



PICCA resources a boon to families

By Dawn Whiteside
McKinney-Vento liaison

PICCA (Pickaway County Community Action) is another great resource in the county.



According to its Web site (<https://www.picca.info/aboutus>), it's mission is to provide opportunities that empower people in poverty to become self-sufficient and improve their quality of life.

But what PICCA staff members do is help families in many ways: providing early childhood, empowerment, energy outreach, homeless, housing, transportation and veteran services.

This month, from 11 a.m. to 1 p.m. Thursday, July 21, PICCA will host a Back-to-School Bash at its main office, 469 East Ohio Street.

Becky Hammond, PICCA executive director, said this is the second year for the bash.

"We will have a lot of school supplies, sidewalk chalk, bubbles and other summer items that are donated," Becky said. "We pass out those items with the book bags."

This will be a great opportunity for families.

For more information about the event or PICCA's services, call (740) 477-1655 between 8 a.m. and 4:30 p.m.



Sites offer tips to cope with stress

By Dawn Whiteside
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Summer has been a time to learn and to focus on families who are experiencing homelessness in Pickaway County. I wanted to share many resources that I found.

One such resource is a [documentary](#) by Mark Horvath of Invisible People who uses social media to try to end homelessness. The documentary is about an hour long and it will open your eyes to see the experiences of these beautiful people and families. Mark meets people where they are and will take you along on his 11,686-mile journey.

Summer is also a time to relax but as the start of the next school year nears, you may have mixed emotions that can include stress. Everyone experiences stress and sometimes that stress can feel overwhelming.

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. You may need to try out a few ideas for coping to find what works for you. Check out this [fact sheet](#) from the National Institutes of Health to learn the difference between stress and anxiety and how to cope.

Don't forget to participate in Understanding Homeless & the Education Connection (Google Classroom) for educators to gain information about students who are experiencing homelessness and poverty.
Click [here](#) for more information.

The NIH Web site has useful fact sheets on multiple topics, including [coping techniques for traumatic events](#).

For articles on positivity for children and adults, check out Positive Psychology's [blog](#).

Studies show that time spent outdoors can be a great stress reliever so take advantage of the warm months to enjoy an Ohio state park.

The Ohio Department of Natural Resources has a [destination page](#) to search for parks and activities across the state.



Coming up: On July 16, the National Suicide Prevention Lifeline will be accessible by calling 988. According to Ohio's Mental Health & Addiction Services, Ohioans who are experiencing a mental health or addiction crisis can reach a trained counselor for help and support.

County resource directory available

The McKinney-Vento staff members have worked the past few months to compile a list of resources to help community members.

The online directory features dozens of mental and physical health providers, recovery-assistance services, clothing, food, housing and transportation assistance, and lists county educational and fitness opportunities.

Use the QR code to access the directory.

