

THE HIGHLIGHTER

Volume 22, Issue 5

ADAMHS Board Members

Carolyn Copus, Chair
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 Hielt,
Property Manager

Annie Altman,
Wellness and
Information Coordinator

Cheryl Preston,
Office Manager/
Executive Assistant

ADAMHS Board Receives Grants

Since the beginning of Fiscal Year 2013 the Hancock County ADAMHS Board has received several grants. Grants help the Board provide services that could not otherwise be provided with existing funds and implement new programs to boost current treatment and prevention services.

Housing Grant

In August of 2012, the Ohio Department of Mental Health (ODMH) released a request for applications for Housing Mini-Grants. The purpose of the grant was to offer up to \$30,000 to mental health boards to create innovative and sustainable housing solutions for hardest to house individuals with severe and persistent mental illness. In order to qualify, ODMH indicated that boards receiving the award should be able to demonstrate opportunities for investment in addressing specific, costly problem areas within board housing that need to be solved in order to keep people in the community, to prevent institutional recidivism, enhance community employment opportunities, and to demonstrate quantifiable cost savings to the mental health systems of care.

ODMH received twenty-eight (28) applications state-wide, with a request totaling \$860,000. Of the applications submitted, ODMH selected twelve (12) with our Board being one of the selected recipients. The total amount ODMH awarded was \$318,198 with Hancock County receiving an award of \$26,000.

The population identified to be served by this grant award are individuals who are homeless, mentally ill and highly utilizes the healthcare system. One example submitted is a diabetic client who also has a mental illness and is homeless. As a result, they are unable to store their

medication in a refrigerator, rendering it useless to control their medical condition. This individual lost their housing because they lost their job due to their inability to manage their chronic medical conditions seeking the use of the emergency room for medical or mental health treatment.

The Board, in collaboration with Century Health and Caughman Clinic, will be responsible for the implementation of this grant and that consists of providing rental subsidy to at least five homeless individuals whom are severely and persistently mentally ill and who have chronic health problems. ADAMHS Staff will assist a potential client with finding appropriate rental housing. Selected individuals will participate in a multidisciplinary monthly meeting to develop and monitor an agreed upon treatment plan focused on housing, mental health and physical health stability.

The goal of the grant is to demonstrate that providing stable housing and linkage to appropriate services, the need for costly emergency room and inpatient admissions will be reduced. This saves money while improving the quality of life for those individuals served.

Early Childhood Grant

The Hancock County ADAMHS Board has received a grant of \$75,950 from the Ohio Department of Mental Health to fund an Early Childhood Mental Health Consultant. This grant will provide consultation services to child care centers to develop staff competencies and skills that include setting appropriate boundaries within a family setting. When working with families, these consultants have focused encouragement of a healthy child-parent bond, effective techniques for non-violent discipline, how to play

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with the child, reducing family conflict, and altering parent attitudes regarding problem behaviors. Consultants will also support child care staff in recognizing their role in the development of building protective factors. Programs to be continued or started in the child care centers include: Promoting First Relationships, The Incredible Years and Incredible Years Dinosaur School.

Ohio Attorney General Grant

The ADAMHS Board was awarded a \$25,000 grant from the Ohio Attorney General's Office. This grant will be used to implement crisis and case management/discharge planning services to the Hancock County Justice Center. The goal of the grant is to identify individuals with mental health and/or substance abuse treatment needs at the time of admission and link them to a case manager who can assist with the development of a discharge plan which includes linkage to appropriate community services. The case manager will follow-up with the client to track adherence to the plan and assist as necessary to ensure success. In addition, limited crisis stabilization services will be available.

Bridging the G.A.P. Network Grant

A \$1,000 grant was awarded to the ADAMHS Board from the Bridging the Network G.A.P. (Grief to take Action for Prevention), a sub-set of SOLACE Ohio. This grant will be used to fund the "Above The Influence" social media campaign.

Ohio Suicide Prevention Foundation Grants

Two grants (\$1,000 each) were awarded to the ADAMHS Board from the Ohio Suicide Prevention Foundation to increase our suicide prevention efforts. The first will be used to introduce the Kognito program to city and county high schools. The program is an education program using computer avatars for teachers. The program focuses on "how to have difficult conversations" in an effort to help teachers become more comfortable in making an outreach to youth showing signs of emotional or mental stressors.

The second grant will be used to increase the library resources for Veterans at the Hancock County Red Cross. The ADAMHS Board secured a grant to establish the library. Funds were used to purchase electronic readers and books for the devices. The current grant will be used to add additional resources and also offer trainings.



Did you know?

In 2012, Hancock County Justice Center admissions for drug-related offenses numbered 265. Of those admissions, 89 (34%) were for an Opiate offense.

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

My family has been utilizing the services through the Family Resource Center for a year and a half now. We seek services with occupational therapy, counseling, and group session. It has been a wonderful experience and growth for not only my son but for me and our family. I was recommended to the FRC through teachers at my son's school. So I looked into the counselor they suggested, and she has been a wonderful help to us. She then suggested other services to help my son, and we had gotten him into OT and social group sessions. I see growth in him from these services he receives. I believe they are a true building block to help him learn the skills and behaviors he needs in life. I truly believe he would not be where he is now without these services to help him.

The staff at the Family Resource Center is always friendly and helpful in all that they do. Each person I encounter is always pleasant and eager to help. My son's Occupational Therapist are students that come in, and they are always friendly and work so well with him. Always eager to have my opinion on what my child needs and what they can work on with him. His counselor is absolutely wonderful and couldn't ask for a better person for him. In seeking help for my son, I have also been able to utilize services for myself, which have been a true help. I am thankful that I was recommended to the Family Resource Center. It is helping my autistic son, myself and my family.



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.

To Examine Your Relationship With Medication

Do you medicate appropriately and responsibly or are you potentially sending your children unintended messages regarding prescription and over-the-counter medicines?

When used correctly, medicine plays an important role in managing health conditions. But when misused, abused or taken when unnecessary, these drugs can be unhealthy, unsafe and unpredictable.

It is important to closely examine your relationship with medication because you may be unintentionally misusing, and you may be laying the foundation for your children to do the same.

In today's world, regardless of what ails us, there is likely "a pill for that." But just because we can doesn't always mean we should. As parents and caregivers, we must also be aware of the behavior we are role modeling for the children in our lives.

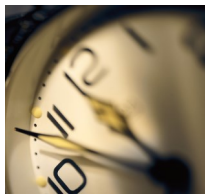
So what exactly is appropriate and responsible use of medicine?

- When it comes to minor aches and pains, I consider other options for relief before popping a pill for a quick fix.
- I only start or stop using a prescription drug under the guidance and knowledge of my physician.
- I follow the dosage and time table as prescribed for me.
- I do not share my prescription medications, not even with loved ones whose symptoms appear to match mine.
- When talking with my healthcare providers, I disclose all medications I am taking, including vitamins, herbal supplements and creams/salves.

- I do not mix medications without first checking with my doctor or pharmacist.
- I am aware and heed warnings to not drive or perform particular tasks on the job or at home, while taking certain medications.
- I am also aware and heed warnings not to mix alcohol with certain medications, as the outcome is unpredictable, can render my medicine ineffective or even produce a fatal combination.
- I know my medication's potential side effects and when I should contact my physician regarding them.
- I keep my prescription and over-the-counter drugs locked up and monitored.
- I discard prescription medication once it is no longer needed for the condition it was originally prescribed.
- I properly dispose of all expired, unused and unwanted medications.

Now that we've examined our personal relationship with medicine and the household "norms" we are creating, let's take a look at what is being "normalized" outside of our homes. What is pop culture teaching our kids about prescription and over-the-counter drugs? We'll take a look in the next Know! Parent Tip.

***NOTE:** This message is not intended to serve as medical advice. It is only meant to get individuals thinking about the role medication plays in their lives and how that in turn impacts their children's views and future behaviors



Tick Tock it is time to change the clocks!

As you turn your clock ahead and change your smoke detector batteries take some time to clean out your medicine cabinet also.

Bring your unneeded, unwanted or expired medications to the drive thru collection on April 13th (see page 5 for details) or deposit them into the permanent collection boxes housed at the Findlay Police Department or the Hancock County Sheriff's Office.

*Take a few minutes to remove these medications from your home.
It may save a life.*

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.

March 5 & 19 April 2 & 16
7:00 p.m.

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 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.

March 12 & 26 April 9 & 23 7:00-8:30 p.m.
First Presbyterian Church, 2330 N. Main Street, Rm. 209, Findlay

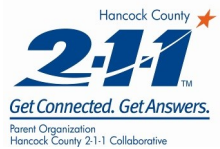
Group regularly meets the 2nd & 4th Tuesday of each month.
For more information contact Ivy Babb, babbivy@yahoo.com, 419-619-3938
www.facebook.com/DbasaDepressionAndBipolarSupportAllianceFindlayOhio

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*

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) OF HANCOCK COUNTY FAMILY-TO-FAMILY EDUCATION PROGRAM



National Alliance on Mental Illness (NAMI) of Hancock County will present a free, twelve-week educational program for families and loved ones with an adult relative who is living with a mental illness. The illnesses covered are schizophrenia, bipolar disorder, depression, anxiety disorder, obsessive compulsive disorder, post traumatic stress disorder, and borderline personality disorder. The twelve classes include treatment strategies, communication techniques, and emotional support. Topics such as the biology of the brain, medications, self-care, advocacy and recovery will be covered.

One out of every four families in America has a member who suffers from a serious mental illness. Nearly two and half million Ohioans suffer from a mental disorder. Two out of every 10 young adults will be affected by serious brain disease between the ages of 18 and 30. These diseases affect people of all ages, races, cultures and socioeconomic classes. For more information on NAMI of Hancock County, visit www.namiofhancock.org.

Classes begin Thursday, March 7 from 6:00-8:30 p.m. at Trinity Baptist Church in Findlay. Pre- registration is suggested as seating is limited. For additional information or to register, contact NAMI of Hancock County at (419) 957-9423 or executivedirector@namiofhancock.org

Free Medication & Mercury Collection

Fall Collection

Saturday Oct. 20, 2012 • 9 a.m. - noon

Saturday, April 13, 2013

Findlay Municipal Building Parking Lot, West Crawford Street

9 a.m. - Noon

Convenient County Collections

Oct. 20 & April 13, 2013 • 9-10 a.m.

Arlington Good Samaritan Center

McComb Village Hall

Arcadia - Washington Township Fire Station



FINDLAY
THE UNIVERSITY OF FINDLAY