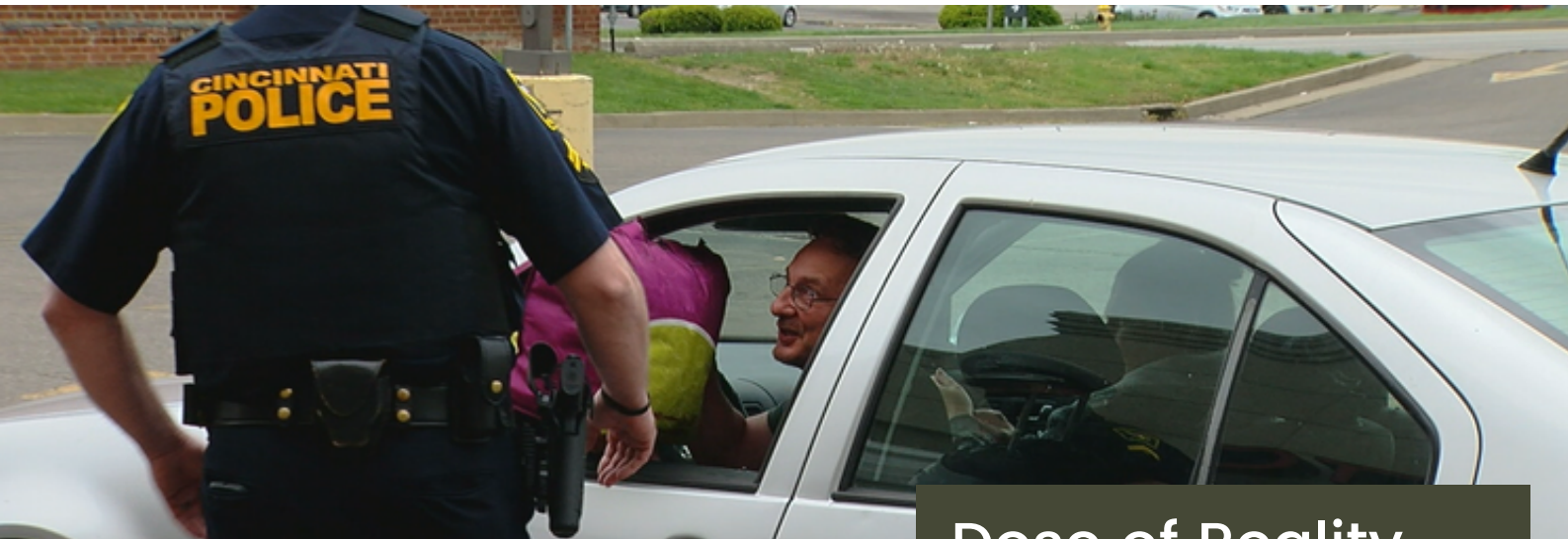


INSPIRING COMMUNITY COOPERATIONS
ON THE
front lines



RHYTHM

MONTHLY NEWSLETTER



Drug Take Back Day

More than 60% of Americans admit to keeping leftover opioid painkillers at home, and 20% say they've shared their pills. Twice a year, the DEA hosts National Prescription Drug Take Back Day, last year's brought in a whopping 985,392 pounds of medication, the largest amount ever collected in the program's history.

[READ MORE](#)



Dose of Reality

More than 60% of Americans admit to keeping leftover opioid painkillers at home, and 20% say they've shared their pills with another person. More than 50% of those who have misused prescription opioids in the past year got their pills from a friend or relative, either with or without their family member's knowledge. And medication is the leading cause of poisoning in kids, with a child dying every 12 days from an accidental overdose. Still, only 2 in 10 people who have dangerous medications, such as opioids, actually lock them up.

Drug Disposal at Home

This October, SAFE Project is providing the Deterra® Drug Deactivation and Disposal System free of charge to through the Gone for Good® at-home medication disposal campaign. From October 1-31, request a free Deterra Pouch to be mailed directly to your door.

[READ MORE](#)



OCAM Education Series

This 8-part series for new prevention professionals. Participants are expected to attend all sessions and will be receiving 24 CEUs to be used toward an OCPSA credential. This course is offered at no cost to participants.

[READ MORE](#)



CHRISTMAS ASSISTANCE SIGN UP

CHRISTMAS GIFT PROGRAMS

The holidays bring added financial and emotional stress to families and individuals living in poverty. This list has gifts for children in need & meals.

[READ MORE](#)

CELEBRATE RECOVERY THROUGH ART

October 13th
3:30pm - 6:30pm.

You will be able to see what RCHC has to offer and even purchase some art and other items directly from our members! We will be offering interactive art activities to engage and empower, so you don't want to miss out on this amazing event!

[LEARN MORE](#)



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🌐 <https://recoveryconnections.hcph.org>



MORE THAN A BRAND CREATING HOPE FOR MENTAL HEALTH AWARENESS

I created my company Acadia Design CO in February of 2022. I have lived with severe depression and anxiety for over 3 years now. My anxiety and depression got to the point where I could not walk outside without feeling as if I was going to pass out. I started going to therapy and it changed my life. I learned how to take care of myself and control my brain as the master puppeteer. During my journey with Mental Health, I realized I couldn't be the only one this is happening to. Creating designs to represent Mental Health, allowing people to wear the brand and create hope. Let's end the stigma of Mental Health together making a safe place for people to be able to share their stories as well.

KOREN ACADIA



This design was created due to the hate of talking about mental health people have. At one of my shows a woman walked by, stopped, looked at my tee-shirts and said "why does she feel the need to broadcast mental health". I wanted to say we'll because of people like you...but I smiled and went on with my day so shoutout to that woman for giving me even a bigger push to make more designs to represent mental health.

[PURCHASE HERE](#)



Tomorrow Needs You, was created to be a design you have to stop and look at to understand. People always put designs on tees that say things like this but they are just so long and no one wants to read 50 words on a shirt!! So this design is simple but so meaningful. Highlighting that tomorrow needs you and the national suicide crisis hotline, I knew I had to incorporate that number somewhere, to highlight the point of tomorrow needs you.

[PURCHASE HERE](#)



In the world of mental health people sometimes have issues understanding why we should talk about mental health. This design was created as a simplistic design to tell people it's normal to talk about mental health. My friend was the first person I ever talked to because they understood, they watched me change drastically mentally and they helped me grow.

[PURCHASE HERE](#)