

Washington County Sheriff's Office

Neighborhood Watch Newsletter

Sheriff Fred Newman
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"Take the time to prevent a crime"

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Statistics for March

Aggravated Assault	6
Assault (Simple)	14
Burglary/Breaking & Entering	10
Credit Card Fraud	4
Destruction/Damage/Vandalism	13
Driving Under the Influence	1
Drug/Narcotic Violations	41
Drunkenness	7
Weapon Law Violations	3
Embezzlement	1
Grand/Petit Larceny	14
Theft From Motor Vehicle	3
Motor Vehicle Theft	7
Shoplifting	12
Counterfeiting/Forgery	1
All Other Offenses	115
Total Offenses	252

Total Arrest	Total Warrants
Adult- 79	Criminal- 289
Juvenile- 2	Civil- 1761

SHERIFF'S MESSAGE

Your goals are a representation of your inner desires; desires which motivate you in life. When you have a purpose or goal that you're striving for, your life will take on a new meaning that supports your mental well-being. If you're not sure what your purpose is, explore your natural talents and interests to help find it. It's important to keep your mind busy. Inactivity can easily be a source of boredom and unhappiness. When you are not doing something, you have time to think about all the worries of your life. But when you are active, you can leave these behind, knowing that you are doing something useful and that your life is worth something.

As always, if you have a question or concern, please contact our office.

Sheriff Fred Newman

Monthly Meeting Schedule

2 nd Mon	WASHINGTON CHAPEL <i>Washington Chapel United Methodist Church</i>	7:00 PM
3 rd Tue	HIGHLANDER PARK/Exit 10 <i>Noonkester Field Park</i>	7:00 PM
4 th Tue	HAYTERS GAP <i>Hayters Gap Community Center</i>	10:30 AM
4 th Thur	KONNAROCK <i>Konnarock Community Center</i>	7:00 PM

Quarterly Meeting Schedule

6-02	MENDOTA <i>Mendota Community Center</i>	7:00 PM
6-06	BURSON CORNER <i>Goodson Kinderhook Fire Department</i>	7:00 PM
6-07	HIGH POINT ***Cancelled until September <i>High Point Elementary School</i>	7:00 PM
6-09	TAYLORS VALLEY <i>Taylor's Valley Community Center</i>	7:00 PM
6-09	QUAIL RIDGE <i>Ely Residence</i>	7:00 PM
6-13	CROWVILLE/ GLADE <i>Glade Spring Senior Center</i>	7:00 PM
6-14	HOLSTON GREENDALE <i>Greendale Elementary</i>	7:00 PM
6-16	ZION COMMUNITY <i>Zion Church</i>	7:00 PM
6-16	RAMBLEWOOD/WIDENER'S VALLEY <i>Zion Church</i>	7:00 PM
6-20	MELVIN HILLS/OAK HILL ESTATES <i>Pleasant View Methodist</i>	7:00 PM
6-21	EVERGREEN/LOWRY HILLS <i>Noonkester Field Park</i>	7:00 PM
6-27	OAKWOOD DRIVE <i>McDaniel Residence.</i>	7:00 PM
6-28	POOR VALLEY/HAYTERS GAP <i>Valley View Assembly of God Church</i>	7:00 PM
7-12	WOODLAND HILLS <i>Woodland Hills Christian Church</i>	7:00 PM
7-14	GATE CITY HWY <i>Three Springs Methodist Church</i>	7:00 PM

*****If Washington County Government offices are closed for a Holiday, there will be no neighborhood watch meeting.**

May is Mental Health Awareness

Mental health affects us all. How we think and feel about our lives and ourselves has an impact on our behavior and how we cope in tough times.

It is estimated that ***only*** about 17% of U.S adults are considered to be in a state of optimal mental health. Optimal mental health is ideal because it reflects an overall satisfaction with one's life.

In the U.S., about one in four adults and one in five children have diagnosable mental disorders (National Institute of Mental Health)

The words "mental health" are commonly used in reference to mental illness. However, knowledge in the field has progressed to a level that appropriately differentiates the two. Although mental health and mental illness are related, they represent different psychological states.

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

A **mental illness** is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines. A mental illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Each person will have different experiences, even people with the same diagnosis.

In 2015 the Washington County Sheriff's Office handled:

449 Temporary Detention Orders (TDO's),
171 Emergency Custody Orders (ECO's)
and an additional 363 calls in which mental health workers were contacted.

Police Officers frequently address situations involving mentally ill persons who may be suspects, persons in need of protection, or individuals in need of assistance. Accordingly, officers must be well-prepared to recognize and appropriately respond to indicators of mental illness.



Mental health calls are more prevalent in our communities than ever before.

****If you or someone you know is in crisis now**, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24 hour crisis center or dial 911 for immediate assistance.



Employees of the Sheriff's Office are currently in the process of undergoing training to better handle mental health calls in our area. The training was made possible by DCJS through Federal asset forfeiture money. The goal is to have an entire department with Crisis Intervention Training by the end of 2016. The training will help deputies determine if actions of suspects are behavioral disorders or if they're actually criminal.



Your mental health is one of your greatest assets.

There are simple, effective tools you can use to support your mental health, *some* are listed below:

- * **Ask for help when needed**
- * **Associate with positive people**
- * **Do more of what makes you happy**
- * **Eliminate bad habits**
- * **Find a hobby & occupy your mind**
- * **Keep a journal**
- * **Relax more & try meditation**
- * **Set goals for yourself**
- * **Value Yourself - avoid self-criticism**
- * **Volunteer - you will feel good about it**

CHAPLAIN'S CORNER

In 1846 former president John Quincy Adams suffered a stroke. Although he returned to Congress the following year, his health was clearly failing. Daniel Webster described his last meeting with Adams: "Someone, a friend of his, came in and made particular inquiry of his health. Adams answered, 'I inhabit a weak, frail, decayed tenement; battered by the winds and broken in upon by the storms, and from all I can learn, the landlord does not intend to repair.'" *Today in the Word, April 11, 1992.*

As we tread the path on this side of eternity, as John Quincy Adams lamented, we find that our bodies and often our minds show the wear and tear of the seemingly endless miles. We find that we are forced to deal with these matters on our behalves and on the behalf of others. We must keep in mind that this struggle is a part of this world and not the next. These problems and difficulties will plague us only on this side of forever. We must keep our chin up, our gate strong, and a focus on the prize that lies ahead.

Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which *the Lord* has promised to those who love Him. **James 1:12** **New American Standard Bible (NASB)**
"STAY STRONG",
Erik Hinchey WCSO Chaplain