

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
Zachary Thomas

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

Rob Verhoff,
Fiscal Director

Kim Hiett,
Property Manager

Annie Altman,
Wellness and
Information Coordinator

Cheryl Preston,
Office Manager/
Executive Assistant

What's New at Our Agencies?

Dr. Binh Dinh Century Health



There have been a lot of changes in the past 16 months in the world of community behavioral mental health and particularly at Century Health, Inc. In July 2011, Dr. Dinh joined Century Health and Blanchard Valley Hospital. During that time, Dr. Basu was winding down her long tenure at Century Health. After being with Century Health for more than 17 years, she reduced her schedule to part-time hours. Dr. Dinh is the first doctor to work at Century Health while simultaneously doing inpatient work at Blanchard Valley Hospital's Orchard Hall. What that brought to community behavioral health was a practitioner, connected to the hospital, who could work bilaterally with the hospital and Century Health to get patients into Orchard Hall as needed as Dr. Dinh has direct admitting privileges. Upon discharge, Dr. Dinh had a direct connection with outpatient follow up at Century Health.

(Continued on page 4)

Dr. Phillip Hash Family Resource Center



This past summer, Family Resource Center welcomed a new child and adolescent psychiatrist to its staff, Dr. Phillip Hash. Through a partnership with the Hancock County ADAMHS Board and Blanchard Valley Regional Health Center, the agency now boasts one of the region's only full-time child and adolescent psychiatrists.

Dr. Hash is a graduate of Pikeville College School of Osteopathic Medicine and completed a fellowship in child/adolescent psychiatry at the University of Kentucky. He is a Diplomate of the specialty of Psychiatry from the American Board of Psychiatry and Neurology. Prior to entering medical school, Dr. Hash worked in various positions as an engineer, as he also holds a Ph.D. in Industrial Engineering. He has extensive experience in software development, including mobile and desktop applications. He is also an Apple developer.

(Continued on page 5)

The ADAMHS Board would like to thank those currently serving in the armed forces, veterans and their family members.

Your service and dedication to our Country
is appreciated.



ADAMHS BOARD UPDATE



(Pictured left to right)
Precia Stuby, Executive Director,
Carolyn Copus, Board Chair, Erin
Rodabaugh, NAMI of Hancock
County Director, Donna Ridenour,
Tony Grotrian.

ADAMHS Board Presents Annual Awards

The Hancock County Board of Alcohol, Drug Addiction and Mental Health Services presented its Annual VIP awards at their Board meeting on October 23, 2012. Receiving awards were Tony Grotrian, NAMI of Hancock County and Donna Ridenour.

The Board presented Tony Grotrian with the Volunteer of the Year Award. Mr. Grotrian has spent the last three years working to increase the awareness of opiate addiction in Hancock County. He serves on many of the committees of the Hancock County Opiate/Prescription Drug Abuse Task Force, is a member of the Strategic Prevention Framework Team and a member of the Reentry Task Force. He has also started a Facebook page called Operation SOK (Save Our KJds). As a tribute to his grandson, Tony has written a book to explain his experience with the loss of his grandson to a heroin overdose.

The National Alliance on Mental Illness of Hancock County (NAMI of Hancock County) received the Impact Award. NAMI of Hancock County is an organization that offers monthly support meetings and educational programs for consumers who suffer with mental illness and their family and friends. This group is also responsible for community awareness programs and education to the community. At its annual Walk in May of this year the group was successful in raising \$30,000 to further its outreach in the Community.

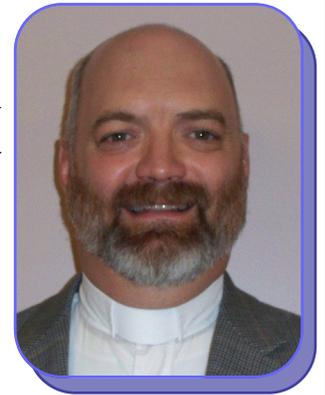
The Professional of the Year award was given to Donna Ridenour. Donna is a Physician Recruiter with Blanchard Valley Health System. Through its partnership with the hospital, the ADAMHS Board was able to use Ms. Ridenour's professional expertise to recruit and negotiate contracts for two psychiatrists now practicing in our community: Dr. Dinh at Century Health and Dr. Hash at Family Resource Center. This Community will benefit greatly from her efforts as more individuals receive services from a psychiatrist than any other service funded by the ADAMHS Board.

The ADAMHS Board Annual VIP Awards are sponsored by Mark K, Inc.

Welcome Pastor Steve!

On October 23rd the ADAMHS Board welcomed its newest member, Pastor Steve Edmiston. Pastor Steve, as he likes to be called, was appointed by the Hancock County Commissioners. He grew up in Maplewood, Minnesota and serves as Pastor for St. Paul Evangelical Lutheran Church in Jenera, Ohio. When Pastor Steve is ready for a day off he enjoys sitting in his chair reading a book. He also loves to drink lots of coffee.

Pastor Steve and his wife, Stacey have been happily married for 25 years. Stacey is a classroom aid in a multi-handicapped classroom at Van Buren School. They have four children, Nathaniel, Abigail and twins Anna and Noah.



Pastor Steve believes that there are many misconceptions concerning mental health and would like to help make a change.

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

www.yourpathtohealth.org

Resilience and Hope

Success through Recovery

Recovery from my mental illness began when I came to believe recovery was possible. With the patient assistance of my therapist I have come to accept my OCD and bipolar diagnosis as a source of strength rather than weakness. My recovery is a journey rather than a destination. With the gift of hope I am able to bounce back faster after periods of depression or mania. After 10 years of confusion, despair and loss of interest in life I now view myself as a person who has a right to be happy. And it takes work. It takes resilience.

I still have my dark days – no doubt – but I know there is light at the end of the tunnel because my experience tells me so. I have to take responsibility for my life because I have chosen life. NAMI, support groups, regular talk therapy, compliance to medication, and the love of friends and family are the foundation of my recovery. I will never give up.

- Brooke Ryan

Goodbye Paul

On August 31st Paul Lilley retired from the ADAMHS Board after 15 years of service. Since his retirement, Paul is currently doing consulting work with two area non-profit agencies as well as a contracted worker for the Criminal Justice Coordinating Center of Excellence. He is also employed three days a week at Century Health as its Quality Improvement Program Coordinator responsible for the ongoing management and oversight. In October, Paul also became certified in Mental Health First Aid.

Congratulations and best wishes Paul!



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! Sweet 16 = Peak Age for Rx Drug Abuse

Prescription drug abuse has reached epidemic proportions in communities throughout our country. However, with researchers focusing more time and attention on the topic, we are beginning to get a better grip on who is most at-risk and what we can possibly do to stop it in its tracks.

When it comes to opiate abuse among youth (Rx pain medications), most people associate it with older adolescents (high school seniors and college students). But according to a newly released study from Michigan State University (MSU), the actual peak age for opiate abuse to begin is 16, when about one in 30 to 40 teens takes that first pain-killer for a high.

Experts say these results call for tougher prescribing guidelines for clinicians and for the implementation of school-based Rx drug abuse prevention programs (similar to the alcohol and tobacco initiatives within schools).

But as the parents of adolescents now, we KNOW! we also must act today to bring our children up to speed on the dangers of Rx drug abuse.

Limit your child's risk at home with three simple steps:

MONITOR: Keep track of all medications in your home.

SECURE: Lock up prescription & over-the-counter meds.

DISPOSE: Do not hold onto old or unused medications.

Use the permanent collection boxes located at the Findlay Police Department or the Hancock County Sheriff's Office.

A final word to share with your children: Rx medication abuse is not just unhealthy and unsafe, it is also illegal. For more information, visit DrugFreeActionAlliance.org.

Source: Elizabeth A. Meier; Jonathan P. Troost; James C. Anthony. Extramedical Use of Prescription Pain Relievers by Youth Aged 12 to 21 Years in the United States: National Estimates by Age and by Year. Archives of Pediatrics & Adolescent Medicine, Published online May 7, 2012 DOI: 10.1001/archpediatrics.2012.209.

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

ADAMHS Board Change Email Addresses

The Hancock County ADAMHS Board Staff have changed email addresses to be consistent with the new website. Please update your contact list.

Precia Stuby

pstuby@yourpathtohealth.org

Rob Verhoff

rverhoff@yourpathtohealth.org

Kim Hiett

khiett@yourpathtohealth.org

Annie Altman

aaltman@yourpathtohealth.org

Cheryl Preston

adamhs@yourpathtohealth.org

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)
- Erin Teegardin, 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

What's New at Our Agencies? (Continued from Page 1)

Dr. Binh Dinh, Century Health, Inc.

In October of 2011, Dr. Dinh took over as full-time Medical Director of Century Health and implemented best practices and evidence based medical guidelines for his staff. Century Health was awarded a grant from the ADAMHS Board and Century Health Board to improve the facilities. Dr. Dinh believed that, with the upcoming health home model that the Centers for Medicare and Medicaid (CMS) will be requiring, the medical staff should be in one building. The grant was to update the interior of North Campus where all of the doctors, nurses and mid-level practitioners will practice psychiatry and nursing. With a little over \$17,000.00, Century Health upgraded the facilities to house all of the psychiatrists and nursing staff as well as update the waiting room. Dr. Dinh coordinated with the hospital lab to provide Century Health with a centrifuge as well as phlebotomy supplies so that the clients at Century Health, many of whom are very paranoid and have transportation problems, could get their necessary blood work done while at their doctor's appointments at Century Health. The blood would then be delivered and processed at Blanchard Valley Hospital. This also allowed for the patients to get any blood draw necessary from any of their other providers.

During this time, Century Health has added new staff in addition to Dr. Dinh, Dr. Mercado and Pat Bakies. Pat Bakies has been unit manager for Orchard Hall for several years. She recently obtained her Nurse Practitioner degree and is now working at Century Health three days a week as well as two days a week at Caughman Clinic. This will help us coordinate mental and physical health care between Century Health and Caughman Clinic, something that has at times been severely lacking in the community. Starting in November, we will have free rapid HIV testing and Hepatitis C testing on the first Thursday of every month. This testing is provided through the Allen County Health Department, expanding their services to include Hancock County.

Century Health has always been a model of teaching and has always taught Occupational Therapy students as well as Social Work students. As the new Medical Director, Dr. Dinh has brought in Physician Assistant students, which will help us in the future to recruit mid-level practitioners as well as imparting invaluable knowledge of what community health is about. Dr. Dinh also has a faculty appointment at the University of Toledo College of Medicine where he is a Clinical Assistant Professor. He has brought several medical students at the third year level to rotate through Century Health and Blanchard Valley Hospital.

These are exciting times in psychiatry at Century Health and Hancock County, but also some turbulent times as we are trying to implement Electronic Health Records, a process which can be very difficult and tedious. We are scheduled to go live on Electronic Health Records and e-prescribing by December of 2012. We anticipate that to be the actual go live date, but of course changes can happen. With the implementation of Electronic Health Records, it will be easier for providers to access records as well as cutting down on prescribing mistakes by using an electronic medication ordering system and directly entering lab results into the electronic health record.

In the future, as we go forward, we will also be looking at the addition of a medical health provider imbedded at Century Health's North Campus so that we can meet the obligations of the Health Home model required by CMS. I think that Hancock County will be very well served in the near future with all of the exciting changes that have been implemented as well as the upcoming changes.

Saturday

Nov. 17. 2012



**CENTURY HEALTH
BORDER BATTLE
BREAKFAST**

**FHS Cafeteria
7 a.m. - Noon**



Sponsored by:



OHIO ORTHOPAEDICS
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Get well. Get moving again.

The Courier



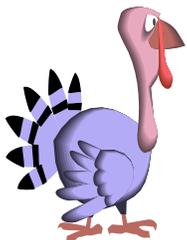
Blanchard Valley
HEALTH SYSTEM

What's New at Our Agencies? (Continued from Page 1)

Dr. Phillip Hash, Family Resource Center

With this unique blend of technology and medical experience, Dr. Hash has brought the reality of "telemedicine" to our community. Telemedicine is the practice of medicine utilizing the technology of teleconferencing. In many ways, the practice of psychiatry lends itself to telemedicine because it typically involves clinical interviews versus invasive medical testing to determine diagnosis and course of treatment. FRC utilizes a brief screening tool to determine which patients may be best suited for telemedicine. By utilizing both in-office and telemedicine appointments, patients can now be seen within weeks rather than months. In fact, FRC has been able to reduce its wait time from nearly six months for new psychiatric appointments, to only 3-4 weeks.

Please help us in welcoming Dr. Hash to our community! And as always, if you know of anyone who could benefit from any of the services offered at FRC, please give us a call at 419.422.8616.



*Season's Greetings and
Happy Holidays*

From the ADAMHS Board and Community Partnership



Online Screening Program Helps Identify Mental Illness & Alcohol Addiction

The Hancock County ADAMHS Board is offering an online screening program that will help identify mental illness and alcohol addiction. The online screenings for depression and alcohol include Video Doctor, a web-based tool to help bridge the gap between mental health and alcohol addiction screenings and treatment. Video Doctor simulates a conversation with a doctor that guides a person through a series of questions about his/her emotional well-being and readiness to seek help. Video Doctor launches after a person completes the online screening and scores positive for having symptoms of depression or alcohol abuse. The program provides the opportunity to interact with a pre-taped actor about issues related to depression and alcohol misuse and also provides self-care tips and recommendations on how and where to access local resources.

Screenings for Bipolar Disorder, Eating Disorders, General Anxiety Disorder, Posttraumatic Stress Disorder and Adolescent Depression are also available. Research supports the use of online mental health screenings as a means of helping individuals identify symptoms that may be consistent with a mental health and/or addiction disorder and to seek treatment if needed. After completing a screening, participants will receive referral information to local agencies that offer further evaluation and treatment.

The online screening program and Video Doctor are education initiatives of Screening for Mental Health, Inc., and all screenings are informational, not diagnostic; diagnoses and treatment recommendations are not provided.



This and other online screenings can be found at www.yourpathtohealth.org.

Focus on Friends Annual Thanksgiving Meal

Wednesday, November 28th, 11:30 a.m. - 1:00 p.m.

Agency on Aging, 339 E. Melrose, Findlay



Ham, mashed potatoes, steamed vegetables, dessert and a drink will be served.

Suggested \$1.00 or 1 canned good donation is requested. Donations will be used to stock the Focus on Friends food pantry.

Come and enjoy - All are welcome!

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.

November 6 & 20 December 4 & 18
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 ww.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.

November 13 & 27 December 11 (No meeting on December 25) 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/DbsaDepressionAndBipolarSupportAllianceFindlayOhio

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