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**FOR IMMEDIATE RELEASE**

DATE: September 10, 2021

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**SARATOGA COUNTY MENTAL HEALTH & METABOLIC FITNESS PARTNER FOR SUICIDE PREVENTION**

Charity Workout to benefit Saratoga County Suicide Prevention Coalition

SARATOGA COUNTY, NY – Saratoga County Department of Mental Health and Addiction Services is partnering with Metabolic Fitness of Clifton Park to hold a charity workout benefitting the Suicide Prevention Coalition of Saratoga County.

The event is being held Saturday, September 11, 2021 at 10:30AM at Metabolic Fitness at 3 Liebich Lane in Clifton Park in recognition of National Suicide Prevention Month. For \$25 per person, the public can participate in a 45-minute group strength training workout set to a Drake themed playlist with longtime Metabolic coach, Drew Smith.

All proceeds benefit the Saratoga County Suicide Prevention Coalition, which offers education, awareness, and training opportunities for professionals and the public. The gym will also accept donations from those who cannot attend a workout session, but would like to participate in the charity event.

Theodore T. Kusnierz, Town of Moreau Supervisor and Saratoga County Board of Supervisors Chairman said, "The Saratoga County Department of Mental Health and Addiction Services offers resources and tools to help our residents who may be struggling with suicidal thoughts or who have been affected by suicide. While we bring attention to suicide prevention each September, please remember our mental health professionals are here to help year-round. Thank you to Metabolic Fitness for helping raise awareness of this important issue."

"As we recognize Suicide Prevention Month, it's important to understand that feeling overwhelmed, helpless, hopeless, and a burden can be weathered. Many people who find themselves thinking of suicide can, and do, overcome the crisis by connecting with others and knowing there are resources available to help. Everyone can play a role in preventing suicide by learning the warning signs and reaching out to someone they're concerned about," said Michael S. Prezioso, Ph.D., Commissioner of Saratoga County Department of Mental Health and Addiction Services. "I am thankful to the team at Metabolic Fitness for hosting this charity workout and helping raise awareness about the importance of mental health and suicide prevention."

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“We are happy to join with the Saratoga County Department of Mental Health and Addiction Services to bring awareness to suicide prevention through this charity workout. The team at Metabolic Fitness understands that taking care of your mental health is just as important as taking care of your physical health. We are grateful for the opportunity to bring these two important aspects of healthful living together while helping out our local community and raising awareness to help prevent suicide,” said Courtney West, Studio Manager, Metabolic, Clifton Park.

The Saratoga County Department of Mental Health and Addiction Services offers the following tools and resources for those who may know someone contemplating suicide or for those who may have suicidal thoughts:

“Are you thinking about suicide?” These words can be difficult to say, but when it comes to suicide prevention, none are more important. Asking someone directly about suicide can be difficult but being direct provides an opportunity for the person to open up and talk about their feelings. Asking directly about suicide will not suggest the idea to them. Listening, expressing concern, and providing reassurance will go a long way in your effort to support them.

If you think someone is thinking about suicide, listen to your instincts and take it seriously. Don’t leave them alone. Call the Saratoga County Department of Mental Health & Addiction Services at (518) 584-9030 or the National Suicide Prevention Lifeline at 800-273-8255 (TALK) at any time for assistance.

If you or someone you know needs help, please know that **you are not alone**. Crisis lines, counselors, intervention programs, and more are available to you, whether you are in crisis yourself or concerned about someone else. Below is a list of resources:

- [Saratoga County Department of Mental Health & Addiction Services](#): (518) 584-9030 (available to respond to crises 24/7)
- [Northern Rivers Mobile Mental Health Crisis Team](#): (518) 292-5499 (Monday-Friday 8am-10pm, Saturday and Sunday 11am-7pm)
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255)
- [Crisis Text Line](#): Text HOME to 741-741
- [The Trevor Project](#) (for LGBTQ Young People): 1-866-488-7386
- [Friendship Line](#) (for Older Adults): 1-888-971-0016
- [Trans Lifeline](#): 1-877-565-8860
- [Teen Line](#): Call 1-800-852-8336 (from 6 p.m. to 10 p.m. PST)

The Suicide Prevention Coalition of Saratoga County supports prevention through education, training and awareness events. It is co-facilitated by Saratoga County Public Health Services and Saratoga County Department of Mental Health and Addiction Services. Coalition members are a broad range of local stakeholders from the mental health and healthcare sector.

Metabolic’s mission is to optimize both physical and mental health through the development of communal strength. Its unique program centers around Metabolic Training, which incorporates “strength training at a pace”; the ultimate blend of strength and cardio. Metabolic Training is optimal for those looking to build muscle, burn fat, increase strength, and improve cardiovascular performance in the most efficient way possible. Founded in 2012, Metabolic now has five locations in the Capital Region as well as three in the Syracuse area, and is rapidly growing.

For more information about the Saratoga County Department of Mental Health and Addiction Services and for suicide prevention resources, please visit the department’s page at [www.SaratogaCountyNY.gov](http://www.SaratogaCountyNY.gov).

For more information about Metabolic Fitness, please visit [www.trainmetabolic.com](http://www.trainmetabolic.com)