

the VOICE

FOR ALL SEASONS' NEWSLETTER

September 2019 Edition

From the Executive Director



This week, we enjoyed seeing best-selling author Kevin Hines speak to our community at a meaningful Channel Marker event sponsored by our agency. In the Year 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. Many factors contributed to his miraculous survival, including a sea lion which kept him afloat until the Coast Guard arrived. Kevin's story of hope, healing, and recovery, while teaching people of all ages the art of wellness and the ability to survive pain with true resilience, touched all of our hearts.

For All Seasons now takes the message to the Mid Shore about how we each can play a role in suicide prevention. **On Friday October 4, we kick off our third annual "No Matter What . . . You Matter" suicide prevention campaign.** I hope you will take time to read below how you can get involved individually with the event or with your business or community organization. This year, I am excited that we are offering Mental Health First Aid trainings in the community as a way to equip us all to better interact with a person experiencing a mental health crisis. Details follow on how to receive training. There is also information below about teen athletes and suicide which may be helpful for anyone dealing with our youth.

Other exciting news this month includes the announcement of two new For All Seasons locations opening – one in Easton on Teal Drive and one in Stevensville on Log Canoe Circle. Both offices will enable us to serve our clients better in Talbot and Queen Anne's counties. Please stop by our open houses at both locations and say hello.

As fall gets into full swing, don't forget to make time to enjoy the fall colors, sip a pumpkin latte or just jump in a pile of leaves with your kids on one of the Eastern Shore's Indian summer days.

As always, if you need professional assistance for any mental health issues you or a family member are experiencing, call 410-822-1018 and we stand ready to help in any way that we can.

All the best for the changing season,

Beth Anne Langrell
Executive Director

No Matter What...You Matter

Campaign Targets Suicide Prevention



Suicide does not discriminate, affecting people of all genders, ages, and ethnicities. Many different factors may contribute to someone making a suicide attempt, depression being one of the lead reasons. According to the National Institute of Mental Health (NIMH), suicide is the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.

This fall, to help create awareness about this community mental health issue, For All Seasons kicks off its 3rd Annual NO MATTER WHAT . . . YOU MATTER Suicide Prevention Campaign the week of October 4 through 12, 2019. The Campaign kicks off on Friday, October 4, 2018, from 5 to 8 p.m., at the Bartlett Pear Inn at 28 South Harrison Street in Easton. The free event will include champagne, hors d'oeuvres and live music. The event is part of the First Friday stroll through the local galleries and shops in Easton and provides the opportunity to learn more about what For All Seasons is doing to help those in crisis. Local artist Josepha Price will create chalk art on Harrison Street as part of the international "Let's chalk about mental health movement (#letschalkaboutmentalhealth)," which aims to raise awareness for suicide prevention and reduce stigma by encouraging the public to write messages of hope in chalk to let others know they are not alone.

[READ MORE](#)

YOU'RE INVITED!

FRI, OCT 4, 5PM – 8PM

@THE BARTLETT PEAR

no matter what...

You Matter

suicide prevention

for all seasons
Behavioral Health & Rape Crisis Center
Restoring Lives. Transforming Communities

[RSVP for our No Matter What...You Matter Kick-off](#)

Friday Oct 4, 5PM-8PM

Our Friday event marks the start of our Shop and Dine week to support suicide prevention. Shop these local stores and businesses and a percentage of sales will be donated to For All Seasons same-day crisis appointments.

SHOP & DINE OCTOBER 5-12 IN EASTON

% OF SALES WILL BE DONATED TO FOR ALL SEASONS SUICIDE PREVENTION WORK

SATURDAY, OCTOBER 5	TUESDAY, OCTOBER 8	THURSDAY, OCTOBER 10
FOREMOST MASSAGE & SPA	DRAGONFLY BOUTIQUE	DAIRY QUEEN
FRUGALICIOUS	CRACKERJACKS	DOC'S DOWNTOWN GRILLE
LA DE DA	EBBTIDE WELLNESS	FOREMOST MASSAGE & SPA
SHABBY CHIC SALON	FRUGALICIOUS	FRUGALICIOUS
SUNDAY, OCTOBER 6	LEVITY	MARC RANDALL
FRUGALICIOUS	THE BBQ JOINT	SHABBY CHIC SALON
SHABBY CHIC SALON	SHABBY CHIC SALON	FRIDAY, OCTOBER 11
MONDAY, OCTOBER 7	WEDNESDAY, OCTOBER 9	FRUGALICIOUS
FOREMOST MASSAGE & SPA	CURLICUE	PRIM SALON
FRUGALICIOUS	FRUGALICIOUS	SHABBY CHIC
HOT OFF THE COALS	HILLS CAFÉ AND JUICE BAR	VINTAGE BOOKS & FINE ART
JUSTAMERE TRADING POST	KRAVE COURTYARD	SATURDAY, OCTOBER 12
SHABBY CHIC SALON	LIZZY DEE	FOREMOST MASSAGE & SPA
<i>Campaign Kick-Off</i> FRIDAY, OCTOBER 4 5-8 P.M. Bartlett Pear Inn 28 S. Harrison St., Easton, MD	MAMA ITALIA	FRUGALICIOUS
	OUT OF THE FIRE	PIAZZA ITALIAN MARKET
	SHABBY CHIC SALON	SHABBY CHIC SALON
	SHEARER THE JEWELER	TRADE WHIMS

CAMPAIGN SPONSORS

A Time to Heal Physical Therapy	Easton Eye Care
Allison Szczukowski	Easton Utilities
Ashley Insurance	Fitness Rx
Avalon Foundation	Hill's Drug Store
Avery Hall Insurance Group	In Memory of Julius H. George, Jr.
Baird Wealth Management	Kevertin Pet Resort
Bartlett Pear	Lorri Wilson Clarke
Bay Imprint	Mid-Shore Community Foundation
Berrier Limited	Old Mill Deli
Chesapeake Culinary Center	Rise Up Coffee
Chuck Mangold Jr., Associate Broker	Talbot County Free Library
Computers of Easton	The BBQ Joint
Diane Flagler	The Star Democrat
Discover Easton	The Trippe Gallery
	WCEI-FM 96.7 & WINX 94.3

Suicide Risks for Teen Athletes

Suicide is the third leading cause of death among student-athletes, ages 15 to 24, according to a blog by The Board of Certification for Athletic Trainers. The topic of suicide among athletes is garnering attention among coaches across the country. Forbes contributor, Bob Cook, writes, "Too many times, experts said, athletes try so hard to project an image of strength that their serious problems — from intimate



partner violence to substance abuse — can go unaddressed.” (forbes.com/sites/bobcook/2019/03/31/with-teen-suicide-rates-soaring-some-high-school-athletes-focus-on-mental-health/)

The period of time between ages 15 and 24 is a time of transition. Young people are dealing with academic and social pressures, acquiring increasing independence and responsibility, and making decisions about important concrete directions in life. At the same time, they are subject to ongoing, changing psychological, and physical processes themselves. Access to significant supporting resources, such as a stable living situation, positive family connections, religious or spiritual connections, success at school, intimate friendships, personal goals, participation in art, sports, extracurricular activities, volunteering, or a part-time job; a structural framework, and economic resources can serve as buffers against the risk factors for suicide. Discussions have become more common about how mental health is tied into an athlete’s physical status – for instance, whether they are injured or not.

The Board of Certification for Athletic Trainers lists the following behaviors among athletes to take note of when determining risk for suicide, such as if a person:

- Speaks about killing themselves
- Expresses a lack of will to live/feeling of hopelessness
- Exhibits increased anxiety, aggression, withdrawal/isolation
- Exhibits increases in substance use
- Gives away possessions
- Shows a significant change of interest in something they previously held a passion for
- Shows signs of depression

For further information, call For All Seasons at 410-822-1018 or visit forallseasonsinc.org.

For All Seasons is on the Move!



Photos above show our new (second) Easton office location

at 8221 Teal Drive, Easton. We have also recently opened our new Stevensville office
at 141 Log Canoe Circle, Stevensville.

Ribbon Cutting invites to follow soon!
Oct 9, 4-5pm Ribbon Cutting, Stevensville
Oct 16, 4-5pm Ribbon Cutting, Easton Teal Drive

Save the Date!



DR. J. STUART ABLON
AUTHOR, CLINICAL PSYCHOLOGIST
FOUNDER AND DIRECTOR OF THINK:KIDS

FREE COMMUNITY PRESENTATION:

CHANGEABLE:

*HOW COLLABORATIVE PROBLEM SOLVING®
CAN HELP ANYONE CHANGE
AT HOME, AT SCHOOL, AND AT WORK*

NOV. 14, 7PM - AVALON THEATER

Thursday, November 14, 7PM

For All Seasons presents, Dr. Stuart Ablon - "Changeable: How Collaborative Problem Solving Can Help Anyone Change at Home, at School, and at Work," at the Avalon Theater in Easton, MD.

For All Seasons Inc. | 410-822-1018 | www.forallseasonsinc.org

