





FRIDAY, JULY 22, 2022 | CHILLICOTHE, OHIO | CHILLICOTHEGAZETTE.COM

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Therapist says children are more accepting of therapy



Patricia Mares, from Mares Cares Counseling, stands in her office. The space is decorated by the children she sees as patients and offers a cozy environment for those seeking help.

Shelby Reeves Chillicothe Gazette | USA TODAY NETWORK

CHILICOTHE—Years ago people were afraid to admit they were going to therapy, and some people are still afraid to admit that today.

There is this belief that getting help means you

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are broken or weird in some way. This is far from the truth which is why Patricia Mares, owner of Mares Cares Counseling, is happy to see children embracing therapy. Mares Cares Counseling offers professional

Ohio could mandate **businesses** take cash

Anna Staver Columbus Dispatch | USA TODAY NETWORK

Columbus Dispusch I USA TODAY NETWORK

Ohloans stopped doing many things during the COVID-19 pandemic, including paying in cash.

The number of cashless businesses in the United States more than doubled from 6.3% in Pebruary 2020 to 14% in February 2020, according to data from the credit card processing company Square.

Even the Centers for Disease Control and Prevention recommended touchless payment methods during the carly days of the pandemic. (Though the agency now says COVID-19 spreads primarily through the air, not surfaces.)

Cashless payments, like telecommuting, took major steps forward. But it also represented a step back for the one in 20 Ohioans who don't have a bank secount. A population that's disproportionately low-income, Black and Hispanic.

First and the particular of the control of the

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Nearly 90% of Ohio abortions came after six weeks

Abby Bammerlin

A study from the American Journal of Obstetrics and Gynecology found that prior to the heartheat bill taking effect in Ohio, 99% of pregnant people seeking an abortion had the procedure after skr weeks.

The study examined more than 1,00 abortion patients in Ohio from 2020 to 2021. While the majority of

patients were able to determine they were pregnant be-fore six weeks, about 25% discovered the pregnancy

fore six Weeks, annu color after.
Abigail Noris Turner, lead author of the study, is a professor in the colleges of medicine and public health at Ohio State University. She said low income and less educated patients were more likely to learn of their pregnancies later than others and, as a result, terminated their pregnancies later.

See ABORTIONS, Page 2A



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SUNDAY

MONDAY

TUESDAY HIGH: 91 LOW: 72 LOW: 65 LOW: 67 Partly surnry a t-storm around in the a.m.

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BIBLE DIGEST

"The liberal soul shall "The liberal soul shall be made fat: and he that waters shall be watered also himself." (Proverbs II:25 AK.JV) Be a giver. God will re-ward you for giving.

LOTTERIES

(Drawings: July 21) Pick 3 (early): 6 4 0 Pick 4 (early): 9 9 2 8 Pick 5 (early): 2 11 6 1 Pick 5 (early): 2 116 1 (Drowlings: July 20) Pick 3 (late): 7 6 5 Pick 4 (late): 6 8 6 9 Pick 5 (late): 15 4 9 0 Rolling Cash 5: 11 20 31 36 38 Classic Lotto: 4 13 16 17 25 44 Saturday's jackpot is \$31.9 million.

Abortions

Continued from Page 1A

"So just extending that out logically... people in those conditions, because of the abortion ban that we currently have... they don't have any option for legal abortion if they don't even know that they're pregnant," Norris Turently and they have a who will be a supported by the support of the support of

ner said.

The median time of discovering pregnancy was just under five weeks. This would leave seven days for patients to get an abortion under the current six-week ban. After discovering the pregnancy, researchers found the median time it took to complete the procedure was 22 days. The study attributed the delay to mandatory waiting periods, staff shortages and reduced clinic availability, and cleaks due to the COVID-19 pandemic.

Norris Turner said this means that even if a patient knew they were pregnant before six weeks, due to scheduling issues or other conflicts, it may not affect their ability to get an abortion under Ohio's current abor-

their ability to get an abortion under Ohio's current abor-

tion laws.

"A six-week ban, it doesn't just affect people who discover pregnancy... later," Norris Turner said. "Even for the people who discover pregnancy or detect their pregnancy early, many of those people have their care disrupted as well."

Abortion bills in Ohio

Currently abortion is illegal in Ohio after fetal cardiac activity is detected, which is usually at six weeks. The only exception is in cases where the life of the mother is

only exceptants and at trisk.

But lawmakers have begun drafting and proposing bills that would completely ban the procedure. State Rep. Gary Click, R-Vickery, introduced House Bill 704 which would define personhood at conception and out-law abortion, expect in cases where the life of the mother in the control of the co



June 24, 2022; Columbus, Ohio, United States; Hundreds of people rallied at the Ohio Statehouse and marched through downtown Columbus in support of abortion after the Supreme Court overturned Roe vs. Wade on Friday, Barranu, J. PersincyColumbus is DISPATCH

Many of the bans being proposed do not include exceptions for rape or incest.

Noris Turner said she wasn't sure what pregnant people in Ohio who are seeking abortion will do now with the ban in place.

"Many people will go to Illinois or to Pennsylvania," Norris Turner said. "But it's really unclear as various leg-islators come together now and consider different legis-lation, including Ohio actually, how the current land-scape will change. It's really not clear."

Therapy

Continued from Page 1A

mental healthcare mental healthcare to south-central Ohio. The business was started by Marcs almost nine years ago. Over the years the business has grown to in-clude multiple locations and workers. This growth has allowed the business to serve almost 400 clients a week, this includes

ents a week, this includes children, individuals, couples and families. Some people fear the stigma that can come with attending therapy. Adults and children can both suffer from this, but Mares says kids are the ones that struggle the ones that struggle the least with the idea of

therapy.
"Children don't feel the "Children don't feel the stigma," said Mares. "It is more the adult and young adult population." Celebrities may play a role in this acceptance from kids. Mares says

more and more she reads about celebrities praising therapy. These celebrities speaking out helps to show that going to thera-py is a normal thing, it also gives children a way to relate to people they look up to

look up to.

It is nothing new for Mares who teaches breathing techniques used by the military. She says many young boys are excited to try the techniques after they know they will be doing things soldiers do.

The team at Mares Cares also plays a big part in making a child feel wel-comed in therapy. The team creates a warm enteam creates a warm environment by using a
house as their office, individual personalized
rooms and a kirchen filled
with snacks to help to
welcome those coming
in.

Mares connects with

Mares connects with patients in a variety of ways, including using Le-gos and painting. She says Legos are a good way to encourage creativity through free building and also encourage rules

through structured build-ing where you have to fol-low instructions. This technique offers a unique experience that makes kids more receptive to

coming back.
"I counsel a little dif-ferent than others," said Mares of her Lego thera-

py. Mares also allows for Mares also allows for each patient to set their own goals and figure out what they want to accom-plish. These goals can be anything from learning how to manage anxiety to getting a diagnosis for their problems.

While working with children Marcs makes sure she also connects with the parent or guardian. While she does not tell parents everything she does make sure they know the important information. She also makes sure the children know what she is telling their parents as she does not want to go behind the child's trust. In most situations where a parent must be involved Marcs will ask the child if they want to tell the parent want to tell the parent in together. Marcs says she is a big supporter

of parents as they are the people most involved in a child's life so they need to know what is going on and be connected with the child.

Despite all of the effort put into destignatizing therappy, there are still parents who don't want to admit they need help and children who feel the stigma surrounding therapy. In situations like this Marses reminds, people has been supported for the Chillicothe strength of the control your emotions and thoughts when provoked shows great strength of the child the control your emotions and thoughts when provoked shows great strength of the chillicothe and the control your emotions and thoughts when provoked shows great strength. The chillicothe strength of the chill control to the chillicothe strength of the chill control to the chillicothe strength of the chillicothe strength of the chillicothe strength of the chill control to the chillicothe strength of the chill control the chill control to the chill control the chill control the



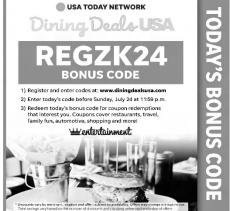
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