

THE HIGHLIGHTER

Volume 22, Issue 4

**ADAMHS
Board Members**

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Dr. William Kose, Vice-Chair

Commissioner Appointments

Michael Brand
Tom Buis
Carl Etta Capes
Brian Clark
Pastor Steve Edmiston
Jane Heminger
John Kissh
Gary Kreuchauf
Gene Lauck

**Ohio Department of
Mental Health Appointments**

Nancy Hutchinson
Jim Martin

**Ohio Department of Alcohol
and Drug Addiction Services
Appointments**

Todd Coffman
David Scruggs
Kay Sidle

Staff Members

Precia Stuby,
Executive Director

Zachary Thomas,
Director of Planning and
Accountability Systems

Rob Verhoff,
Fiscal Director

Kim Hiett,
Property Manager

Annie Altman,
Wellness and
Information Coordinator

Cheryl Preston,
Office Manager/
Executive Assistant

**Hancock County Efforts in
Reducing Risk in Educational Settings**

On April 16, 2007 the US experienced its deadliest shooting incident in history. Thirty three (including the shooter) individuals were killed and another 17 were injured on the campus of Virginia Tech. In response to this incident the ADAMHS Board formed the Reducing Risk in Educational Settings Committee to examine the safeguards in place in our educational institutions and determine the need to help reduce the risk of violence. This Committee, comprised of city and county school officials, treatment providers, law enforcement, etc., met for 5 years.

The Committee sponsored the "Reducing Risk Conference" in the Spring of 2008. At this state-wide conference, individuals heard from nationally known experts in the field of school violence. Speakers included Dr. Russell Jones, Professor of Psychology at Virginia Tech; Cheri Lovre, Director of Crisis Management Institute; Dr. Marleen Wong, Director of the Trauma Services Adaptation Center for Schools; and Dr. Ronald Stephens, Executive Director of the National School Safety Center. These individuals brought expertise and insight to our community and participants left with reference materials to aid their efforts of violence prevention.

Following the training the Committee worked over the last 4 years to develop and implement a three-prong approach to this issue. This approach included school climate, threat assessment and school safety. Accomplishments of the Committee include:

School Climate: A grant was written and approved by The Community Foundation for the implementation of the Second Step program. This program features developmentally appropriate ways to teach core social-emotional skills such as empathy, emotion management and problem solving. This grant was awarded to the Family Resource Center and at the close of this school year all middle schools in the city and county will have received the training.

Threat Assessment Management: The University of Findlay secured a grant through The Community Foundation to host trainings for all area schools on the purpose and key components of threat assessment management. As a part of this training, the University has helped almost all the city and county schools to review their current plans and to help each of them establish threat assessment policies/procedures for their school.

School Safety: A school building safety assessment was completed by each school building in the city and county system. The results of this assessment were summarized by The University of Findlay All Hazards Training Program. The results are available for use by school districts to prioritize capital improvements that relate to enhancing the security of students and staff.

As a result of the completion of this work, in December of 2012 the Committee made a decision to dissolve. The Board would like to extend our appreciation to Committee participants for their time and energy on this important issue.

In the wake of the recent school shootings we are reminded of just how critical this work has been. Resources for those who may be struggling with their feelings and/or how to discuss these issues with youth are available on the ADAMHS Board website (www.yourpathtohealth.org). In addition, there is a resource page at the end of this newsletter titled "Talking with Children/Students About the Sandy Hook Elementary Shootings".

Children are our most precious resource. Our sincere sympathy is with the entire Newtown, Connecticut community.

ADAMHS BOARD UPDATE

CIT Graduates Officers

The Hancock County Board of Alcohol, Drug Addiction and Mental Health Services in partnership with the Hancock County Sheriff's Office (HCSO), Findlay Police Department (FCPD), and Century Health graduated officers in the Crisis Intervention Team (CIT) Training on November 9, 2012.

The Crisis Intervention Team (CIT) is a way to provide a focused and safe approach to resolving psychiatric crisis situations that law enforcement and corrections officers face in the line of duty. Officers undergo an intensive 40-hour training to recognize the signs and symptoms of mental illnesses and how to intervene to resolve crises.

The CIT training is supported by local levy funds from the Hancock County Board of Alcohol, Drug Addiction and Mental Health Services and the strong partnerships forged with law enforcement, Century Health, Family Resource Center, Focus on Friends, and the Hancock County Chapter of the National Alliance on Mental Illness and Depression Bi-Polar Support Alliance.



Welcome Zach!



The ADAMHS Board would like to welcome Zachary Thomas as the new Director of Planning and Accountability Systems. Zach will supervise compliance and implementation of grants awarded to the Board, he will monitor the implementation of standards and procedures of the Board, implement and report on the Board Quality Improvement Plan, prepare and provide assistance with grant writing and serve as Clients Rights Officer for the Board.

Zach grew up in Troy, Ohio and moved to Findlay in 1999. He has a Bachelor's Degree in Education and is a former band director. Zach is an avid performing arts supporter and currently serves as President of the Findlay Light Opera Company. He is very excited to be a member of the ADAMHS Board staff and is looking forward to working to help the Board continue to fulfill its commitment to the community.

Not sure if you are suffering from depression, anxiety, substance abuse? Visit our website for a FREE online screening.

www.yourpathtohealth.org

Success through Recovery

Housing is very important to all of us. Due to the devastating impact of dealing with a chronic illness, maintaining housing can be very difficult. Below are two of many who have benefited from Board housing.

JM has been living in Board housing for almost two years. In those two years he has transitioned to different levels of care starting at Brookside for stabilization, then moved to Main Street where he was successful in maintaining his sobriety. This success allowed him to continue to become more independent and move to Basu Point. Soon he will be moving to our new homes to be closer to his family. This progression of living has helped him to remain sober and live independently. The reason he likes living in Board housing is that he can help others in similar situations.



Another tenant has been with the housing program for 3 years. He has been clean and sober for almost 28 months. Before he moved into Basu he lived with family members who were addicted. He felt that there was "no way out". Moving into Basu gave him the chance to get clean and make better choices. This is the longest he has lived in one place. B.S. contributes this longevity to the clean environment and the connection to the resident manager. He is able to get advice and support from him and the staff at Century Health anytime he needs it. Support has been the biggest asset to him of the housing program.

COMMUNITY PARTNERSHIP NEWS

know[®]

EMPOWERING PARENTS TO RAISE
THEIR CHILDREN TO BE SUBSTANCE-FREE

Talk Early And Often About Alcohol, Tobacco And Other Drugs. Even When It Gets Tough

KNOW! To Strengthen the Parent/Child Connection

Most people desire to be connected to others. That's why social media sites have become so popular, especially among youth. But more important than your child having 500 facebook "friends," there is a critical need to connect with you, the parent. It is a child's connection with his/her parents (for better or worse), that will serve as a backdrop to all other interactions and impacts decision-making in the present and in the future.

Children whose relationship with their parents can be characterized as consistent, warm, kind, loving and stable, are much more likely to flourish in other areas of healthy adolescent development. These children are more likely to; initiate positive social interactions with others, respond to situations with empathy, be cooperative with others, exhibit a higher self-esteem and make healthy life choices, including the decision not to use alcohol and other drugs.

Know! to enhance the parent/child connection with these relationship builders:

Spend Time Together: Hanging out and having fun with your child is critical in building and fostering a close connection. Whether it is heading out for ice cream or spending a Saturday afternoon together relaxing and watching movies at home, enjoy some hang time with your son or daughter.

Include Friends: What better way to get to know your child's friends than bringing them along on a family outing or inviting them over for dinner. It is also important to get to know the friends' parents.

Listen: Put down your iPhones and listen. Our kids want to be heard and they want to feel like what they say matters to you. Listen attentively, then ask questions to show your interest.

Talk: Your child wants and needs to hear from you on a variety of topics, including alcohol and other drugs. Kids whose parents talk early and often with them about not using substances are 50% less likely to smoke, drink or use other drugs in the first place.

Set Future Goals: Research shows that when youth set their sights on future goals, be it a position on a sports team or an academic scholarship, they are more careful about the choices they make.

R-E-S-P-E-C-T: It is important to both give it to your child and insist on it from your child. This is an occasion where if you give, you are much more likely to receive.

Share Expectations: The majority of youth report wanting to please their parents. Children whose parents are clear on their expectations are more likely to make better choices.

Eat Dinner Together: While it need not be anything fancy, studies show that sitting down together to share a meal and conversation strengthens family connections.

Adolescence is a time of many changes and big decision-making. Be sure to talk regularly, remain engaged in your child's everyday life and continuously strive to strengthen the connection. A strong and positive relationship now will serve you and your child both today and down the road.

This Know! Parent Tip and more can be found in the Know! Section at DrugFreeActionAlliance.org



John Richey, 2012 Innovator of the Year, & Molly Stone, Program Manager, ODADAS

John Richey Named 2012 Prevention Innovator of the Year

At the 2012 Ohio Prevention and Education Conference John Richey was named the 2012 Prevention Innovator of the Year. The award is given to individuals who have had a significant impact on the prevention field, who have motivated, inspired and encouraged, who have demonstrated going above and beyond through innovativeness and have had an impact on the advancement of prevention. Mr. Richey developed and helped to implement a database that enables the ADAMHS Board/Prescription Drug Abuse Task Force to collect data related to opiate and prescription drug abuse. The information collected is used as a tool to secure grant funds and monitor program implementation.

Mr. Richey is an Instructor and the Director of the Health Informatics Program at The University of Findlay.

The ADAMHS Board/Prescription Drug Abuse Task Force would like to congratulate John Richey. You have been a great prevention partner and we look forward to future projects.

Partnership Council Members

Appointed Members

Kimberly Bash. The Community Foundation (Chair)
Officer Brian Dill. Findlay Police Department
Chuck Honigford. Family Resource Center
Annette Kessler. Hancock County Agency on Aging
Craig Kupferberg. Findlay City Schools
Dep. Mike McGuire. Hancock County Sheriff's Office
Tamera Rooney. United Way of Hancock County
Anne Shiple. Century Health, Inc. (Vice-Chair)
Ashley Ritz. Open Arms
Rick VanMooy. Hancock Education Service Center
Karyn Westrick. The University of Findlay
Barb Wilhelm. Findlay City Health Department

At-Large Positions

Business Representative
Bob Cooper. Robbins. LLC.
Spiritual Representative
Debra Arce. St. Andrew's United Methodist Church

Support Information

Visit our website and encourage others for FREE on-line screenings for depression, anxiety, and stress.

www.yourpathtohealth.org



NAMI Hancock County Support Group

This group is for individuals that are diagnosed with a mental illness their family, friends and support individuals.

January 15, 7:00 p.m. February 5 & 19, 7:00 p.m.
(No meeting on January 1st due to the holiday)
First Lutheran Church, 109 E. Lincoln Street, Findlay

Group regularly meets the 1st & 3rd Tuesday of each month.
For more information contact NAMI at 419-957-9423 or [ww.namiofhancock.org](http://www.namiofhancock.org)



Depression Bipolar Support Alliance Support Group

This group is for individuals that are diagnosed with Depression or Bipolar Disorder their family, friends and support individuals.

January 8 & 22 February 12 & 26 7:00-8:30 p.m.
First Presbyterian Church, 2330 N. Main Street, Rm. 209, Findlay

Group regularly meets the 2nd & 4th Tuesday of each month.
For more information contact Ivy Babb, babbivy@yahoo.com, 419-619-3938
www.facebook.com/DbasaDepressionAndBipolarSupportAllianceFindlayOhio

12-Step Meetings

Daily schedules for 12-step meetings can be found in The Courier or by calling 1-888-683-9768

Need Help?

If you are looking for information regarding services which may not be listed call:



Persons Affected by a Loved One's Suicide (PALS)

4th Thursday of each Month, 7:00-8:30 p.m.

Waiting Room on 2nd Floor of the Ruse Building above the Blanchard Valley Hospital Emergency Room

For more information contact Century Health at 419-425-5050

TREATMENT AGENCIES

Century Health, Inc., 419-425-5050,
www.centuryhealth.net
Adult mental health & substance abuse services

Family Resource Center, 419-422-8616,
www.frcohio.com
Youth mental health & substance abuse services

Focus on Friends, 419-423-5071
Consumer drop-in center



"Like" us on Facebook. Search for Hancock County Board of Alcohol, Drug Addiction & Mental Health Services.

Hancock County Crisis Hotline
1-888-936-7116 (toll free)



If this newsletter was forwarded to you and you would like to be added to our email list to receive this directly please email Annie at aaltman@yourpathtohealth.org

After the terrible tragedy at the Sandy Hook School, parents may find their children having difficulty coping. Some may feel a loss of their own sense of security in a place where they have always felt very safe. Others may fear the loss of people who are close to them. Children react to a traumatic event in different ways, so it is important for the adults around them to be in tune to what the children are saying and doing.

As parents, we can help our children make sense of the trauma. Take time to talk with your children about the incident. Ask what they may know and if they have any questions. Answer honestly, but also at an appropriate developmental level. Allow them to express any feelings they have, accepting all feelings expressed. We do not need to fix their negative feelings, but rather give them a safe place to express them. Allow them to cry or be sad. Sometimes drawing about feelings helps children express themselves better. If they are not ready to talk much about it, do not force the issue. If there are fears of safety, talk with you child about what may help them feel more safe. Let them express their concerns to you. If they are more clingy and need reassurance, it is ok to give them the support they need. Spend extra time with your child, reading or playing games. If they have difficulty sleeping, allow them some extra allowances, like using a night light for awhile.

It is important to get back into the routine as soon as possible. Be patient as they adjust back into the routine. Reduce the amount of news coverage of the event that the children view. This can only continue the exposure of the trauma and some children may not be able to distinguish that it is the event that occurred in the past and one that continues to occur. Some coverage can be overly graphic and dramatic which can intensify the reaction. Also, children take their lead from their parents. Take care of your own needs and feelings.

If after a month you do not see any decrease in symptoms or they seem to increase in severity, the child may benefit from professional counseling. If there are increased concerns, the parents can call Family Resource Center at 419-422-8616.

*Chuck Honigford, PCC-S
Clinical Services Director
Family Resource Center*





Cheri Lovre, MS, Director of CMI, has over 30 years of experience in the field of prevention, crisis response, grief and trauma with specialization in working with youth. Because of her range of experience, she has developed a philosophy and a specific approach toward the unique requirements of survivors of both crisis and trauma. Her primary focus has been working in prevention, mitigation, response and follow-up with schools in the aftermath of student and staff deaths, suicides, homicides, natural disasters, traumatic events, shootings, arrests of staff for internet child pornography, teacher-student sexual misconduct and a wide range of other tragedies that often overwhelm a district's usual abilities to cope. Ms. Lovre first responded to a school shooting in May, 1998 when 24 were shot and four died in Springfield, OR. Thurston High School is likely the only mass casualty school shooting that did not result in any lawsuits toward the school, toward any staff or any emergency workers or agencies. Her work there was as direct support to the leadership of the crisis response team and administrators in the district. That summer she was asked to begin a three-year training program for the National Association of Secondary School Principals, and she and two from that team were called into the aftermath of Columbine. She spent a week on-site in each of those events.

Talking With Children/Students About the Sandy Hook Elementary Shooting

Turn off television coverage. Children can't psychologically screen what they see and put it into the same kind of history and context that we have as adults. Their misperceptions are great. After 9/11, many younger children in the US thought that there were planes continuing to hit more and more buildings. Talking about events allows children to wonder and ask more questions. Seeing graphic coverage gives children visuals that come back to them as dreams and, for some, flashbacks or a sense of hyper-arousal or a sense of hyper-vigilance. Television coverage is both too graphic and overly dramatic. Turn it off.

Do take time to talk with children/students about what happened. Often we think that, if they're not asking about it, they don't know about it or aren't worried. Often, though, they are just being "loyal" to our non-verbal messages. Ask them what they already know and go from there.

Let them tell you their concerns, and rather than giving advice or saying, "Don't worry," first validate their feelings. "I can imagine that is exactly how this feels for you." And then, instead of giving your own advice ("Don't worry ... the man who did this has also died...") ask the youth what would help them feel safe. "What can I/we do that would make you feel safer right now?" "What should we think about in the future?"

We really have to ask students what will help them feel safe, and then we need to listen. Often we think we know what will help them feel safe, and we can't really know unless we ask the youth. In one incident where a high school student killed a girl classmate, the principal thought that having metal detectors at the entrances and visual security would help them feel safer, but when students were asked, their reply was that they wanted self-defense taught for girls' PE. OUR solutions may not make THEM feel safe!

Children sometimes have night-time fears. If your child is afraid to sleep alone in their room, let them bring a sleeping bag in to your room for a few nights, or stay with them while they fall asleep. If you do that, let them know where you'll be sleeping, though, so they don't wake up upset that you're not still in the room.

Youth will do as well as the adults around them, so dealing with our insecurities and fears away from our children is helpful. It is helpful to use a calm demeanor when we're speaking with our children. That also means that giving parents and teachers support is critical, as the recovery of the youth is so tied to their stability. That isn't to say that we aren't honest. It is fine to admit that you have concerns and fears, but

do so from a place of emotional control. “I am worried about some of those things as well, but I also know that many very bright people are working on issues like this, so I know that we’ll continue to work on how to keep kids safe.”

Keeping routine is helpful. Give children/students more warning and extra support for changes in their usual day.

Some children may be more “clingy” or needing to be close to family or known adults. It is OK to indulge in special requests and needs, but also provide a balance by pointing out the things that are still OK, the things that people are doing to keep your child safe, and so on. Give these youth extra support, but continue to work with them in ways that they can have a sense of self-control. Ask them to identify steps they can take that will help them feel safe as well. Being able to come up with answers themselves provides a sense of mastery. It may take many small steps for your child to move back toward his/her usual demeanor.

This is a general **framework for speaking to youth**, or for when we answer their questions about these terrible events: We need to be honest, the answer needs to respect the integrity of the child and the integrity of the question, we need to give details that do not add any gore or trauma to what they already know or perceive, and it is often best to only give a brief answer that is just what they’ve asked, and then ask what else they want to know. Often when a child asks a question, we give way too many details and may go off in a direction that we think is of their interest. It is much more helpful for us to give less information and wait for the next question.

Recognize that, even if we don’t talk with our children about these events, **they will often hear about it from other students/kids in the neighborhood.** It always feels like a more stable world to youth when they hear about these things from us rather than from other youth. Often, if they hear about it from peers, they don’t let us know they’re worried, assuming that we are expecting them to manage this world on their own. So at that point, the only wisdom they have for dealing with that is the wisdom of others their own age. Never miss a chance to be a part of these conversations in your child’s life!

These events are still very, very rare. As indefinably horrible as this is, we are much more apt to lose our children in car wrecks, by suicide, in accidents or terminal illness. This is so very heart-breaking for so many reasons, and this is not in any way meant to minimize the impact of this event for those who are in the inner circle of impact, but for those from communities outside of the Sandy Hook Elementary area, we need to continue to recognize that our kids are generally as safe as they were last week. In fact, no doubt, most schools are paying greater attention to school security than usual.

It is sometimes helpful to talk about the fact that lots and lots of people can be very, very angry, but very few take steps that put other’s lives at risk. It is important not to equate ordinary anger with this gunman’s actions at the school. For younger children you might compare it to a problem or illness in his mind that is rare, but be sure that children understand that **anger is a part of the normal range of emotions.** The salient issue is how people manage their emotions and behaviors. Youth need to be able to see that parents and others can be very upset or angry, but that doesn’t necessarily mean anyone’s life is at risk.

Please let us know what else would be helpful!



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