

THE HIGHLIGHTER

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Step Up for NAMI Step Away from the Stigma

ADAMHS Board Members

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Carolyn Copus, Vice-Chair

Commissioner Appointments

Michael Brand
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John Kissh
Gary Kreuchauf
Gene Lauck
Zachary Thomas

Ohio Department of Mental Health Appointments

Dr. William Kose
Jim Martin
Larry Sargent
Karen Schwarzwalder

Ohio Department of Alcohol and Drug Addiction Services Appointments

Todd Coffman
David Scruggs
Kay Sidle

Substance Abuse Committee Member

Nancy Hutchinson

Staff Members

Precia Stuby,
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Paul Lilley,
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Information Coordinator

Cheryl Preston,
Office Manager/
Executive Assistant

The National Alliance on Mental Illness was established in 1979 for individuals with mental illness and their families as a self-help organization that provides support, education and advocacy to anyone affected by serious and persistent biologically-based brain disorders.

There are approximately 220,000 NAMI members nationwide with 1,200 affiliates throughout the country. NAMI of Hancock County is a chapter of NAMI Ohio joining 60 county affiliates. Brain disorders are real diseases causing disturbances in feeling and thinking. These diseases affect people of all ages, races, cultures and socio-economic classes.

NAMI advocates at the local, state and national level for a system of adequate care and for increased support for research from both the federal government and private resources.

The National Alliance on Mental Illness of Hancock County will host the second annual NAMI of Hancock County Walk "Step Up for NAMI, Step Away from the Stigma" on May 19 at Riverside Park in Findlay.

Teams and individuals will walk 3.1 miles around the park to raise awareness within the community about mental illness. One out of four families in America has a member who suffers from mental illness, and as many as 14,860 residents of Hancock County could be diagnosed with serious brain disorders in their lifetimes. But even with the prevalence of mental illness diagnoses, society still tends to stigmatize individuals and families who must cope with depression, schizophrenia, post-traumatic stress disorder and myriad other forms of mental illness.

Individual walkers, teams from businesses, churches, and organizations are needed for the event.

The walk is scheduled to begin at 11:00 a.m. at the park band shell, with registration starting at 10:00 a.m. The event will kick off with an opening ceremony at 10:30 a.m. Don Thomas, a former NAMI board member and volunteer educator, will serve as master of ceremonies.

The family-friendly event will also include face painting, music, and a clown with balloon animals.

To register as a walker or a team, call Walk Co-chairs Elaine Eyre at 419-420-5485 or Peggy Wood at 419-618-9021.

Start/Finish Sponsors for the event are the Hancock County Medical Society and Blanchard Valley Health System.

Event supporters are Hermiller Construction, Marathon Petroleum Company LP, and Cooper Tire.

Kilometer sponsors are Stepping Stones Counseling Center, Espero Wellness & Counseling Center, Ltd., Muddy River Bicycle Co., Scarborough Pharmacy, USA Lawn and Landscaping, Century Health, St. Catherine's Manor of Findlay, and Whirlpool.

The Walk committee has set \$30,000 as the fundraising goal. NAMI is a 501c3 organization and raises its own funds to provide education, support, and advocacy services for Hancock County residents. Some examples of services (provided at no charge) include:

Peer-to-Peer – A 10-week class offered to people diagnosed with a mental illness who are interested in learning how to establish and maintain wellness.

Family-to-Family – A 12-week class for family members and other loved ones of people diagnosed with mental illness. Since the local program was established, NAMI of Hancock County has provided 1,590 hours of free classroom instruction to family members impacted by mental illness.

Support Group – Meets on the first and third Tuesdays of each month at Findlay's First Presbyterian Church at 7 p.m. The group is open to persons with a mental illness diagnosis and their family members.

To find out more about the NAMI organization and services offered to the community, visit www.namiofhancock.org. NAMI is also on Facebook at www.facebook.com/namiofhancock

Submitted by:
Erin Rodabaugh, Executive Director
NAMI of Hancock County

ADAMHS BOARD UPDATE



The Hancock County ADAMHS Board would like to thank the community for their support in the passage of the levy in March. These funds will continue to purchase vital services for residents of Hancock County.

Local CIT Program Audited

Crisis Intervention Teams (CIT) are a partnership among law enforcement, behavioral health agencies, family and consumer advocates that train law enforcement officers to identify characteristics including suicide, psychosis, and mania, and effectively calm someone having an emotional crisis.

First established in Memphis in 1988 after the tragic shooting of a man with a serious mental illness, CIT has been established across the states and even internationally and includes core elements that differentiate it from other types of programs that offer training to law enforcement.

A Peer Review of CIT programs is offered by the Criminal Justice Coordinating Center of Excellence and focuses on a community's adherence to core elements of a CIT program. Reviews are conducted by a three person team of coordinators from other CIT



communities and include a law enforcement and a mental health representative. The Hancock County ADAMHS Board's Associate Director, Paul Lilley, created the Peer review process in consultation with the Coordinating Center in 2009 as a voluntary and collegial process built on a quality improvement approach to strengthen Ohio's collective understanding of the core elements and best practices within CIT programs.

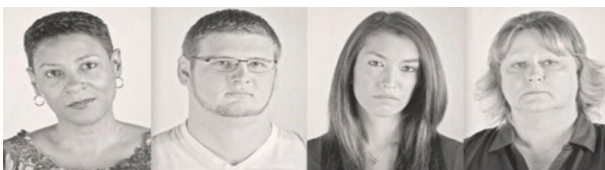
The process itself includes a Self Assessment, a review of all training and program materials, a site visit by the reviewers and a written summary of the review findings. In April, the Hancock County CIT program underwent its first peer review. The reviewers were very complimentary of the partnership that exists in our county and identified several training and program strengths. Program suggestions were identified by the reviewers and will be incorporated by the local CIT advisory committee into our program.

Board Receives Grant Award from SOLACE

In February, the Hancock County ADAMHS Board received a grant award for \$1,000 from SOLACE (Surviving Our Loss and Continuing Everyday). The grant and matching funds were used to purchase billboard space for the "Don't Get Me Started" billboards. These billboards were placed around Hancock County during the months of April, May and June.



The mission of SOLACE is *to reach people who have lost loved ones to drugs, to help the addicted make changes to their lives and to prevent future pain in the addict and family members.* The group was started by JoAnna Krohn in April of 2008 after her loss of her son, Wesley, to an accidental gun shot while he was under the influence of alcohol and opiates. Wes was an 18-year old football star who was very popular in his school and community. After his death his family joined over a hundred other families in Portsmouth, Ohio who were struggling with their own loved ones lost to the epidemic of prescription opiate abuse that has escalated over the past ten years.



Hear their stories. Get help. DontGetMeStartedOhio.org
Local Help @ www.YourPathToHealth.org

SOLACE groups are forming all over Ohio. At present time there are over 19 groups in the SOLACE Ohio Network Membership. For more information about SOLACE go to <http://www.drugfreereactionalliance.org/SOLACE>.

COMMUNITY PARTNERSHIP NEWS

PARENTS:

Help Your Teen Enjoy Fun, Safe and Drug-Free Prom and Graduation Parties

Parents play a major role in their children's choices about alcohol, tobacco and other drugs. A survey of parents and teens by the National Center on Addiction and Substance Abuse at Columbia University found one-third of teen partygoers have been to parties where teens were drinking alcohol, smoking marijuana, or using cocaine, ecstasy or prescription drugs while a parent was present. By age 17, nearly half of teens have been at such parties where parents were present.

As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in your own home, even with their parent's permission. You also cannot allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol. There are legal consequences if you do. According to Ohio law, you can be prosecuted and face up to six months in jail, a \$1,000 fine, loss of property, and civil liability.

Simply taking away the car keys does not solve all of the problems related to underage drinking. According to the Centers for Disease Control and Prevention, six or more youth under 21 die each day due to non-driving alcohol-related causes, such as homicide, suicide and drowning.

You can protect your children by following these guidelines when hosting teen parties:

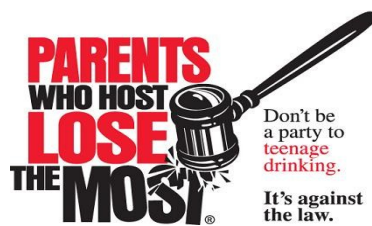
- Host safe, alcohol-free activities and events for youth
- Refuse to supply alcohol to children or allow drinking in your home or on your property
- Be at home when your teenager has a party
- Make sure your teenager's friends do not bring alcohol into your home
- Talk to other parents about not providing alcohol at youth events
- Report underage drinking

Follow these guidelines when allowing your teen to attend another student's party:

- Call the parent in charge to verify the occasion and location of the party and ensure there will be adult supervision
- Make certain that the host will not be serving or allowing alcohol
- If the activity seems inappropriate, express concern and keep your child home

Our youth deserve to live and grow to adulthood in an environment where alcohol is not misused. Let's be unified in our message, and host alcohol-free parties with fun and healthy activities to show our youth that we care about their future.

For more information about how to have safe and drug-free celebrations check out the Parents Who Host page on the ADAMHS Board website, www.yourpathtohealth.org



Did you miss the medication collection in April?

Don't want to wait until October to dispose of your medications?

Use the permanent collection boxes located in the lobbies of the Findlay Police Department or the Hancock County Sheriff's Office. Boxes are available 24 hours a day. Please keep medications in their original containers and black out personal information. NO mercury, needles or liquids can be deposited at these locations.

For more information contact the ADAMHS Board at 419-424-1985.



Does your organization or group host educational presentations at its meetings?

The Prescription/Opiate Task Force has a presentation to educate the community about the dangers of prescription and opiate abuse and how we as a community can help combat this epidemic. If you have a venue for this presentation please contact Annie at 419-424-1985 or aaltman@bhg.org to schedule. No meeting time is too long or too short.

Partnership Council Members

Appointed Members

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.
Rick VanMooy. Hancock Education Service Center
Barb Wilhelm. Findlay City Health Department

At-Large Positions

Youth Serving Organization Representative
Kimberly Bash. ECLIPSe (Partnership Vice-Chair)
Health/Human Services Representative
Erin Teegardin. Open Arms (Partnership Chair)
Higher Education Representative
Karyn Westrick. The University of Findlay
Business Representative
Bob Cooper. Robbins. LLC.
Spiritual Representative
Debra Arce. St. Andrew's United Methodist Church

AGENCY NEWS



NAMI Hancock County Support Group

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

May 1 & 15 June 5 & 19
7:00 p.m.

First Presbyterian Church
2330 N. Main Street, Rm. 209, Findlay

Group regularly meets the
1st & 3rd Tuesday of each month.
For more information contact NAMI
at 419-957-9423 or www.namiofhancock.org

12-step Meetings

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

TREATMENT AGENCIES

Century Health, Inc., 419-425-5050

www.centuryhealth.net

Adult mental health & substance abuse services

Family Resource Center, 419-422-8616

www.frcoho.com

Youth mental health & substance abuse services

Focus on Friends, 419-423-5071

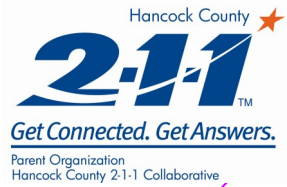
Consumer drop-in center



You can now find the ADAMHS Board and Community Partnership on Facebook. To find us, search for Hancock County Board of Alcohol, Drug Addiction & Mental Health Services. The Board will be announcing programs, projects and other general behavioral health items on our page.

Need Help?

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



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.

May 8 & 22 June 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
Becky at 419-422-9381.

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

*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@bhg.org