

PORTAGE PATH BEHAVIORAL HEALTH

5K

& Family Fun Run/Walk  
FOR MENTAL HEALTH & ANIMAL RESCUE

The 7th Annual KJ's 5K  
October 1st, 2022

Program & Resource Guide



# Order of Events

## 8:00-8:45 Check-in and same-day registration

- Sign in at the registration tent; t-shirts and race bags at main tent

## 8:50 Brief Opening Remarks

- Dr. Tracy Yaeger, President, Portage Path Behavioral Health
- Animal Charity Proceeds Presentation
- Benediction by Pastor Ben Adams of City Church A/C

## 8:50-9:00 Line up for 5K

- Order from front to back:
  - Runners (with or without dogs)
  - Walkers without dogs
  - Dog Walkers

## 9:00 Start 5K

## 9:30 Start 1-mile Family Fun Run/Walk

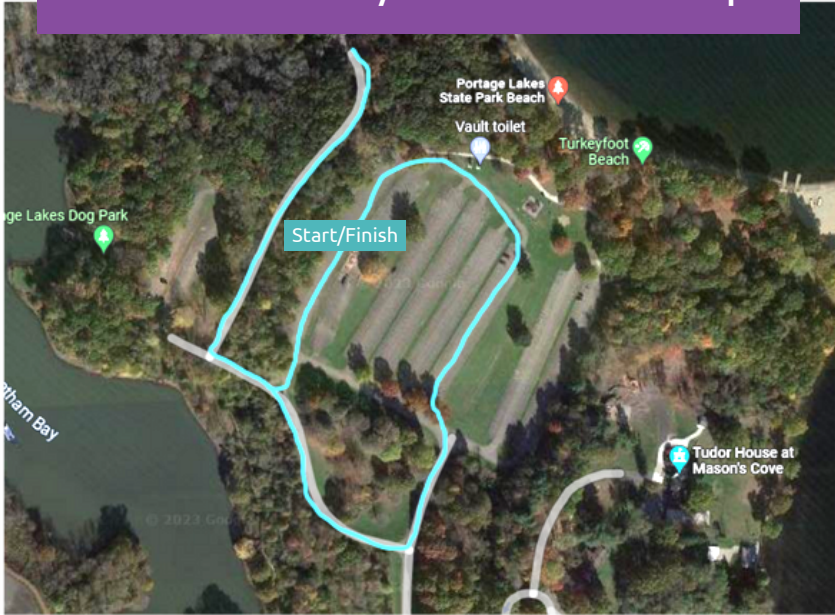
## 10:15 Awards Presentation

- Awards Presented by Tracy Yaeger, PhD
  - Men 1st, 2nd, 3rd place
  - Women 1st, 2nd, 3rd place
  - Youth (6-16) 1st, 2nd, 3rd place
  - Largest Team
  - Fastest Team
  - Most Spirited Team
  - Highest Fundraising team

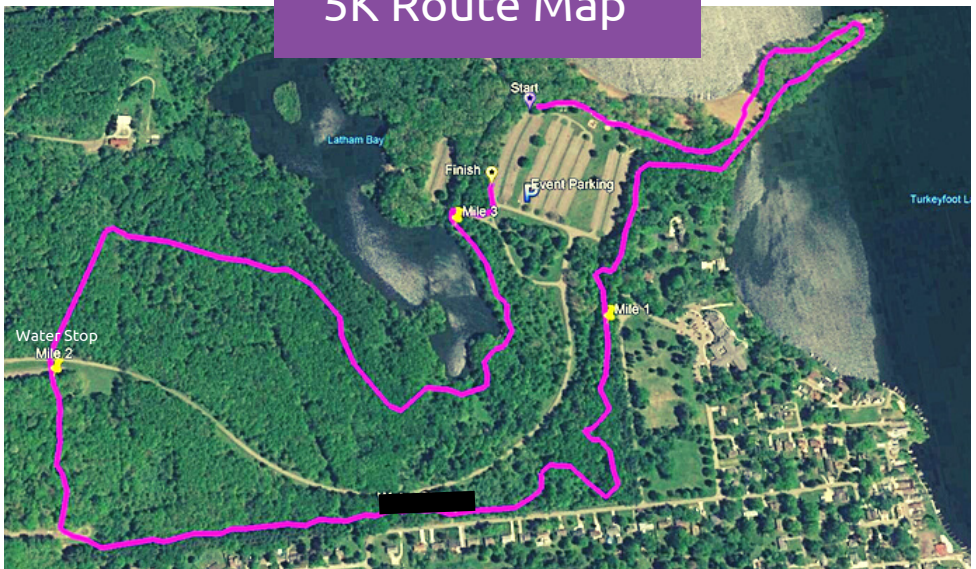
## Thank you & Closing remarks

# Route Maps

## 1-Mile Fun Run/Walk Route Map



## 5K Route Map



# We Thank Our Sponsors



Department of Job and Family Services

1-Mile Sponsored by:  
*The Yaegeer Family*

## Community Sponsors



## Proceeds Benefiting





# Animal Rescue Partners



The Summit Division of Animal Control is proactive, innovative, compassionate, efficient, and effective in all aspects of their operations and responsibilities.

They provide compassionate care for impounded animals and responsible enforcement of canine laws, thereby creating a safer and more desirable community for the citizens of Summit County.

You can learn more about The Summit Division of Animal Control on their website or find them on Facebook!



RubberCity  
Rescue

Rubber City Rescue is a 501(c)(3) nonprofit that provides boots on the ground to rescue lost or abandoned animals. They rescue those lost souls that are roaming your streets, trapping those that are hard to catch.

RubberCity Rescue strives to reunite pets with their owners, so they check every pet they come in contact with for a microchip immediately if they are not wearing a dog license. If they cannot find owners, lost animals are placed with Summit County Animal Control, Summit County Humane Society or in foster care with volunteers.

RubberCity Rescue is an active participant in stolen dog task forces, and have a very high success rate. They also help pet owners who need help keeping their pets safe. For example, they may come together as a collective to repair a broken fence or donate pet food to families in need.

They never charge, working solely from donations. Their heart, soul, time and energy is devoted to every pet equally no matter who the owner is. Find them on Facebook to learn more!

# With Help Comes Hope

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

If you think someone is thinking about suicide assume you are the only one who will reach out. **Be the one to save a life and have the conversation.** It's important to take care of yourself when you are supporting someone through a difficult time as this may stir up some intense emotions. If it does, please reach out for support yourself.

**Use the #BeThe1To action steps to help someone in your life who might be in crisis and help them find hope and support.**

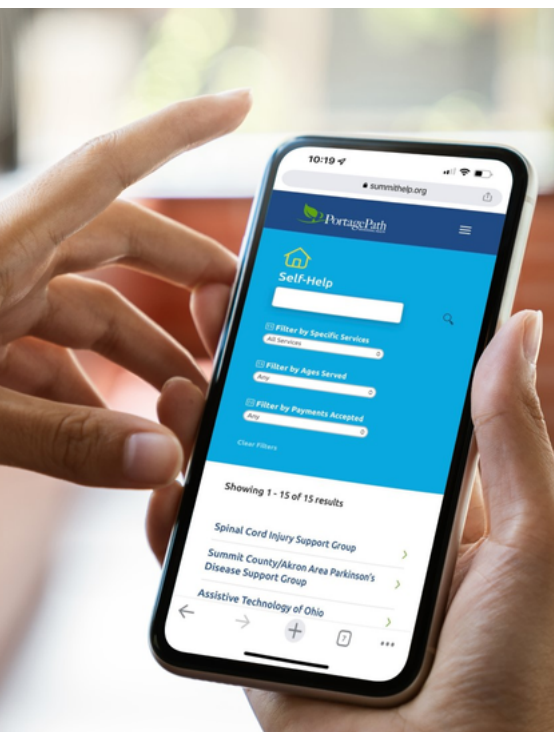
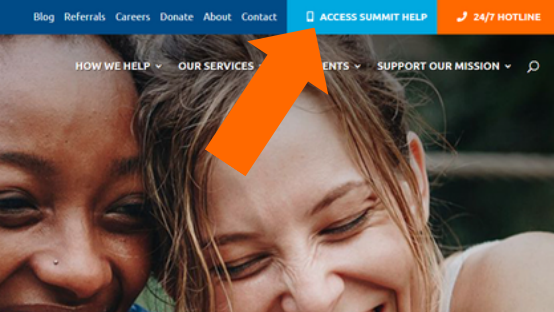
**Ask.** People who are having thoughts of suicide feel relief when someone asks after them in a caring way. Acknowledging and talking about suicide may reduce suicidal thoughts. Talk to them in private and ask directly if they are thinking about suicide. Listen to their story.

**Keep them safe.** When lethal means are made less available or less deadly, suicide rates by that method decline. Take the person seriously. Stay with them and help them remove lethal means.

**Be there.** Individuals are more likely to feel less depressed, less suicidal, less overwhelmed and more hopeful after speaking to someone who listens without judgment. Tell them you care about them. Avoid debating the value of life, minimizing their problems or giving advice.

**Help them connect.** Helping someone at risk create a network of resources and people for support and safety can help them take positive action and reduce feelings of hopelessness. Encourage them to seek treatment or to contact their doctor or therapist.

**Follow up.** Supportive, ongoing contact may be an important part of suicide prevention especially for people who have been discharged from hospital or care services.



# Summit Help

Portage Path's Summit Help "App" serves as a database of local resources available to the public as well as our providers as they help clients navigate difficulties.

On Summit Help, you will find resources related to:

Housing

Food pantries

Healthcare

Employment

Mental Health

[www.summithelp.org](http://www.summithelp.org)



# For Survivors of Suicide

If you have lost someone to suicide and are struggling to cope with the loss, here are some resources that can help:

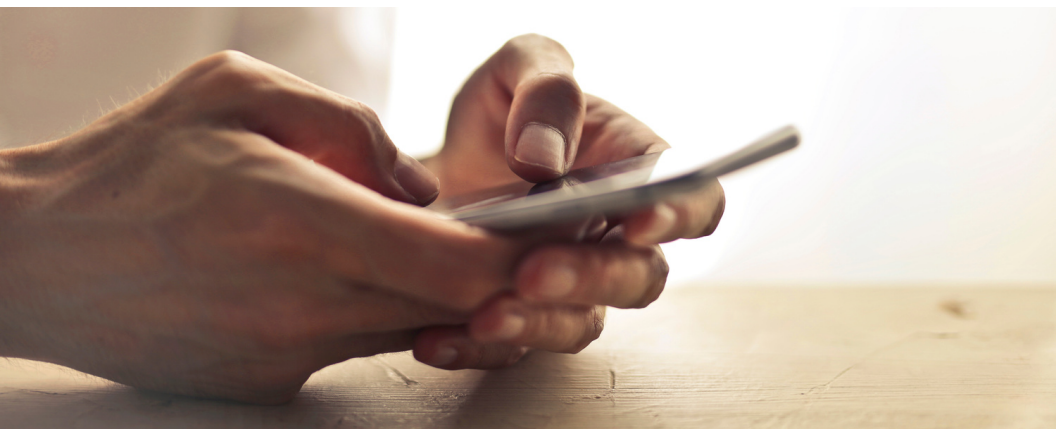
## Online support

- Alliance of Hope <http://www.allianceofhope.org/>
- PPOS-FFOS <http://www.pos-ffos.com/>
- American Foundation for Suicide Prevention Survivor group locator and Survivor Outreach Program <https://afsp.org/find-support/ive-lost-someone/>
- Summit County Survivors support group (330) 434-1214 x4106

# Crisis Help is Available

If you want help in a crisis for yourself or someone else:

- **Call SUPPORT Hotline: 988**
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Trevor Project (LGBTQ youth) (866) 488-7386
- Trans Lifeline (877) 565-8860
- Text Crisis Text Line Text 4hope to 741-741
- Chat National Suicide Prevention Lifeline Chat <https://suicidepreventionlifeline.org/>
- **Visit Portage Path's Psychiatric Emergency Services at 10 Penfield Ave. Akron - Open 24/7**





# PPBH Outpatient Services

Portage Path Behavioral Health has been serving Summit County for 50 years. At our three outpatient clinics, and Psychiatric Emergency Services, we help nearly 10,000 people per year deal constructively with mental health and substance use disorders. As the largest provider of behavioral health services to those in need here in Summit County, we don't turn anyone away. We help people struggling with everyday life so that they can recover and eventually thrive.

Portage Path offers the following services, with the goal of helping each person recover to the highest level of functioning they are capable of:

- Diagnostic Assessment
- Medication Management
- Individual Therapy
- Group Counseling
- Dual Diagnosis Program (Crossroads)
- Case Management
- Peer Support
- Psychological Testing
- Pathways Day Treatment

These services are available to all Summit County residents, regardless of their ability to pay.

Additionally, Portage Path clinical and administrative staff are involved in a wide array of county initiatives including:

- New Day Court
- Hope Court
- Family Reunification and Recovery Docket
- Hoarding Task Force
- Mental Illness/Intellectually Disabled Team
- Opiate Task Force
- Maternal Depression Network
- Refugee Task Force

More detailed information about the array of services Portage Path provides can be found on the web at [portagepath.org](https://portagepath.org).

# About Psychiatric Emergency Services (PES)

**Portage Path's PES exists to provide psychiatric evaluations and support to individuals in Summit County.** We serve Summit County Residents as well as those individuals who are currently homeless or visiting Summit County. Our facility was designed to streamline the psychiatric evaluation process, reduce wait times for clients, and direct individuals away from traditional Emergency Departments.

**PES serves all adults who are experiencing mental health crises, regardless of their ability to pay.** Individuals are accepted at our facility whether they have no insurance, Medicaid, Medicare, Tricare, or Private insurance.

**PES accepts all individuals 18 years or older.** There may be a rare exception when our facility is not equipped to meet the individual's medical needs.

**PES is the point of entry for Northeast Ohio's State Psychiatric Hospital (NCBH).** North Coast Behavioral Health (NCBH) serves both civil and forensic clients. While a doctor at another facility may be recommending that a client goes to NCBH, individuals are sent to PES to determine whether a higher level of care is truly what is required.

**PES works closely with law enforcement in Summit County.** Police Officers and sheriff personnel have been trained to assist individuals who are in need of behavioral health treatment in the community by bringing them to PES for evaluation. PES Administration takes part in Crisis Intervention Team (CIT) Training every year to educate law enforcement about mental illness and teach de-escalation techniques to reduce the risk of harm to individuals and police officers during crisis interventions.

# Locations



## **Akron Outpatient Clinic**

340 S. Broadway Street  
Akron, OH 44308  
330-253-3100



## **Barberton Outpatient Clinic**

105 Fifth Street SE, Suite 6  
Barberton, OH 44203  
330-745-0081



## **North Summit Outpatient Clinic**

792 Graham Road  
Cuyahoga Falls, OH 44221  
330-928-2324



## **Psychiatric Emergency Services (PES)**

10 Penfield Avenue  
Akron, OH 44310  
330-762-6110

**OPEN 24/7**

# 988 SUICIDE & CRISIS LIFELINE

Free • Confidential • 24/7



The Summit County  
Support Hotline at  
330-434-9144 and 988  
have merged, and all calls  
are routed to local crisis  
professionals at Portage  
Path's Psychiatric  
Emergency Services.