



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

Pumpkin Spice &
Prevention:
October's Blend
of Mental Health
& Hope



Muskingum Area Mental Health & Recovery Services Board

October packs a double punch when it comes to awareness. We've got World Mental Health Day (October 10th) and National Youth Substance Use Prevention Month all rolled into the same thirty-one days. That's like the pumpkin spice latte of prevention—two big flavors blended together, both worth celebrating.

World Mental Health Day is more than just another day with a hashtag. It's a reminder that our minds deserve the same care and attention as the rest of our bodies. We'd never tell someone with a broken leg to "just walk it off," right? So why do we sometimes tell people with anxiety or depression to "just get over it"? Mental health is health—period. And the stronger we are in this area, the more resilient our families, schools, and communities become.

Then there's Youth Substance Use Prevention Month. This one matters because young people are navigating a world full of stressors, peer pressure, and mixed messages. Prevention isn't about lectures or scare tactics—it's about equipping youth with real tools: how to manage stress, how to set boundaries, and how to find healthier outlets. The truth is, most kids are already making great choices—choosing sports, art, music, and connection over substances. Our job is to cheer them on and keep building environments where those choices are easier.

And let's not forget the adults in the room—especially our first responders. They carry heavy loads, and their wellness directly impacts the wellness of everyone else. Supporting their mental health isn't optional; it's essential. When they have space to breathe, rest, and reset, they can keep showing up strong for all of us.

This month, let's keep it simple:

- Ask a teen in your life how they really are (and listen for the real answer).
- Say "thank you" to a first responder—bonus points if you bring them coffee.
- Remind yourself that "progress is better than perfection" (yes, even if your to-do list looks like a CVS receipt).

The bottom line? Prevention starts with connection. A conversation. A check-in. A shared laugh. Together, we can build a culture where hope and resilience grow—and maybe even enjoy a pumpkin spice latte with extra cinnamon while we're at it.

-Jamie McGrew

988
SUICIDE
& CRISIS
LIFELINE

