

**THE HIGHLIGHTER**

Volume 24, Issue 3

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*County Commissioner Appointment*

John Kissh, Vice-Chair  
*County Commissioner Appointment*

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*Ohio Department of Mental Health  
and Addiction Services*

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David Scruggs  
Ginny Williams

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*Executive Director*

Amber Wolfrom,  
*Director of Planning and  
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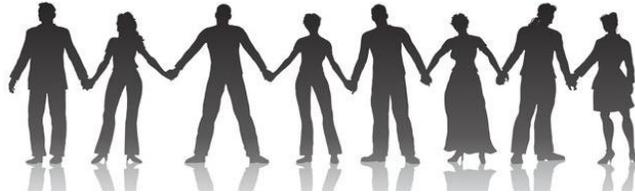
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*Fiscal Director*

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Clara Harrod,  
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Zachary Thomas,  
*Director of Wellness and  
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Laura Beth Meier,  
*Administrative Assistant*

**You're Not Alone:****A support group for families affected by a loved one's addiction**

Last December Mark Stockard's 28 year old son, Brandon, called from Arizona, asking if he could come home, explaining that he needed help and a place to stay. He had hit rock bottom and he couldn't find treatment for his heroin addiction. Mark and his wife Becky opened their home, and dove into the overwhelming task of helping find resources and treatment for Brandon. The road to recovery isn't easy; it can be painful, exhausting, and tumultuous. When asked if Becky and Mark are Brandon's primary treatment option, Becky said, "If you would have asked me that at the beginning of this year, my answer would have been 'Yes, we are his primary treatment, we are his lifeline and his only hope.'" Now she sees things differently, "Addiction is a disease. It was a choice in the beginning, but now [that the brain chemistry has been altered by the substances] it is no longer as easy as simply making a choice to quit. When you realize this, it allows you to let go of some of the anger and understand the behavior better. You are free to love the person, even as you put up boundaries to protect yourself and the health of the rest of your family... I cannot choose treatment for him I can only offer him love and boundaries." Right now Brandon is living in another city, and at first they held out hope that his decision was a good one, but he is currently using again. However, even with the acceptance of the situation, there hope that one day it can be different. This is the cycle that parents and family encounter on a regular basis with loved ones battling addiction, and it can feel like a very lonely and isolating journey.

Last August the Hancock County Opiate Task Force sponsored a Community Forum with the goal of gathering together family members and friends of individuals suffering from addiction to share their experiences, to learn what else can be done to help those who are struggling with an addiction before it is too late, and to create a network of support for family members and friends of those struggling with addiction.

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**Mental Health Tips for the Holiday Season**

Throughout this edition of *The Highlighter*, look for these Christmas tree ornaments with Mental Health Tips. These tips have been adapted from a brochure entitled Mental Illness: Coping with the Holidays by Rev. Susan Gregg-Schroeder. It is available for download at [www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net)

Rev. Gregg-Schroeder states, "The holiday season is supposed to be a time full of joy, parties and gatherings with friends and families. But the holidays can be a difficult time for many persons. The commercialization of the holiday season bombards us with unrealistic expectations. And many of us feel overwhelmed when our "to-do" list goes on forever! While some people experience temporary periods of depression like the "holiday blues" or Seasonal Affective Disorder (SAD), many of us live with mental illness every day.



## THE HIGHLIGHTER

Helping Hands is a monthly gathering of local service agencies to help you learn about and receive services provided in Hancock County. You can meet with individuals who can assist you with your needs, make appointments for additional assistance, and help you on your way to improving your well being. Join us **November 25th** from **2-4pm** at The D.O.C.K. at **St. Mark's United Methodist Church** 800 S. Main St.  
 Note: There will be **NO Helping Hands in December**



### ADAMHS/COMMUNITY PARTNERSHIP RECEIVE \$105,000 IN PREVENTION GRANTS



The State of Living Well.

The Ohio Department of Mental Health and Addiction Services (OMHAS) released several grant opportunities to advance the substance abuse prevention efforts of local communities. Focusing on the areas of coalition building, the use of evidence based prevention, and promoting youth-led prevention, dollars were made available through a competitive grant process. Hancock County was awarded a total of \$105,000 in one-time monies to aid in sustaining and growing county-wide prevention initiatives led

by the Hancock County Community Partnership. Below is a listing of the specific grant awards and the goals to be accomplished in each area this fiscal year:

#### Community Coalitions of Excellence - \$30,000.00

- ☆ To become a designated Ohio Coalition of Excellence
- ☆ To sustain the Hancock County Community Partnership workforce capacity
- ☆ To provide mentorship to another Ohio coalition that is working to formalize their prevention strategies by instituting the Strategic Prevention Framework

#### Evidence-Based Prevention Using a Collaborative Approach - \$40,000.00

- ☆ To partner with Family Resource Center of Northwest Ohio, Inc. and Findlay City Schools to advance the use of Second Step social-emotional learning curriculum and reinforce lessons learned through the use of after school programming, targeting the highest-needs schools

#### Youth-Led Prevention - \$35,000.00

- ☆ To support the growth and increase the capacity of the community-wide youth-led prevention coalition, I Am Enough Hancock County, led by Family Resource Center of Northwest Ohio, Inc., to implement environmental prevention strategies that address adolescent substance use
- ☆ To provide youth-led prevention activities to Hancock County adolescent youth
- ☆ To aid in facilitating Start Talking programs and coordinate efforts with the Hancock County Community Partnership
- ☆ To adopt and adhere to Ohio's Youth-Led Prevention Network Guiding Statement and Theory of Change and to become a member of Ohio's Youth-Led Prevention Network

I AM  
ENOUGH

Keep taking your selfies and sending them our way. We love to see everyone around Hancock County and beyond, showing that they are enough!  
 #IAmEnough

*"74% of young adults in Hancock County think that misuse of prescription drugs is totally unacceptable. The goal of the I Am Enough Project is to empower young people to show that they are enough without prescription drugs, opiates, or other risky behavior."*



[www.iamenoughproject.org](http://www.iamenoughproject.org)  
[www.facebook.com/iamenoughproject](https://www.facebook.com/iamenoughproject)  
[www.twitter.com/iamenough2014](https://www.twitter.com/iamenough2014)

## THE HIGHLIGHTER

# No Smoking November

November is The Great American Smokeout, a time to become aware of how tobacco is affecting your health and the health of those around you. Join millions of men and women who are choosing to put their health first, and put out your cigarettes on November 21. Or be brave and snuff them out for the whole month! Find resources to help you, and a place to tell us about your quitting experience visit us on Facebook:

FACEBOOK.COM/



**Holiday Tip**  
...For some people it is hard to feel down when you are helping someone else. There are many opportunities to volunteer during the holiday season. The satisfaction of giving to others can

help you put your own problems in perspective. The Findlay City Mission, Focus on Friends, and the United Way are just a few organizations that could use a helping hand this holiday season here in Findlay and Hancock County.

## UPCOMING TRAINING OPPORTUNITIES

### **Recovery Orientated System of Care (ROSC) Training**

#### **Treating Addictions: Best Practices Today with Community Health**

Thursday, October 20, 2014  
10:00am-Noon  
The D.O.C.K. at St. Marks United Methodist Church

Participants will gain increased confidence, awareness, and willingness to address addiction and improve clinical outcomes and recovery with an emphasis on opiate dependence. Anthony Stile, M.D., Psychiatrist, Medical Director for Western Psychiatric Institute and Clinic Care Management, will discuss how to improve screening, intervention, and treatment of addiction with an understanding of recovery-focused care.

#### **Understanding Medication Assisted Treatment and Recovery Training**

Thursday, November 20, 2014  
6:00-7:30pm,  
Findlay Inn and Conference Center

Dr. Stile will discuss how medication assisted treatment can play a role in the recovery-focused care and treatment continuum of individuals with substance use disorders of opiates.

### **2014 Ethics Training**

Thursday, December 11, 2014  
8:00am-12:00pm (General Ethics)  
The Great Room, First Presbyterian Church

1:00pm-5:00pm (Supervisors)  
The Great Room, First Presbyterian Church

*This free ethics training, sponsored by the ADAMHS Board, will provide CEU's for social workers, counselors, and supervisors.*

All trainings are FREE and open to the public. For more information or to register, please visit our website:

**YourPathToHealth.org**

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### Holiday Tip

Despite our good intentions, remember that the holidays rarely turn out as planned. Focus on making them a special time for you and your family, No matter what the circumstances. Celebrate this season of hope and expectation. Celebrate the many blessings in your life.

### CENTURY HEALTH BOARDER BATTLE BREAKFAST November 22, 2014 7am-Noon at Findlay High School Cafeteria

Tickets: \$7 for adults; \$5 for kids 10 and under, and seniors 60+ There will also be silent auction items to bid on throughout the morning. All profits from the Border Battle Breakfast this year will be used to support the new residential substance abuse facility.



Throughout the forum it became apparent that there was a missing link in the support community. Mark remembers sitting in the forum, knowing how much they were trying to help Brandon, “We tried to find him all the help in the world and handed it to him on a silver platter, and it was continuously rejected. I kept thinking, ‘What is out there for me?’ and as I listened to other people I realized we were not alone.” Many groups dedicated to family and friends have restrictions about what can be discussed. Becky was scolded at a group for trying to give a young women suggestions for places her fiancé could get the help he needed. “I was told that this group was not a place to discuss their loved one, but only a place to discuss their own selves and their own recovery. And I thought ‘You know, he is right- it is all about us.’ While your own wellbeing is valued and important, there is also a necessity to advance awareness and education along with support. It is important to allow for conversations to help guide the family members to be able to resource the addict.” Out of that forum was birthed the group, “You’re Not Alone”. The Stockard’s lead this group with the purpose of being a safe place to share struggles, *and* to obtain resources and education about addiction.

You’re Not Alone, hopes to close the gap between support and education by having time for open discussion and bringing in speakers who can help educate and inform about addiction and treatment options. Their goal is to bring in a variety of speakers such as people who have been in recovery 1 or 2 years, members of law enforcement, people who head up treatment programs, even people who are currently addicted to substances, as well as health care professionals, etc so that all perspectives are covered. Becky and Mark believe that no one should have to deal with their loved one’s addiction by themselves. Becky talks about the cyclical nature of addiction: “It’s defeating, sometimes I cry, I pray- a lot, reach out to people. I work in customer service and it’s like I have ‘ADDICT’S STEPMOM’ tattooed across my forehead, because people will come up to me and just start telling me their stories of a loved one addicted to drugs or alcohol. When I am able to share part of my journey and they find some relief that is a huge help to me.”

No one else can truly understand what you are going through unless they have walked a similar journey. “I [Becky] knew what heroin was, I didn’t understand it until we had to deal with it on a daily basis.” When asked what advice they would give to those with loved ones battling addiction, Becky responded, “I would tell them to get help for themselves; they need help whether or not they realize it. The addict brings chaos into your life, and until you get help you will drive your family and your loved one crazy with your own expectations and desire for control. Come to our group, go to ANY group. Just get help. Don’t try to tackle this alone.”

You’re Not Alone meets Saturdays from 4:00-5:30pm at Harvest Time Ministries located at 237 George St., in Findlay. It is an open group and there is no need to register. The group can be found at [Facebook.com/groups/1526451330929219](https://www.facebook.com/groups/1526451330929219) or you can call Mark Stockard (419-306-8485), Becky Stockard (419-722-4506), or Pastor DeLaCruz Jr (419-306-3532) for additional information.

### Community Mental Health Fund

This fund was established through a collaborative effort of local mental health agencies to support programs and operations of nonprofit agencies providing services to improve emotional and mental health, including substance abuse prevention and services, to residents of Findlay and Hancock County.

To contribute to this fund, please contact the Findlay-Hancock County Community Foundation at 419-425-1100.

## SUPPORT INFORMATION

**Hancock County  
24/7 Crisis Hotline**  
1-888-936-7116 (toll free)



**Hancock County  
Service Line**



**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



**NAMI Hancock County  
Support Group**

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

1st & 3rd Tuesday of each month, 7:00-8:00 p.m.  
First Lutheran Church, 109 E. Lincoln Street, Findlay  
\*\*\*Beginning October 21, group will meet at the  
ADAMHS Board Office, 438 Carnahan Ave.\*\*\*

For more information contact NAMI at  
419-957-9423 or [www.namiofhancock.org](http://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

**You Are Not Alone**

This group is for family members who have a loved one struggling with  
opiate abuse.

Every Saturday, 7:00 p.m.  
Harvest Time Ministries  
237 George St.

[www.yourpathtohealth.org](http://www.yourpathtohealth.org)



**Treatment Agencies**

Century Health, Inc., 419-425-5050  
[www.centuryhealth.net](http://www.centuryhealth.net)  
Adult mental health & substance abuse services

Family Resource Center, 419-422-8616  
[www.frcOhio.com](http://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 and Mental Health Services



Self-care is especially important during times of stress in our lives. Try as much as possible to maintain your routines like sleeping, regular meals, exercising, taking medications, keeping appointments with mental health professionals and attending support groups. You don't have to suffer alone. There is help right here in Hancock County.

If this newsletter was forwarded to you and you would like to be added to our email list to receive this directly, please email [zthomas@yourpathtohealth.org](mailto:zthomas@yourpathtohealth.org)