

THE HIGHLIGHTER

Volume 23, Issue 3

Board Members

Carolyn Copus, Chair
OhioMHAS Appointment

Dr. William Kose, Vice-Chair
OhioMHAS Appointment

County Commissioner Appointments

Dennis Bash
Michael Brand
Thomas Buis
Carl Etta Capes
Brian Clark
Steve Edmiston
Jane Heminger
Rosalie King
John Kissh
Gene Lauck

Ohio Department of Mental Health and Addiction Services

Appointments
Todd Coffman
Nancy Hutchinson
Jim Martin
David Scruggs
Ginny Williams

Staff Members

Precia Stuby,
Executive Director

Rob Verhoff,
Fiscal Director

Cheryl Preston,
*Office Manager/
Executive Assistant*

Zachary Thomas,
*Director of Wellness and
Education*

Clara Harrod,
Property Manager

Amber Wolfrom,
*Director of Planning and
Accountability Systems*



TWO INITIATIVES LAUNCHED

MENTAL HEALTH FIRST AID

On February 27, 2014 the first Mental Health First Aid (MHFA) training course was held on the campus of The University of Findlay. Led by certified MHFA instructors Ginny Williams and Karyn Westrick, seventeen individuals completed the eight hour course and are now certified Mental Health First Aiders.

Just as CPR helps someone assist an individual having a heart attack, MHFA helps an individual assist someone experiencing a mental health related crisis. The course introduces participants to risk factors, warning signs, and symptoms for a range of mental health problems, including comorbidity with substance use disorders; builds participants' understanding of the impact and prevalence of mental health problems; and provides an overview of common support and treatment resources for those with a mental health problem. Participants also are taught a five-step action plan, known as ALGEE, for use when providing MHFA to an individual in crisis:

- A--Assess for risk of suicide or harm
- L--Listen nonjudgmentally
- G--Give reassurance and information
- E--Encourage appropriate professional help
- E--Encourage self-help and other support strategies

Additionally, the course helps participants gain confidence in their capacity to approach and offer assistance to individuals experiencing a mental health crisis and also teaches skills to help participants improve their own personal mental health. After completing the course, participants are certified for three years as a Mental Health First Aider.

Hancock County participated in a "train the trainer" program with the Ohio Association of Community Behavioral Health Authorities which allowed Ginny and Karyn complete the necessary requirements to become certified MHFA trainers. The more community members learn and become aware of the signs and symptoms of someone in mental



distress and how to properly respond, the safer and healthier our community will become. It is our hope that as many community members as possible become certified Mental Health First Aiders.

Additional trainings will be offered to the community on the following dates:

April 24 & 25, 2014
May 16 & 17, 2014
June 12 & 13, 2014
September 26 & 27, 2014

If you would like to register for any of the upcoming training opportunities, or arrange a group training, please contact Zach Thomas at 419-424-1985 or zthomas@yourpathtohealth.org

Additional information regarding MHFA can be found at <http://www.mentalhealthfirstaid.org/>

HELPING HANDS

Sometimes, individuals who are in need of some type of service or assistance do not know where to turn or where to go. Even more so, some individuals who are in need may not be aware that services that can help them even exist in their community. In an effort to reach out to our community members who may be in need, Helping Hands was created.

Helping Hands is a gathering of local service agencies where community members can be introduced to, learn about, and receive services provided in Hancock County, meet agency representatives who can assist community members with their individual needs, make appointments for additional assistance, and help improve their overall well-being. This monthly event was developed out of a need to provide Hancock County residents an opportunity to learn what services are available without having to make a formal appointment with any specific agency.

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(Helping Hands, cont.)

Helping Hands is patterned after Open Gate which is a similar program in Lima, OH. The internal conversations about Helping Hands were led by staff at Metropolitan Housing Authority and the Housing Consortium and includes participation by over twenty Hancock County service organizations.

All Hancock County residents are welcome to attend Helping Hands. ***The event takes place the last Tuesday of every month (except December) from 2:00-4:00pm at The Dock at St. Mark's United Methodist Church.*** Anyone that has questions regarding the event, would like additional information, or would like to participate as a service agency may contact Zach Thomas at the Hancock County ADAMHS Board Office at 419-424-1985 or zthomas@yourpathtohealth.org.

Recovery Snapshot No. 1

Recovery emerges from hope

The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process

- 10 Guiding Principles of Recovery, SAMHSA's Working Definition of Recovery

PROBLEM GAMBLING PREVENTION

Ellyn Schmiesing, Intern

Odds are you are going to lose if you gamble. A person stands a better chance of being struck by lightning and surviving than winning the Powerball. However, some individuals become problem gamblers, believing that gambling is a low-risk, safe alternative to other high-risk choices. Anyone can be at risk for developing problem gambling behavior. Gambling can create the same addictive psychological affects as drinking and substance abuse. It is imperative for communities to become aware of the signs of possible problem gambling and how to offer help for those who may be in need. Problem gambling should be taken seriously as the consequences can be devastating, even resulting in bankruptcy or foreclosure. Research shows that problem gambling rates double general population rates when there is a casino located within fifty miles. This statistic is of particular

importance to Hancock County since the Hollywood Casino in Toledo is within this travel radius.

Prevention of problem gambling can occur with both individual and environmental approaches. Individual approaches seek to change knowledge, attitudes, beliefs, and behaviors. Environmental approaches seek to change policies, enforcement, community norms, access and availability, and the influence of media. The goal of an effective prevention program is to provide both types of approaches.

In Ohio, gambling has become normalized. It is viewed as a relatively safe way to have fun for both youth and adults. Many forms of gambling are present throughout our community including 50/50 raffles, the lottery, bingo, and betting on sporting events. Data from the 2012 Ohio Gambling Survey shows that the most popular type of gambling includes lottery and scratch-off

tickets, accounting for 72% of all gambling in Ohio. Non-casino games of dice, craps, and poker are the second most popular type of gambling followed by office betting pools and casino gambling. Our online world has made gambling options accessible from the comfort of home. However, most Ohioans do not realize that online gambling is illegal. This includes playing poker and other casino games online where an exchange of money is involved.

One of the first steps to preventing a problem is awareness. However, most communities have trouble recognizing problem gambling behaviors because individuals are not taught what “responsible gambling” is or how to recognize a problem. Signs of problem gambling include:

- Bragging about winning, exaggerating wins and/or minimizing losses
- Spending a lot of time gambling, thinking about or planning to gamble
- Restlessness or irritability when not gambling
- Borrowing for gambling
- Hiding time spent gambling or hiding bills and unpaid debts
- Lying about how much time or money is spent on gambling.

If you or someone you know is showing any of these signs, please know there are treatment options available. The Ohio Problem Gambling Helpline is available 24 hours a day at 1-800-589-9966 or you may visit www.ilostabet.org for additional information.

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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.

Recovery Snapshot No. 2

Recovery is person-driven

Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) toward these goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience. In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives.

- 10 Guiding Principles of Recovery, SAMHSA's Working Definition of Recovery

Findlay City Health Department
2013 Public Health
Champion of the Year
PRECIA STUBY

For outstanding dedication, commitment, and personal leadership in promoting community health, the Findlay City Health Department selected Precia as the 2013 Public Health Champion of the Year.



Pictured L-R: Precia Stuby, Barbara Wilhelm (Findlay City Health Department Deputy Health Commissioner)

Welcome Our New Board Member



ROSALIE KING

*Occupational Therapy Program
The University of Findlay*

Why are mental health and substance abuse issues close to your heart? "I think perhaps there is no population more greatly misunderstood or stigmatized than those with a mental illness. It has been my mission as an educator to rectify this wrong and equip my students with greater understanding and empathy so that they will go forth as occupational therapists better equipped to advocate for this population."

About Rosalie:

"My ideal day starts off sitting in my favorite chair, looking out upon our pond and five acres, drinking fresh ground coffee, and reading a great novel. I have dedicated my long career to mental health practice as an occupational therapist and for the past fourteen years have endeavored to impart my passion for the mentally ill population and for the importance of the therapeutic relationship, client-centered care and cultural competence to the students I teach."

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ADAMHS Announces 2013 V.I.P Awards



Pictured L-R: Mark Mueller, Precia Stuby, John Stanovich, Carolyn Copus

ADAMHS 2013 V.I.P Award
Volunteer of the Year
JOHN STANOVICH

"Since 2010, John has served as Chair of the Opiate/ Prescription Drug Abuse Task Force. John has graciously served by leading meetings, giving presentations, traveling to trainings, giving testimony, and conducting research. Under his leadership, the Task force has made significant strides in community awareness, data collection, medication disposal, educating the local medical profession, and legislative efforts related to this the opiate epidemic," Precia Stuby, Executive Director, ADAMHS



Pictured L-R: Mark Mueller, Precia Stuby, Mary McCloskey (Joe's Sister), Jim Gorman (Joe's Uncle), Carolyn Copus

ADAMHS 2013 V.I.P. Award
Professional of the Year
JOE GORMAN

"Joe's personal and vocational mission was to enjoy each minute of life and to connect with clients, friends, acquaintances, and co-workers with the intent of making their day brighter. Joe was influential in helping people to change for the better. Our community is a better place because of how Joe impacted our lives. His contributions are remarkable and noble and will live on through others who embrace recovery and apply all the helpful counsel that Joe provided when he walked by their side," Tina Pine, Executive Director, Century Health

"Take Back the Night"

Everyone has a voice. On April 10, 2014, voices from Hancock County and the surrounding area will be uniting to speak out against domestic and sexual violence. The University of Findlay's Phi Alpha Honor Society and Phi Sigma Sigma Sorority are sponsoring the second annual Take Back the Night at the University of Findlay. Activities during the day include the Clothesline Project and Silent Witnesses. Individuals are invited to share their story or the story of someone they know by decorating a shirt which will displayed on a clothes line for others to read. In the evening, a presentation will be given by Mike Pistorino, a motivational speaker and survivor of childhood sexual abuse. Following Mr. Pistorino's presentation, audience members will be provided the opportunity to share their personal testimony in an effort to break the silence that surrounds domestic and sexual violence. The evening will conclude with an awareness march around campus. All activities are free an open to the public, however, the minimum recommended age to attend is at least thirteen years old due to the nature of the event's content. For more information please contact Robin Walters-Powell at walters-powell@findlay.edu or Elynn Schmiesing at schmiesinge@findlay.edu.

The Clothesline Project and Silent Witnesses
Date: April 10, 2014
Location: Alumni Memorial Union - Atrium
Time: 11 AM – 6 PM

Take Back the Night Speaker and March
Date: April 10, 2014
Location: Winebrenner Theological Seminary
Room 254
Time: 7 PM