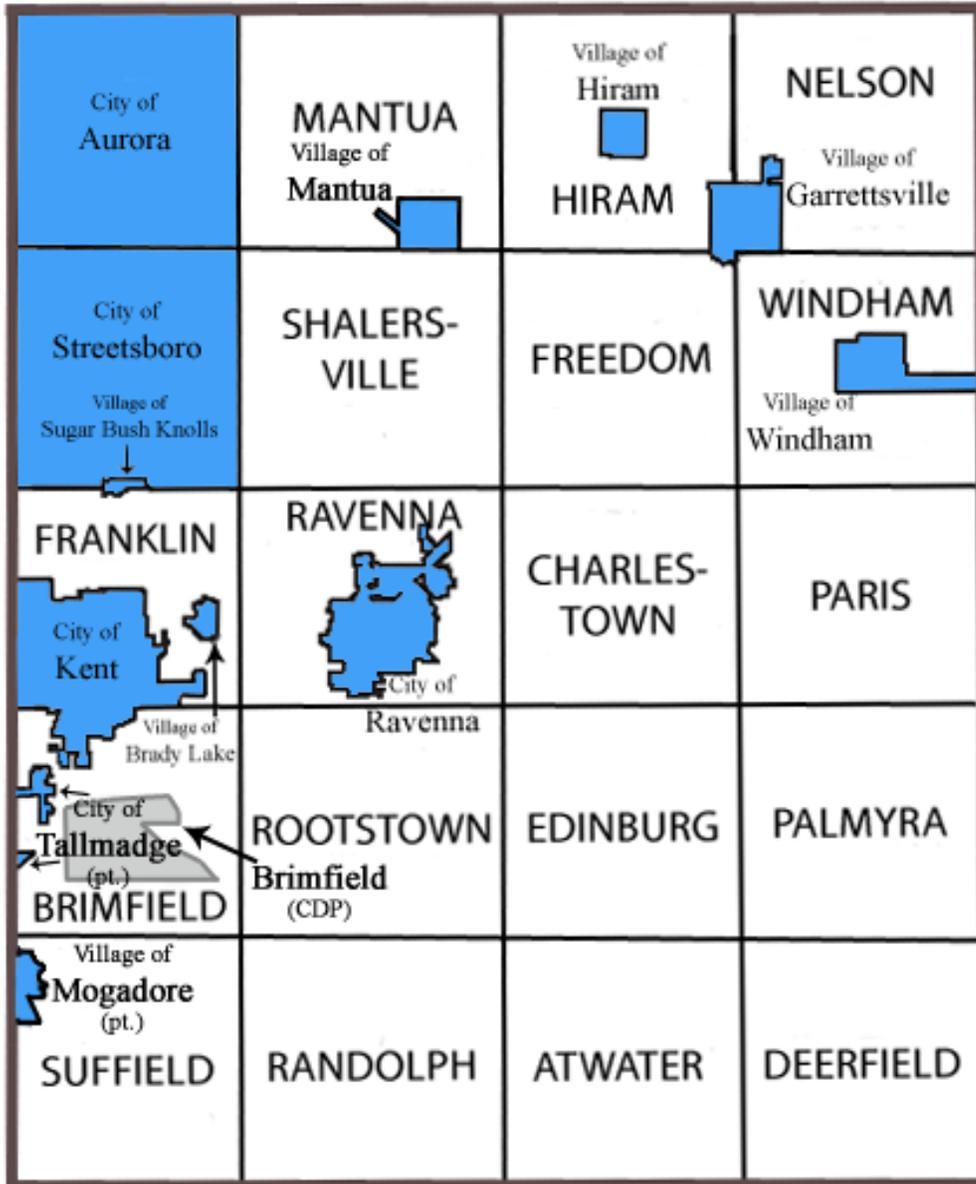
**City of Ravenna Parks & Recreation**

530 N Freedom St. Ravenna, Ohio 44266 | 330-296-2864

**City of Streetsboro Parks & Recreation**

9184 St Rt 43 Streetsboro, Ohio 44241 | 330-626-3802

# Portage County Cities & Towns



# Thank You!

We hope this guide may be of assistance to you. If you have any questions or are in need of further assistance, please contact OhioMeansJobs Portage County at 330-296-2841

## **Portage County Job & Family Services**

CARES Children/Adult Protective Services

330-296-2273

Child Support Enforcement Agency

330-297-3791

OhioMeansJobs Portage County

330-296-2841

Public Assistance Programs

330-297-3750

Developed by:



A proud partner of the American Job Center network



Job & Family Services

Created 5/16

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Job & Family Services

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