



# COMMON THREADS

Summer 2022



*In this issue...*



*July - Minority Mental Health Awareness*



*September is  
SUICIDE PREVENTION MONTH*



*Come see us at the Potter County Fair!*



*Want To Be A Volunteer?*



*Thank you to our outgoing President,  
Pam Ruane*



Domestic Violence and Sexual Assault Services  
24 Hour Helpline (814) 274-0240 or Toll free (877) 334-3136  
[www.myawayout.org](http://www.myawayout.org)





## Mission Statement

The mission of *A Way Out* is to assist and support all victims, survivors, and families of domestic violence and sexual assault through ethical, culturally competent, and compassionate services.

We advocate for social change designed to end the cycle of abuse through dedication, community involvement and education.



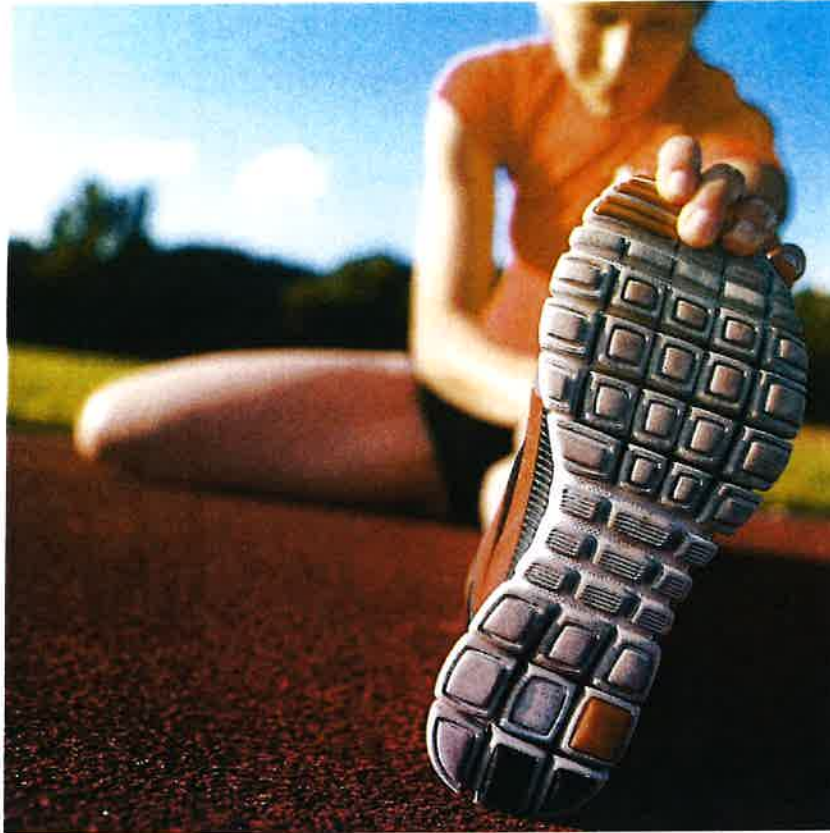
*Are you, or is someone you know, considering leaving an abusive situation, but not sure how? We can help.*

***Our advocates are here to help you begin a new life, free from abuse. We are just a phone call away, 24/7 at 814-274-0240 or toll free at 877-334-3136.***

Our **Learning Center** at [www.myawayout.org](http://www.myawayout.org) has a series of links and short presentations about how to petition for an order of protection from abuse, protect your finances, tech safety tips, as well as divorce and custody options.

Additionally, we have a page listing **Local Resources** as well as a **Survivor Online Support** page that lists a wide variety of nationwide online support groups and helplines that offer anonymous forums for discussions with other abuse survivors and support via live chats, phone or email.

***There is help and there is hope. You are not alone.***



## JULY 22-23

# DOMESTIC VIOLENCE AWARENESS WEEKEND

### **Nobody should Live in Fear**

This is the 11<sup>th</sup> annual weekend that Roulette Township will be helping raise awareness and promoting advocacy for the victims and survivors of domestic violence. This weekend will be filled with many events and fundraising opportunities that will benefit A Way Out.



by Unknown  
A Way Out

5 K WALK/RUN  
6:30 PM 7-22-22  
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\$25EACH

ICE CREAM SOCIAL  
QUARTER BINGO &  
-----  
CHINESE AUCTION 7PM

QUARTER BINGO/CORN  
HOLE TOURNAMENT  
-----  
11AM 7-23-22

CHINESE  
AUCTION/DIPS/DESSER  
-----  
TS JUDGING 2-4 PM

CHICKEN AND BISCUIT  
DINNER 12:00-4PM \$10

More Information available  
by contacting David  
Shalkowski

814-655-6709

david.shalkowski@yahoo.co  
m

# JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic.

Additional information and links to resources are available through the OMH website at

<https://minorityhealth.hhs.gov/minority-mental-health/>

Come see us at the fair!



# A Way Out at the Potter County Fair

*Located in the Home Show Building*

Daily

**\*CUMULATIVE 50/50 \*INFORMATION \*GIVEAWAYS  
\*FUN ACTIVITIES**

**Monday, August 1**

**CRAFT DAY:** Fun crafts **FREE** for children of all ages

**Tuesday, August 2**

**CAR SEAT DAY:** Brand new Even Flo car seats at **no-cost** to any Potter County Residents. Must watch a safety video and complete brief paperwork.

**Wednesday August 3**

**MILITARY DAY:** First 20 servicemen or Servicewomen will receive a **FREE** insulated lunch bag or cooler.

**Thursday August 4**

**BINGO:** **FREE BINGO** for children of all ages 12:00pm, 2:00pm, 4:00pm **PRIZES!!**

**Friday August 5**

**Game Day!** Fun games for the whole family.

First 40 visitors will receive their choice of a **FREE** giveaway!

**Saturday, August 6**

**1\* RESPONDERS DAY:** First 50 fire, EMS or law enforcement to visit our booth will receive a **FREE** cinch bag, lunch bag or cooler

**A Way Out: Potter County's Domestic Violence and Sexual Assault Services**

# September is National Suicide Prevention Month

## #BeThe1To

**BE THE ONE TO SAVE A LIFE**

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.

**ASK**

**BE THERE**

**KEEP THEM SAFE**

**HELP THEM CONNECT**

**FOLLOW UP**

**V!brant**  
Emotional Health

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

JOIN THE MOVEMENT AT  
**www.BETHE1TO.com**

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

The Mental Health Crisis Line number for Potter County is  
**866-957-3224.**

Individuals in need can also choose to **text 63288** to reach a Trained Crisis Specialist or **on-line chat** via the website at <https://ccrinfo.org/>.

These services are provided by the Center for Community Resources.

# Here are 5 steps you can take to #BeThe1To help someone in emotional pain:

## ASK

**“Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.**

## BE THERE

**Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.**

## KEEP THEM SAFE

**Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.**

## HELP THEM CONNECT

**The Mental Health Crisis Line for Potter County is 866-957-3224. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional. Save the National Suicide Prevention Lifeline number (1-800-273-TALK) and the Crisis Text Line (741741) in your phone so they’re there if you need them.**

## FOLLOW UP

**Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.**

SOURCE: The National Institute of Mental Health. For more information and additional links, go to <https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain>

# WANT TO BE A VOLUNTEER?



- Are you a retiree seeking meaningful activities?
- Are you a high school student looking for a special project?
- Are you a college student interested in gaining experience in social services?
- Are you a survivor of domestic violence or sexual assault that has rebuilt a life free from abuse and want to help others do the same?
- Do you have special skills, education and/or experience that you feel would be of benefit to **A Way Out** and our clients?

## WE WOULD LOVE TO MEET YOU!

For an application, go to the “*Want to Help?*” tab on our website at [www.myawayout.org](http://www.myawayout.org).

**INDIRECT Volunteers** provide support to our staff by assisting with

- General office tasks
- Sorting and labeling donations
- Assisting at community outreach events like festivals and fairs
- Assisting at special events
- Assisting with special projects at the agency office

A class on the importance of **confidentiality** is required for all INDIRECT Volunteers and is provided free of charge.

**DIRECT Volunteers** work *directly with our clients*. These activities include:

- Prepare for and facilitate support group meetings both in person and virtual
- Serve as an advocate for our clients
- Accompany clients to court or to the hospital for medical care
- Perform hotline on-call duties to include crisis counseling, advocacy, safety planning and assisting with emergency sheltering
- Assist staff with children’s activities

DIRECT Volunteers must complete 60 hours of training. This training is provided at no cost. Additionally, Child Abuse and Criminal History background checks are required.

For more information about us, visit our website at [www.myawayout.org](http://www.myawayout.org) or follow us on our Facebook page



## FOOD BANKS:



**Coudersport** / Alliance Church, – 7 Alliance Ave, every Tues & Thurs, 10:30am – 1:30pm, 814-274-8661

**Austin** / Austin Fire Hall, 42 W Main St, every 3<sup>rd</sup> Tues, Check Austin Food Pantry FB page for time(s), 814-647-8562

**Roulette** / Firehall, Times TBD monthly, 814-544-7365

**Ulysses** / Zion Christian Assembly, 4<sup>th</sup> Thursday, 10-11am. 814-848-7407

**Galeton** / St. Paul Lutheran Church, 4<sup>th</sup> Friday, 10-11am. 814-435-2471

**Shinglehouse** / Methodist Church, 4<sup>th</sup> Saturday, 9-10am. 814-698-2144

## A.A. MEETINGS:



AA's Meeting Guide app helps people find A.A. meetings and resources near them

**TUESDAY** 8pm @ Christ Episcopal Church, Coudersport

**WEDNESDAY** Noon @ St. Paul's Lutheran Church, Coudersport and  
8 pm @ St. Eulalia's Catholic Church, Coudersport

**THURSDAY** *AL-ANON*, 6-7pm @ First Presbyterian Church,  
Coudersport AA, 7pm @ Park United Methodist  
Church, Coudersport

**FRIDAY** 8pm @ St. Augustine Rectory, Austin and  
Noon @ First Presbyterian Church, Coudersport

**SATURDAY** 8pm @ Galeton Presbyterian Church



Be sure to LIKE us on Facebook and watch for upcoming events and fundraisers!



**Did you know... we manage the FREE Child Car Safety Seat Program?**



**Call us at 814-274-0368 to schedule a time for you to view the 30-minute safety video and pick up your car seat(s).**

*Regular office hours:  
Monday – Friday  
8:30 a.m. – 4:30 p.m.  
814-274-0368  
[www.myawayout.org](http://www.myawayout.org)*



*Closed Office Holidays :*

**July 4<sup>th</sup> – Independence Day  
September 5<sup>th</sup> – Labor Day  
November 11<sup>th</sup> – Veterans Day  
November 24<sup>th</sup> and 25<sup>th</sup> – for Thanksgiving  
December 23<sup>rd</sup> and 26<sup>th</sup> – for Christmas  
December 30<sup>th</sup> and January 2<sup>nd</sup> 2023 – for New Years**

*If you need assistance outside of regular business hours or on a holiday, you can call the 24 hour Helpline at 814-274-0240 or toll free at 1-877-334-3136.*