

Brain Teaser

1) At the billiard hall there are 3 pool tables. The first is set up to play 7-Ball, the second is set up to play 8-Ball and the third is set up to play 9-Ball.

What is the total number of balls on the 3 tables?

2) Two kids were running as hard as they could. They averaged 6 miles per hour and then had to rest. On the way back, they averaged only 4 miles per hour for the same distance.

Not counting the resting time, what was their average speed?
(Hint: It's not 5 miles per hour)

Remember, email or submit your answer to Mark Woods (woodsm@yhrc.org) and you will be entered into a prize drawing at the end of the year!

Winners so far this year: (multiple entries is OK)
J. Fishburn (YHRC) (x2), M. Haynes (YHRC), Georgia Taylor (YHRC Board), Jeff Styer (Transitions Plus), Joi Hemphill (WC Juvenile Court)

upcoming events & announcements

Love's Cradle

YHRC's grant program from Wayne County Children's Trust Fund, focusing on relationship enhancement and skill building will start February 26 at 5:00 at Gault Family Learning Center - call for details. Love's Cradle is designed to promote healthy relationships between couples who are raising young children.



Coping with Job Loss

YHRC recently completed services under a contract with Wayne County Department of Job and Family Services to address the needs of dislocated workers from Orrville-area employers. The program was designed to run as two, 2-hour sessions with groups but is able to be scaled back to work with individuals or to fit smaller timeframes. Mark Woods is coordinating this program, which has been recruited by Community Action Wayne Medina for their February inservice training program for those involved with Head Start. The program will also be presented at the University of Akron Wayne College *Stressfest* (February 25 at 11:00 in the community room). Other local companies have contracted with YHRC to provide this program during staff layoffs. If you are interested in the program, please contact Mark at 330.264.9597 or woodsm@yhrc.org.

FIAT Mall - Fundraising while you shop (and it helps kids)!

Check out visitourmall.com/FIAT for more details!

GUIDING INTO



THE FUTURE

CompassRose

QUARTERLY NEWSLETTER OF YOUR HUMAN RESOURCE CENTER

this issue

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tobacco times

Two noteworthy mentions in the world of tobacco control occurred recently: 1) the President signed the SCHIP bill into affect - funding health insurance for children with a \$0.62 per-pack tax increase on cigarettes nationwide and 2) the judge residing over American Legacy's lawsuit with the Tobacco Prevention Foundation ruled that while the foundation didn't have the right to try to hide the money from the Governor, neither did the Governor have the right to raid the fund.

tight times - tips for coping by mark woods, mppm, msw, lsw

First, we need to acknowledge that 1) times are tough - financially and otherwise - for **everyone**. That's right - everyone - including your "lazy boss," the "goody two shoes" at church and probably even your swanky banker - is finding it difficult to try to do more with less. Admitting that we "have a problem" but that we aren't the only ones dealing with this stress right now will help alleviate some of the tension and pressure. Without going into too much detail, folks all around us are dealing with job loss, foreclosures or ballooning mortgages and other financial ills.

These situations may cause vastly different problems for each of us - worry, nervousness, anger, confusion, lack of concentration, sleep problems and more. Summing it up, these tight times cause anxiety - which affects our emotions, behavior and can produce physical symptoms. There are some basic skills a therapist might recommend for dealing with an anxiety disorder that can be applied to the frenzy the economy and its related problems has put us in. (cont. pg. 3)

key services are maintained throughout the system.

We have begun partnering with other agencies to help reduce overall operating expenses. The Counseling Center and Your Human Resource Center have entered into an affiliation agreement and will explore ways of reducing costs through such methods as the sharing of office space in our satellite offices as well as sharing staff expertise.

Your Human Resource Center will also look toward partnering with other agencies where it may be feasible to reduce costs through the sharing of resources.

The Board and staff at Your Human Resource Center remain committed to our mission of providing quality substance abuse and mental health services to the residents of Wayne and Holmes Counties. We will work closely with our granting partners to try to ensure that other ongoing services remain intact.

Our goal is to maintain our current staff and to continue providing the quality of service to our clients that the two-county area has come to expect. I am asking the help of our Board and staff, the Mental Health and Recovery Board and partner agencies to ensure the well-being of our clients throughout this recession. As with other times of economic turmoil if we work together we shall persevere.



family solutions

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director's report

by robert zeh, phd

As you are all aware, the country is in the throws of a recession. Unfortunately, the impact is now being felt in Wayne and Holmes Counties. We at Your Human Resource Center will make every effort to continue quality services through the duration of this session and to work diligently with the Mental Health & Recovery Board and our partner agencies to ensure that no client in the county goes unserved. Our goal is to ensure that

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"Family Solutions"

your human resource center

2587 Back Orrville Road
Wooster, Ohio 44691
330.264.9597
800.721.YHRC (toll free)
330.264.0946 (fax)
yhrc@yhrc.org (email)

186 West Jackson Street
Millersburg, Ohio 44654
330.674.4608
330.674.7757 (fax)
www.yhrc.org (website)

51 North Main Street
Rittman, Ohio 44270
330.927.2244
330.927.2255 (fax)

119 East Market Street
Orrville, Ohio 44667
330.682.4800
330.682.3798 (fax)

Program and Capital Campaign Your contribution is tax deductible! Want a receipt?

Your Human Resource Center Project: Parking Lot Intervention As Needed

Amount \$ _____ payment: one time semi-annual quarterly monthly

Paying by: Check Cash MasterCard Visa

Account # _____ Expires _____ Name on Card _____

Signature _____

Full Name _____

Address _____

City _____ State _____ Zip _____

Daytime phone _____

Please send gift to: Your Human Resource Center, c/o Kevin Bowen,
2587 Back Orrville Road, Wooster, Ohio 44691



between the lines

For our 1st Annual fundraiser event we selected Joel Penton as the guest speaker. Joel will be delivering his message:

“REfocus.” Joel suggests that

WE ALL DEAL WITH ADVERSITY

and that sooner or later, each of us will face trials. In these difficult times, he asserts we are faced with just 3 options: **surrender, survival** or **significance**.

He also states that

WE ARE ALL FOCUSED ON SOMETHING

but that the important question is on what we are focused. He suggests that sometimes we are so focused on our adverse circumstances that we adapt a mentality of **surrender** and completely give up. Other times, we choose the mentality of **survival** and do just enough to get by.

Joel' solution, then, is that

WE ALL NEED TO “REFOCUS.”

He suggests that it is in these times of trial that we need to “refocus “ not on our circumstances, but on the special opportunities that our circumstances present. When we refocus, we can truly live a life of **significance**.

To hear more of Joel's message, meet him and bid on Buckeye gear, call to get your tickets so you can join us!

YHRC's First Annual Sports Banquet & Auction

March 5, 2009

5:00 PM

Memories Party & Conference Center

5pm—hors d'oeuvres & beverages, peruse live auction items, bid on Chinese auction items & purchase 50/50 drawing tickets.

6pm—Joel Penton speaks

6:30pm—Dinner (salad, BBQ & oven-fried chicken and herb-roasted potatoes) *vegetarian available

7:15pm—Live Auction

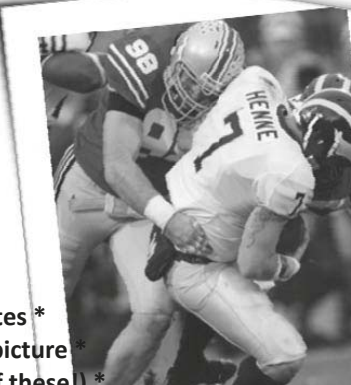
Featuring: Joel Penton

Joel is a 2006 graduate of The Ohio State University and former defensive tackle for the Buckeye football team. He was a Member of 3 Big Ten and 1 national championship teams.

In 2006, Joel received the Danny Wuerffel Trophy, also known as the “Humanitarian Heisman” because it recognizes the nation’s college football player who best combines exemplary community service with athletic and academic achievement.

All proceeds of this event will be used to continue to provide youth and community programs in Wayne and Holmes Counties.

For more information about YHRC, check out our website at www.yhrc.org.



Chinese Auction

* baking basket from Beuhler's * COSI gift certificates *

* Indians T-Shirt with Franklin Gutierrez autographed picture *

* 1-day package from Snow Trails * OSU camp chair (2 of these!) *

* OSU 18-can cooler with 2 OSU T-Shirts * 1-year membership to Bucknuts.com (2!) *

* 2 Browns T-Shirts, eco-bag and hat autographed by Jamal Lewis *

* 4 club seats to a Lake Erie Monsters game of choice * AND MORE!!!

Live Auction

* **The Winners Manual** book autographed by Jim Tressel - Joel Penton will autograph too *

* autographed OSU T-Shirts (by players revealed the night of the event) - 2 of these! *

* AJ Hawk autographed OSU pictures (2) *

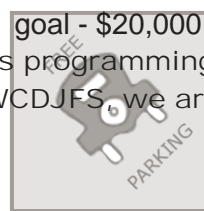
* Bobby Carpenter autographed OSU picture and Dallas Cowboy mini helmet *

* LeBron James autographed basketball * More surprises revealed at the event!

To purchase tickets (\$35/each) or to help sponsor the event, please contact YHRC at 330.264.9597 or 800.721.YHRC

parking lot progress

Thanks to job-loss programming with local businesses and WCDJFS, we are getting closer!



*\$12,900



(continued from pg. 1)

1. Ignore Your Brain - The fear system of our brains (limbic system) reacts to situations like a caveman and will cause us to act with panic rather than with patience and a plan. Reminding our brains that we want to make decisions rather than flights of fancy or panic will help. So, how do you ignore your brain?

2. Distract Yourself - Shifting focus, getting involved, or simply finding something new to do can give your brain (and the rest of you) time to calm down, appraise the situation and make concrete, unemotional plans and decisions.

3. Give Up What You Can't Control - We get feeling pretty uncomfortable when we are out of control - it's a basic component of our human psychology. Want proof - how do you feel when you are watching television and your spouse, friend or partner is the one with the remote? Unfortunately, most of us are not in any position to impact our current economic situation - and what's worse is - neither may be those that we expect to be. The very nature of a recession means a “trickling down” effect and this means your boss may not know today if you will be laid off or not, your accountant is even less good at predicting the movement of your stocks and our elected leaders are trying to address a million (or 800 billion) problems all at once. Admitting that we're not

in control can be liberating. I use the example of a raging bull - you can't stop it so you really only have 2 choices - forget your plans and move out of the way - - or - - enjoy your new piercing!

4. Plan Ahead - and the “B” Word - Lack of planning may be the biggest cause of stress in any of our lives. When we talk about major stressors in our lives it is usually things like medical problems, car trouble or a faulty water heater. These creep up on us and attack with a vengeance. We are so dependent on a few specific things in life that we fall apart when they fail. Setting aside funds to take care of these surprise events will alleviate fears and stress.

Planning ahead also means being realistic about the type of spender we tend to be - and protecting against ourselves. If we are able to handle risk, these can be times to leave investments where they are and grit our teeth. If we get more anxious, it may be prudent to move funds, savings, plans and desires into more stable prospects - like more training or education for ourselves.

Recognize that BUDGETS are just a plan for our money. We wouldn't get anxious about making a vacation itinerary or shopping around before buying a car or house, but we treat the daily dealings with our money

differently and allow anxiety to take over. A budget of 2 - 3 months at a time (no more than that) gives us a roadmap to follow when times get tight. We order the budget in terms of needs and wants and then follow as our financial situation allows.

5. Unplug - Watching the news, stock market ticker or listening to talk radio will cause you to be inundated with the anxiety and fears of the whole country - that is way more than your fear system can handle and you will likely react with increased anxiety.

6. Take Care of You - you are no good to anyone if you are unhealthy, over-anxious or fretful. According to some financial experts, this is a good time to invest if you can afford it - stocks are down meaning you get more for the same price - deals will surely pick you up. But also with non-financial aspects - get a little greedy. When you are too down to do the things you want is exactly when you should force yourself to do them. Get out and see friends, put your time and energy into a hobby you have been eyeing for some time or go wild at an auction and get all sorts of great sports memorabilia. Now

(hint ←) is also a good time to learn new ways to relax and/or get the professional counseling you have been putting off. Don't panic, make clear decisions and things will work out in the end.

current trends

United Way of Orrville recently awarded YHRC with a \$5000 grant for the FIAT program - these funds will be used to engage Orrville-area youth in the therapeutic riding program at Christian Children's Home and in FIAT's ski club at Snow Trails.

THANK YOU UNITED WAY!

employee recognition

The December employee of the month was **Mindy Theken** for her consistent work at the Millersburg Office. January's employee of the month was **Mark Woods** for writing and conducting the WCDJFS grant for Coping with Job Loss.

Linda Yoder was the employee of the month for her extra effort with transportation in Holmes County.

The **Holmes County Prevention Coalition** was recognized with the Chairman's Award by CADCA.

Midge Roberts is the coordinator of the coalition and went to Washington DC with other coalition leaders to receive the award.

YHRC's newest employee is **Anita Musser**, the WIA Coordinator for Project STAY—stop by and introduce yourself!

Logan Andress, Youth Worker with YHRC's FIAT program is no longer with the agency. We wish Logan the best in his future endeavors.

Keith Waggoner, Senior Youth Worker with the FIAT program is a member of this year's Leadership Orrville class that will graduate in June. **Joe Messner**, Assistant Director is a past graduate of the Leadership Wooster program (as are **Angie Giltner**, Coordinator of Intervention Services and **Beth McCready**, Prevention Services Supervisor) and he is on this year's steering committee.