

IT'S TIME WE TALK

Connecting the community through a series of discussions and events promoting emotional well-being

January - June 2019

CALENDAR OF EVENTS

JANUARY **EXAM CRAM** Wellness/stress-busting activities for our high school students featuring
1/22 - 1/24 Yoga Breaks, Cookies, Pizza, Therapy Dog visits, Virtual Reality break.

1/27 **KICK-OFF EVENT** featuring Barbara Van Dahlen, Ph.D., Change Direction • 2-4pm
Barbara Van Dahlen, Ph.D., is the president and founder of *Give an Hour*™ an organization of mental health professionals who provide free services to U.S. troops, veterans, their loved ones, and their communities. *Give an Hour* also leads the **Campaign to Change Direction**®, a global initiative focused on changing the culture of mental health.

FEBRUARY **AWARDS CEREMONY FOR EAST BAY POSTER & VIDEO CONTEST** • 2:00pm

2/17 Members of the East Bay community have used their artistic skills to create original posters and videos that educate about mental health and substance use disorder. Join us in the Jennifer English Gallery as we unveil the artwork and honor the artists who have participated. Posters and videos will be on display.

2/28 **INTRODUCTION TO VIRTUAL REALITY MEDITATION** • 2:00-3:30 & 6:30-8:00pm

2/14 - 3/21 **CHRONIC PAIN SELF-MANAGEMENT PROGRAM, *Own Your Health*** • Thurs., 9:30-12pm
Own Your Own Health Empowers YOU to take charge of your own health by joining a program proven to work. No cost. *Registration Required - Visit barringtonlibrary.org
Informational Session 2/7, 10:00-11:00am

MARCH **IT'S TIME TO TALK ABOUT TECHNOLOGY SERIES** Jordyn Hagar • 3/7 & 3/14, 7:00 - 8:00pm

3/7, 3/14, 3/28 3/28, 6:00 - 8:00pm. Children and adolescents are exposed to and use technology and electronic devices at home, in school, and in their social environment at an unprecedented rate. This exposure has impacts on their brain development as well as their social emotional development. Come learn about those impacts as well as how to address these in this three-part series. * *Bring your children to the third session and they can learn alongside you about the impact technology has on their own brain and how they can make smart technology decisions. Elementary ages 6-6:45, Adolescents 7-7:45.*

3/20 **INTO THE LIGHT Film** • 6:30pm

The film focuses on Brendan O'Toole, a former Marine, and his struggle to assimilate back into society after returning from war and Dr. Barbara Van Dahlen, founder of *Give an Hour*, as she realizes that she needs to share her own story. Discussion following film moderated by Diane Block, PhD, Director of Quality and Patient Experience at Butler Hospital.

3/23 **NALOXONE TRAINING** • 2:00-4:00pm

Laurie MacDougall - Learn how to administer Naloxone to reverse an overdose of opioids

APRIL **MENTAL HEALTH FIRST AID FOR ADULTS** • 9am-1pm (2 four-hour sessions)

4/6 & 4/13 This training by Bradley Hospital/Lifespan gives anyone the skills to help an adult who is developing mental health problem or experiencing a mental health crisis. It will include a new supplement on opioid medication awareness. Visit barringtonlibrary.org to register.

4/11 **ADDICTION NOVA Documentary Screening and Discussion** • 6:30-8:00pm

Hear firsthand from individuals struggling with addiction and follow the cutting-edge work of doctors and scientists as they investigate why addiction is not a moral failing, but a chronic, treatable medical condition. Discussion following the film will be led by Tommy Joyce of The East Bay Recovery Center.

► All events are free!

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- APRIL**
- 4/17 INSIDE OUT** • 2-4pm (Pixar, 2015) *Inside Out* is a 3D computer-animated comedy-drama set in the mind of a young girl where five personified emotions—Joy, Sadness, Anger, Fear, and Disgust try to lead her through life as she adjusts to new surroundings after moving.
- 4/27 DRUG TAKE BACK EVENT** • 10am–2pm, *Barrington Police Station*
Sponsored by the US Drug Enforcement Agency (DEA) and supported by the Barrington Police Department and the BAY Team, drop off any unused/unwanted medications.
- 4/28 RI NATIONAL ASSOCIATION OF MENTAL ILLNESS (NAMI)/THE DEVELOPMENTS**
followed by **PHARMACISTS TEACH** • 2-4pm
A program for parents, teens, and other community members by RI National Association of Mental Illness coincides with a performance by the band THE DEVELOPMENTS for teens. Pharmacists Teach®, a CVS sponsored program for both adults and teens follows. 10-\$10 gift certificate door prizes available. Pharmacists Teach® brings local pharmacists to the community to talk about a variety of health topics.
- MAY**
- 5/2 HUMAN LIBRARY** • 6:30-8:30pm
It is a library of human beings, individuals, that each represent a group in the community that are somehow exposed to stigma, prejudice and/or discrimination. The Human Library™ aims to establish a safe conversational space, where difficult questions are expected, appreciated and hopefully answered by the Human Book on loan.
- 5/5 FOUR LEGS TO STAND ON *Therapeutic Theatre*** • 2-4pm
A modern American story which exposes the secrecy that shrouds the topic of addiction. Opening up to this problem and highlighting the importance of support and family are the goal and the hope. Additionally sponsored by CODAC.
- 5/9 LISTENING WITH THE HEART** Greg Knight • 6:30-8:00pm
How Compassion Builds Trust in Relationships. Compassion is an essential ingredient for growing relationships. When we learn to listen with compassion—with openness, sensitivity and without an agenda—we build trust, are more understanding of other people's experiences, and deepen our relationships. This will be an interactive class, with meditation, talk, discussion, and experiential exercises done together.
- 5/15 & 5/16 YOUTH MENTAL HEALTH FIRST AID** • 2:30-6:30pm (2 four-hour sessions) This training by Bradley Hospital/Lifespan gives anyone the key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. Timed so that educators can come after they finish work. Visit barringtonlibrary.org to register.
- 5/23 DREAMLAND BOOK DISCUSSION** • 6:30-8:30pm
In 1929, in the blue-collar city of Portsmouth, Ohio, a company built a swimming pool the size of a football field; named Dreamland, it became the vital center of the community. Now, addiction has devastated Portsmouth, as it has hundreds of small rural towns and suburbs across America—addiction like no other the country has ever faced. How that happened is the riveting story of *Dreamland: The True Tale of America's Opiate Epidemic* by Sam Quinones. Join us for a discussion with an author Skyped interview on this timely topic. Free copies of the book are available at the Barrington Public Library Reference Desks while supplies last. Visit barringtonlibrary.org to register.
- 5/29 COLUMBIA SUICIDE SCREENING TRAINING** • 2:30-5:30pm
A training program addressing teen suicide run by Bradley Hospital clinicians. The Columbia Protocol, also known as the Columbia-Suicide Severity Rating Scale (C-SSRS), supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. Open to anyone who wants to know more about suicide. Visit barringtonlibrary.org to register.
- JUNE**
- 6/13 SUICIDE: THE RIPPLE EFFECT** • 6:00-8:30pm *Suicide: The Ripple Effect* is a feature length documentary film and movement, currently in production, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal & stay alive. Discussion following film.

know the five signs



#ChangeMentalHealth
visit
www.changedirection.org