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# Virtual Leaders of Tomorrow



**Natalie Bollon**

## "We're Not in Kansas Anymore"

Natalie Bollon is the Director of the Alcohol, Drug Addiction, Mental Health Services (ADAMHS) Board of Tuscarawas and Carroll Counties. Prior to serving in the role of Director, Natalie served as the Manager of Community Services at the Board. In the 13 years that she's been employed by ADAMHS Board, Natalie has worked collaboratively with community partners to develop multiple resources to impact the opiate epidemic, provide support for adults with mental illness, and impact the lives of our children. After attaining her graduate degree from Purdue University, Natalie began her career as a counselor and supervisor at a local agency.

### \*Information to Note\*

**After watching a video, you will have the students text 330-520-2504 to register for scholarship drawings. Each student will only be eligible to register one time.**

**Leaders of Tomorrow will be awarding eight \$250 scholarships to be used at the school of the student's choice. Kent State will be awarding eight \$500 scholarships to be used at Kent State University at Tuscarawas.**

**Additionally, the KSU Tuscarawas Leadership Application is available as a PDF in the LOTS materials. Students are invited to complete that application on their own and send it directly to the campus.**



# SPEAKER HANDOUT

## **Perspective**

1. Perspective is incredibly important in determining how we view, adjust to, and move forward from any situation.
2. Perspective can look like a review of how far we (or our ancestors) have come, what we've survived in the past, and how that is in our DNA and part of us now.
3. Sometimes perspective doesn't mean anything about the situation changes, just our reaction to it or view of it. (think of the boy in the water GIF)

## **The Struggle is Real Though**

1. Sometimes a shift in perspective is not enough. Sometimes we're struggling enough that we can't get our perspective to change and can't seem to get to a better place.
2. What we need to consider is
  - a. How long has this been going on? More than 2 weeks?
  - b. Is my sleep consistently effected?
  - c. ...my appetite?
  - d. ...my hygiene?
  - e. ...my mood (irritable, angry, resentful, sad, keyed up, depressed etc.)?
3. In general when symptoms are around for 2 weeks or more and they impact your daily life, we may need to look at different options of support.

## **What does support look like during a pandemic?**

- The view of counseling has changed significantly over the years. A 2017 study by Barna shows that 77% of Americans were either currently in counseling, had been in counseling in the past or would consider counseling in the future if needed.
- Just like when you have an ache in your body you go to a doctor, when you have an ache in your emotions you go to a counselor. Where the ache lies doesn't matter... we just need to treat it.
- Counseling isn't the only option though. There are crisis text lines, crisis phone lines, national hotlines, school counselors, online support groups, etc. Just reach out.

24/7 Crisis Text Line- Text 4HOPE to 741741

24/7 Crisis Hot Line - 330-343-1811

Online teen groups - <https://www.livewell-foundation.org/lwteens>

Ohio Suicide Prevention Hotline and website - 800-273-8255 <https://ohiospf.org/>

Youth Move Ohio - <https://youthmoveohio.com/>

**The key is to let someone know and work together to feel better.**

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# SPEAKER WORKSHEET

## **Before the Video:**

How has the global Covid-19 pandemic affected your life? Are the effects both good and bad? Why or why not?

Have you ever been worried about the mental health of a friend or loved one? What made you concerned about them? What did you do about it?

How do you take care of yourself and your loved ones in difficult times?

**During the Video: Please have students follow along with the worksheet provided here:**

## **After the Video:**

What other times in history were considered “the worst” while people were living them? Why?

Because you are here, you know that you are descended from survivors. Do you know some of the challenges your parents, grandparents, or other ancestors faced? How did they get through those challenges?

When should counseling be considered an option, and who will you go to for help if you or a loved one needs help?

How can we all work to reduce the stigma surrounding mental health issues and the need for counseling?