



October 2025

IMPORTANT DATES

October 4-11-18
CCRT Training

October 9
MHRS BOARD OF
DIRECTORS MEETING

October 13
Office Closed

October 20-24
CIT Academy

Hayrides, Hot
Cider & Hope:
Wrapping Up
October Together



Muskingum Area Mental Health & Recovery Services Board

As October winds down, I can't help but smile at all the ways our communities have come together this month. From trunk-or-treats tucked into church parking lots to hayrides bouncing across fields, from bonfires that lit up the night sky to neighbors sharing cider and stories—it's been a month filled with connection. And that's the real heart of fall in rural Ohio. These aren't just "nice little events" to fill a calendar. They're the lifeblood of community. A trunk-or-treat isn't just candy—it's a safe space where kids and parents feel welcome. A hayride isn't just a wagon—its memories stitched together with laughter. A bonfire isn't just smoke and sparks—it's a reminder that even on the coldest nights, we can gather warmth from one another. As we head into the shorter days and colder months, the lesson from October is clear: connection is prevention. When we come together for something as simple as cider and conversation, we're doing more than making memories—we're building protective factors against stress, loneliness, and isolation. In rural communities, where stigma and distance can make help harder to reach, these small acts of showing up matter more than ever. So, as the pumpkins fade and the costumes get packed away, let's carry October's spirit forward. Keep reaching out to your neighbors. Keep lifting up the positive choices our youth are making. Keep showing first responders, teachers, and parents that they don't have to shoulder the weight alone. Because prevention isn't just a box we check -it's a way of life, woven into how we care for one another every day. And if October taught us anything, it's that when we gather—whether around a fire, a wagon of hay, or a bag of candy (except candy corn-blech!)—we find the strength to face whatever comes next

-Jamie McGrew

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SUICIDE
& CRISIS
LIFELINE

