

April 2025 Community Report



Current Events:

Stress Awareness Month

Local Counseling Resources

Licking County:

Affirming Pathways Psychotherapy

Newark

www.affirmingpathways.com

Main Phone: 740-306-4267

Mid-Ohio Psychological Services

Newark

www.mopsohio.com

Main Phone: 740-281-1777

Knox County:

The Freedom Center

Mount Vernon

www.freedomctr.net

Main Phone: 740-397-2660

Crisis Line: 740-392-2828

Knox Pubic Health

Mount Vernon



How to Observe Stress Awareness Month

- Practice self-care by prioritizing activities that promote relaxation and well-being.
- Connect with others, such as family and friends.
- Seek support through reaching out to a therapist, counselor, or other mental health professional if needed.
- Learn and practice coping mechanisms such as mindfulness, meditation,

Sexual Assault Awareness Month



April is Sexual Assault Awareness and Prevention Month - a month honoring survivors and the community surrounding them with hope, courage, and strength. Every day, RAINN supports survivor recovery, abuse prevention, and the pursuit of justice for victims of sexual violence.

This month, join us in thanking the community that shows up for survivors and helping us spread the word: RAINN is here for you. RAINN is here for someone you love.

RAINN (Rape, Abuse & Incest National Network)
Website: www.rainn.org
Crisis Line: 800-656-4673

**Knox County
New Directions**
Mount Vernon
Website: www.newdirectionsknox.org
Hotline/Helpline and Chat Line:
740-397-4357

Family Life Counseling
Mount Vernon
Website: www.flcps.com
Crisis Line: 419-631-6862

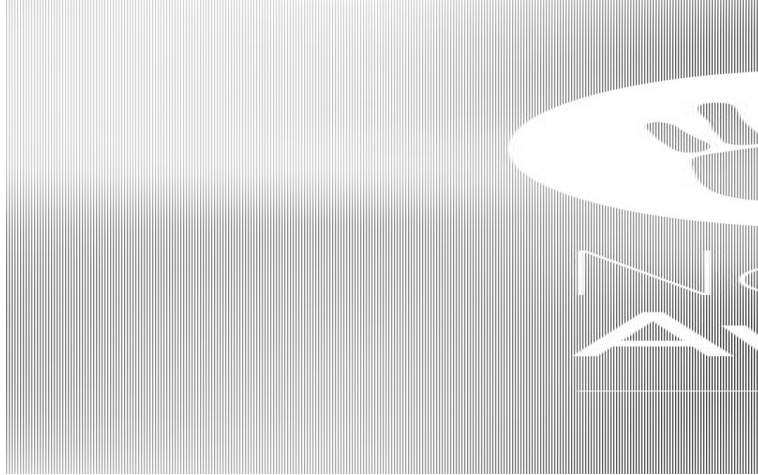
**Licking County
New Beginnings**
Newark
Website: thewoodland.org/center-for-new-beginnings
Hotline: 740-349-8719

**Family Health Services of
East Central Ohio**
Newark
Website: www.fhseco.com
Hotline: 800-688-3266

**Ohio Sexual Assault Response
Network**
Website: www.ohiohealth.com/community-health/sarnco
Hotline: 844-644-6435

**Ohio Alliance to End Sexual
Violence**
Website: oaesv.org Helpline:
844-OHIO-HELP

Alcohol Awareness Month



National Help!

The use and misuse of alcohol affects the health and well-being of millions of Americans.

Do you know the signs of drinking too much? These are some of the signs that may mean someone is drinking too much. If you're concerned that you or a friend may be struggling, there are resources available to help: samhsa.gov/alcohol
#AlcoholAwarenessMonth

! Signs of Drinking Too Much: SAMHSA

- You drink more or longer than you intended
- You need to drink more than you once did, to get the effect you want
- You spend a lot of time drinking or thinking about alcohol
- You continue to drink even though it makes you feel depressed or anxious - or adds to another health problem
- Loved ones or trusted friends have made comments about your drinking
- You try to cut down or stop drinking, but are not able to
- You find that drinking interferes with daily activities, family, friends, or work

Or maybe...

- You have had legal problems due to drinking
- You have experienced symptoms of withdrawal when you don't drink (such as shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

APRIL
ALCOHOL AWARENESS MONTH

Licking County Substance Use Disorder Resources

Licking County Alcoholism Prevention Program

Newark/Pataskala
Website: www.lapp.cc
740-366-7303

Behavioral Healthcare Partners

Newark
Website: www.bhcpartners.org
740-522-8477

Shepherd Hill

Newark
Website: www.shepherdhill.net
220-564-4877

Brightview Addiction Treatment Centers

Newark
Website: brightviewhealth.com
740-915-9301

Lighthouse Behavioral Health Solutions

Newark
Website: lighthousebhsolutions.com/location/newark-inpatient-recovery-center/
614-334-6903

Woodlands

Newark
Website: www.thewoodland.org
740-349-7066

Knox County Substance Use Disorder Resources

Freedom Center

Mount Vernon
Website: www.freedomctr.net
740-397-2660

Quest

Mount Vernon
Website: questrecoverycenter.com
740-204-5649

Knox Recovery

Mount Vernon
Website: www.knoxrecovery.com
740-326-9099

Knox Community Health

Mount Vernon
Website: knoxhealth.com/index.php/knox-county-health-center
740-399-8008

Knox and Licking County Call Totals for the Past 12 Months

	Mar 24	Apr 24	May 24	Jun 24	Jul 24	Aug 24	Sep 24	Oct 24	Nov 24	Dec 24	Jan 25	Feb 25	Mar 25
Total Calls w/Follow Ups	1156	1203	1358	1183	1446	1455	1293	1371	1197	1351	1514	1269	1473
Knox	271	273	290	223	305	294	242	270	230	284	260	194	244
Licking	885	930	1068	960	1141	1161	1051	1101	967	1067	1254	932	1130

For more detailed monthly reports on calls to our 211/988 Crisis Hotline, visit pathways.211counts.org/

March Unmet Needs from Call Stats

Licking County

Water Service Payment Assistance



2025 Agency Updates

Did you know that you can login to the 211 database at any time to review your agency and service information? Just click the 211 Online Resource Directory button to the right, scroll down and click Service Provider Tools.

If you don't know your login/password (sent with Web Survey Request email (at the very bottom of the message), click the Request Password button to request a user name and password. You should receive a reply within 72 business hours.

Don't forget to check your email for the 2025 Agency Update Request from Michaela Paulik, RD Manager at mpaulik@pathwaysco.org. Please check your Spam/Junk Mail folder, also. Requests are sent out annually to agencies that have given us a current email address.



Updating your agency listing is vital to keeping our database current!

Thank you for your help in providing the most accurate information for our callers !!

For anyone in need, the 211/988 Crisis Hotline is available 24/7/365.



Help Promote 211 and 988 in Licking and Knox Counties!

Pathways has supplies of 211 and 988 cards, rack cards, magnets and posters for distribution in the community. Help us spread the word about these numbers to connect your neighbors to local resources.

Pathways Facebook page

Join our 1,300 followers by liking us on Facebook and keep up with current news and information in our communities!



Click the logo to go to our page. >>>



The 211 Community Monthly Report provides statistics regarding calls received and data on unmet needs in Licking and Knox Counties. New or important agency information and/or highlights of special programs and services available in Licking and Knox Counties are included.

If you have questions about this report or would like to suggest a program for us to highlight, please contact Michaela Paulik at mpaulik@pathwaysco.org or 740-345-6166 x322.

There are 3 ways to contact us for free, confidential assistance:

CALL 211, 345-HELP, 1-800-544-1601

TEXT your zip code to 898211

VISIT 211pathways.org



211/Crisis Hotline Program Director, Amanda Dawoodarry, is available to answer questions and provide public awareness to your organization about the 211/Crisis Hotline and the services provided.

Amanda Dawoodarry, MSW
740-345-6166 ext. 229
adawoodarry@pathwaysco.org

211/Crisis Hotline Certified Resource Database Curator, Lyn Romano, works alongside our Database Manager to keep the service and program listings updated in the Resource Database. Call or email her when you need assistance.

Lyn Romano, CRS-DC
740-345-6166 ext. 200
lromano@pathwaysco.org

211/Crisis Hotline Resource Database Manager, Michaela Paulik, can assist agencies with questions about service and program listings in the Resource Database. Call or email her when you need assistance.

Michaela Paulik, MS, RDM
740-345-6166 ext. 322
mpaulik@pathwaysco.org



United Way of
Licking County



United Way of
Knox County





Knox County Commissioners

Pathways of Central Ohio | 1627 Bryn Mawr Drive | Newark, OH 43055 US

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