



August Newsletter

Recovery In Action

BY JOLENE YARD

I was raised by a very abusive, drug-addicted mother where I endured the majority of my trauma. At age 4 my innocence was taken from me and to no surprise I began using drugs by age 12. At age 15 I was finally taken away from my abusive mother and made a ward of the state where I was sent off to girls' school which led me into sobriety. At age 17, I was released from the girls' school and started college, later becoming pregnant and dropping out. At age 23 I became pregnant again, and this time after a very difficult decision I decided to give my daughter up for adoption. That decision led me to become addicted to heroin for the next 5 years. I found myself in an abusive relationship that sent me to prison in 2016 for 2 years as I shot my then boyfriend, trying to protect myself. I was able to maintain sobriety on and off until March of 2020. My younger brother, who I helped raise and was extremely close with, lost his life to addiction which caused me to fall even further into my addiction. In late 2021, I went to visit my brother's gravesite and in that moment, I decided I was going to take my own life. I went to get heroin and a syringe to shoot up for the last time. As I was on my way back to my brother's gravesite to end my life, I fell asleep at the wheel totaling my car. Unbeknownst to me at the time, that accident was what saved my life. With my legal charges, I was sentenced to the Howard County Mental Health Court program. During that time, I was sent to treatment, and connected with a Peer Coach at Turning Point. After 18 months in that program, sobriety, healing and support, I am proud to say that I now have my life back! I am officially enrolled in classes at IU Kokomo for psychology to go back to school to be a therapist, starting later this month! I have been working in recovery services for over a year now and I am a certified peer recovery specialist. I am currently employed at Turning Point as the intake coordinator and I love being able to help people and meet them where they are. Without the love and support I received from those helping me along the way, I would not be where I am today. My journey has led me to see that second chances are possible and that healing can happen. I'm so thankful for the people I have met along the way that have helped me, supported me, loved me, and most importantly believed in me before I knew how to believe in myself. Second chances are possible!



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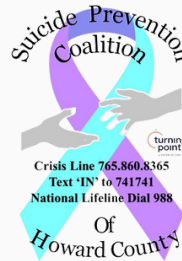
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Program of the Month

Suicide Prevention Coalition

The Suicide Prevention Coalition of Howard County is a growing organization put in place to help stop the rising tide of suicide in our community. While the number of suicide related deaths has skyrocketed not only in our community, but throughout the entire country, our mission is to spread awareness and resources in hopes of making an impact. You are able to find us sharing resources at many local events, especially those aiming towards high risk individuals. Our group also focuses on QPR training, with the goal of helping everyday citizens learn the warning signs of suicidal behaviors and how to get help in critical situations. Anyone interested in this training may contact us for scheduling information. In order to support the Coalition, we will be holding the first annual Walk of Hope on September 10th. Memorial and survivor signs will be lining the path sharing stories of those effected by suicide. Shirts and signs are available to purchase before the event while other goodies will be available on walk day. Register for the walk today and join us as we help raise awareness! Register at: <https://www.surveymonkey.com/r/5BHXQSM>



CEO Report

One serious, lingering result of the COVID-19 pandemic has been the widely-recognized worsening of our mental health crisis. Nearly half a million lives (480,622) were lost to suicide from 2010 to 2020. During the same period, the suicide death rate increased by roughly 12%. Sadly, suicides have been reported to be on the rise over the past year as well—the majority of these deaths were from firearms. This past month, states around the nation have launched the 988 initiative that gives people a simple, "easy to remember" number for the National Suicide Prevention Lifeline. The 988 Suicide and Crisis Lifeline is aiming to be an easier way to request support and care for people going through mental health-related distress or for people who are concerned about a loved one. This is an important step to reducing barriers to accessing care as individuals who engage in suicidal behaviors do so often impulsively. Getting such individuals quickly linked up with a trained crisis provider can make the difference between life saving hope and despair. Turning Point will also continue to offer it's 24/7 crisis support line to assist individuals in need get linked up with treatment, social services, and other helpful resources. Moreover, Turning Point is proud to partner with the Howard County Suicide Awareness and Prevention Coalition. We encourage all to come out and support the Suicide Awareness and Prevention walk coming up on September 10th at 7:30am at the Senior Center located in Foster Park. While suicide is a critical concern, it is something we can make important improvements for screening and referring individuals to appropriate care. We have been fortunate to have 3 mental health counselors join the team and are now taking general community counseling referrals (12 years old and up) as of September 1st. Let's work to be safe together.



Matt

Upcoming

Narcan Training

Join us September 7th from 5:30-6:30 at our REACH Youth building for Narcan training. We welcome youth and parents to come to learn more about harm reduction and how to properly use Narcan. Our REACH building is located at 216 W. Walnut Street. Sign up today on our Facebook page!

National Overdose Awareness Night

National Overdose Awareness Night will be held on August 31st from 6-8pm in Foster Park. This is a free event where food will be provided, along with DJ Pugh to play some tunes. All are welcome to come and help raise awareness and connect as a recovery community!

Suicide Prevention Walk of Hope

The Suicide Prevention Coalition is having their first annual Suicide Walk September 10th in Foster Park at 7:30am. The walk is FREE, so come out and support those who are making difference in our community!

Education Topic

Turning Point SOC is expanding services and is now accepting clients for behavioral health counseling. If you or someone you know is struggling and would benefit from counseling, please reach out to us--we are here to help. To make an appointment, call our 24/7 Rapid Access number below.

Call TODAY (765) 860-8365

Or come in to see us at:
1234 N. Courtland Ave
Kokomo, IN. 46801