



THE HIGHLIGHTER

Helping to overcome life's challenges with caring and professional guidance, by creating an environment that brings hope and improves the quality of life for persons affected by mental illness and substance abuse and promote wellness for all ages through a locally administered and publicly funded system.

BOARD MEMBERS

Brian Clark, Chair

County Commissioner Appointment

John Kissh, Vice-Chair

County Commissioner Appointment

County Commissioner

Appointments

Dennis Bash
Michael Brand
Carl Etta Capes
Steve Edmiston
Karen Eubanks
Jane Heminger
Diana Hoover
Rosalie King
Ron Pfeiffer

Ohio Department of Mental Health and Addiction Services

Appointments

Todd Coffman
Carolyn Copus
Nancy Hutchinson
Jim Martin
David Scruggs
Ginny Williams

OFFICE STAFF

Precia Stuby,

Executive Director

Cheryl Preston,

*Office Manager/
Executive Assistant*

Amber Wolfrom,

*Director of Planning and
Accountability Systems*

Rob Verhoff,

Fiscal Director

Clara Harrod,

Property Manager

Zachary Thomas,

*Director of Wellness and
Education*

Laura Beth Meier,

Administrative Assistant

YOUTH EDITION

YOUTH EMPOWERMENT THROUGH YOUTH-LED PREVENTION

Drug Free Action Alliance and the Ohio Department of Mental Health and Addiction Services have taken great strides this year to encourage, promote, and support quality youth-led prevention programs by developing the Ohio Youth-Led Prevention Network (OYLPN) which serves as an opportunity to build partnerships between youth-led prevention programs in order to strengthen youth-led efforts at a local level.

The guiding statement of OYLPN indicates that the majority of youth, ages 12-17, in Ohio do not report substance use, physical violence, and/or mental health issues. OYLPN is dedicated to protecting and promoting the well-being of Ohio youth.

Built upon the Strategic Prevention Framework, OYLPN believes and promotes a theory of change that states if a community adopts, embraces, and promotes protective factors using effective,

evidence based strategies, then the community will protect and promote the health and wellbeing of Ohio youth. Through these efforts and partnerships fostered by OYLPN, it is believed that our youth will live drug-free, positive, and successful lives.

OYLPN created a state-wide campaign titled We Are the Majority. The premise of this campaign is to promote data that shows the majority of youth in Ohio do not participate in substance abuse, celebrate youth that choose a drug-free lifestyle, and encourage the development of young leaders. By focusing on this positive social norm, rather than negative statistics, evidence shows that there will be an increase in the number of youth who choose to live a drug-free lifestyle.

The focus of the field of prevention has moved away from preventing something negative happening to a new paradigm which emphasizes the need to promote youth development through youth empowerment. Youth are regarded not as a community problem in need of prevention, but as a community asset who are empowered to better their own lives as well as that of the larger community.

For information about our own local youth-led prevention efforts, see page 2.

COMMUNITY MENTAL HEALTH FUND REACHES MILESTONE!

The Community Mental Health Fund has reached the status of
Active Charitable Endowment 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.



THE I AM ENOUGH PROJECT:
Our Local Youth-Led Prevention Efforts

The I Am Enough Project is a pro-social/anti-drug campaign that promotes positive life choices, empowers individuals to encourage each other, and strengthens the understanding that each individual is strong enough to stand against substance use. The Project exists not only as a social media experience but also as the youth-led prevention organization, I Am Enough Hancock County. I Am Enough Hancock County embraces the mission of OYLPN and serves as an opportunity for youth and young people to promote a drug-free lifestyle.

I Am Enough Hancock County is governed by a Youth Advisory Board which is comprised of student representatives from Hancock County and Findlay City Schools. In September 2014, the Youth Advisory Board and I Am Enough Hancock County received a \$35,000.00 grant from the Ohio Department of Mental Health and Addiction Services to expand its initiatives, provide leadership training opportunities, and promote the message of I Am Enough throughout the entire county. Additionally, these dollars allow the Prevention Educators from Family Resource Center who serve as advisors to the Youth Advisory Board to receive additional training to develop their skills as adult allies for youth-led prevention.



IAE WILL LEAD TO YOUTH EMPOWERMENT

The experiences shared by the Youth Advisory Board and youth that participate in I Am Enough Hancock County will not only increase the number of youth choosing drug-free lifestyles, but will also inspire and encourage youth leadership through county-wide projects and activities.

Communities and society as a whole can be strengthened through youth involvement. Through engagement, youth are equipped to become more active in their roles as citizens. Additionally, youth involvement can lead to reduced conflict and mistrust of young people by adults through reducing negative stereotypes. Youth empowerment views youth as a resource rather than as a collection of problems and focuses on fostering support through developmentally appropriate experiences.

Hancock County is proud of the establishment of I Am Enough Hancock County and the Youth Advisory Board and is looking forward to the emerging drug-free leaders that will be developed through its prevention initiatives.

RESOURCES:
Zeldin, S., et. al. (2000). Youth In Decision-Making: A Study on the Impacts of Youth on Adults and Organizations. Madison, WI: National 4-H Council, University of Wisconsin Extension.
Conceptualizing Youth Empowerment within Tobacco Control
Debra J. Holden, Peter Messeri, W. Douglas Evans, Erik Crankshaw and Maureen Ben-Davies Health Education & Behavior 2004; 31; 548

PREVENTION PROGRAMMING DELIVERED TO HANCOCK COUNTY AND FINDLAY CITY SCHOOLS

Alcohol, Tobacco, and Other Drug Awareness & Education

- ◆ Alcohol 101 & 202
- ◆ Word of Mouth
- ◆ Too Good for Drugs
- ◆ Prime for Life
- ◆ H.A.P.P.Y.
- ◆ I Am Enough Hancock County

Pro Social/Emotional Development and Promotion

- ◆ Dina School
- ◆ Second Steps
- ◆ H.A.P.P.Y.
- ◆ I Am Enough Hancock County

FROM JULY 2013—JUNE 2014: 5,584 HANCOCK COUNTY YOUTH RECEIVED PREVENTION PROGRAMMING

Students at Donnell Middle School participate in Red Ribbon Week in October.



I AM ENOUGH Youth Advisory Board Members:

- Sadie Hickle** – Arcadia
- Sam Stahl** – Arcadia
- Jamie Retting** – Cory Rawson
- Ally Huether** – Cory Rawson
- Trevor Spinger** – Liberty-Benton
- Melody Proehl** – Liberty-Benton
- Lexi Ostrander** – Liberty-Benton
- Annie Byrd** – McComb
- Brynn Follas** – McComb
- Bekah Frampton** – Van Buren
- Emily Bado** – Van Buren
- Carly Powell** – Findlay City

Adult Advisors:

- Michelle Branham**
- Chase Barnes**
- Charlene Brienza**
- Mark Vehre**

H.A.P.P.Y.

Hancock County Addiction Prevention Program for Youth is Hancock County's middle school substance abuse prevention training organization. This is led by Family Resource Center Prevention Educators, Adult Family Group Leader volunteers, and H.A.P.P.Y. Youth Staff. H.A.P.P.Y. School Clubs, under the direction of a School Club Advisor, develop, initiate and promote substance abuse prevention activities, events and initiatives for middle school peers at individual schools. H.A.P.P.Y. School Clubs may also choose to initiate substance abuse prevention activities for elementary age students within their school.



74% of young adults in Hancock County think that the misuse of prescription drugs is 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. Show the world that you are enough.

Youth development and training is a key piece to our youth initiatives. We are excited to be sending seven youth, four Family Resource Center Staff, and two Community Partnership Council Members to the 2015 CADCA National Forum in Washington, DC in February. We look forward to hearing all about their exciting adventures when they return from this action packed forum. They will be learning the latest strategies to fight substance use, hear from nationally-known prevention experts, federal administrators and concerned policymakers, and will also have an opportunity to speak with their local Congressional leaders during Capitol Hill Day.



Imagine a world in which people with mental illness are free from discrimination and actively seek treatment, wellness and recovery. The MIND (Mental Illness-No Discrimination) Movement is seeking short videos to post on its partners' websites and social media accounts which convey imaginative and meaningful messages to reduce the stigma of mental illness. Do you know someone who is 14-24 years old and would be interested in entering this contest? Prizes from \$125-\$1000 will be awarded to the most innovative entries.

For additional information, visit:

<http://www.ohiomindmovement.com/>

10

Reasons Why Youth Focused Organizations Need a Youth Decision-Making Group:

#10 Youth voice becomes part of the organizational structure. Two heads are better than one, and this applies to youth too. Having a youth decision-making group means that there is a youth opinion only a phone call away.

#9 Broaden your audience and your organization – By making a youth decision-making group part of your team you can begin to understand what draws youth to service. What better way to involve youth than through other youth? By incorporating youth voices into your planning process and programing, your organization will become more diverse.

#8 A breath of fresh air – Youth are known to think “out of the box” and can give your organization fresh perspectives and ideas. Youth views also tend to breakdown and squeeze around barriers.

#7 Youth motivate youth (and others) – Having a group of young people within the organizational structure shows “youth friendliness” and a commitment to young people. Youth are excitement: Their energy and idealism spreads like wildfire. Youth have the power to mobilize and motivate others.

#6 Youth ARE Decision-Makers – Youth are making informed decisions that affect others in communities across the country. Youth tend to use consensus building skills in making decisions as a group. This method of decision-making allows for every voice to be heard.

#5 Youth can spread the word – Young people can serve as motivators for current and new programs developed by an organization, spreading information about events and activities through word-of-mouth and self participation.

#4 Youth are willing to work – Some service organizations may participate in a project that does not seem fun to adults, or too menial for them. Youth are willing to participate and work to benefit others. Many youth like to work with friends; this enables the job to be more fun and productive.

#3 Youth will add more support and awareness – Through young people, word of your cause could be spread far and wide. Youth also can aid your organization’s cause by speaking and promotion.

#2 Youth influence can ease tension when times get tough – Every adult wishes to go back in time to when they were young. Having youth in your group enables the atmosphere to be relaxed and carefree, yet serious. When times become stressful, many youth are able to lighten the mood.

#1 If youth are a part of the organization now, they will continue to serve – Including youth now will ensure that the organization is being placed in good hands down the road. With a jump start on youth activity, they will understand their role in the group and will be better prepared for their potential roles as adult leaders.

Top 10 list was adapted from: Zeldin, S., et. al. (2000). Youth In Decision Making: A Study on the Impacts of Youth on Adults and Organizations. Madison, WI: National 4-H Council, University of Wisconsin Extension.

Do you have a child or a teen in your life who needs substance abuse or mental health services, or does your family have areas that need strengthening? The mission of Family Resource Center is to provide specialized behavioral health services to individuals, children and families in our multi-cultural communities in order to strengthen family life and promote personal growth. Family Resource Center of Northwest Ohio is licensed by the Ohio Department of Mental Health and Addiction Services (OMHAS), the Ohio Department of Youth Services (ODYS) and has received national accreditation by the Council on Accreditation (COA).

For more information, visit www.frcoho.com



I Am Enough Hancock County is open to any high school age student from Hancock County who is interested in implementing and being involved in substance abuse prevention activities, events, and initiatives. IAE serves as a service-learning organization to implement youth-led prevention efforts under the direction of the I AM ENOUGH Youth Advisory Board and the Family Resource Center Prevention Educators. IAE members support H.A.P.P.Y. as Youth Staff members, volunteers and workshop presenters. They promote the campaign message among their peers and participate in Red Ribbon Week activities and other county-wide prevention efforts.



National Drug Facts Week (NDFW) is a national health observance for teens to promote local events that use NIDA science to shatter the myths about drugs. An online guide is available to provide you with everything you need to plan, promote, and host your NDFW event. Visit the website at teens.drugabuse.gov

We would like to partner with your organization in helping parents and people who work with youth to know how to talk with them about the risks of substance use. Host a Start Talking! event and I Am Enough Youth Rally. Contact Zachary Thomas at the ADAMHS Board Office for more information (419-424-1985)

I Am Enough Youth Advisory Board 2014-2015

Goals:

- ◆ Support the growth and increase the capacity of the community-wide youth-led prevention coalition, I Am Enough (IAE) Youth Advisory Board, to implement environmental prevention strategies that address adolescent substance use and develop alternative activities for their peers that focus on a substance-free lifestyle.
- ◆ Provide youth-led prevention alternative activities to Hancock County youth.
- ◆ Aid in facilitating Start Talking programs and coordinate efforts with the Hancock County Community Partnership.
- ◆ Adopt and adhere to Ohio's Youth-Led Prevention Network (OYLPN) Guiding Statement and Theory of Change and to become a member of OYLPN.

Objectives:

- ◆ Support the growth and increase the capacity of our community by providing the IAE Youth Advisory Board with intensive training on to develop a functioning youth coalition.
- ◆ Support the growth and increase the capacity of community-wide youth-led prevention coalition by providing the IAE Youth Advisory Board with intensive training on the Strategic Prevention Framework.
- ◆ Members of the IAE Youth Advisory Board will serve as Start Talking Ambassadors in Hancock County and Findlay City schools.
- ◆ Promote the adoption and adherence to Ohio's Youth-Led Prevention Guiding Statement and Theory of Change. The IAE Youth Advisory Board will include the statement and theory in its developed mission and vision.

TALKING TO YOUR KIDS ABOUT DRUGS

what parents need to know

- | | |
|--|--|
| 1 Talk frequently | 6 Be respectful & genuine |
| 2 Show interest | 7 They talk, you listen |
| 3 Be careful what you say | 8 Scare tactics don't work |
| 4 Be careful how you say it | 9 Control your emotions |
| 5 Know the facts about drugs/alcohol/tobacco | 10 Take advantage of teachable moments |

As a parent, you worry about your kids using drugs, alcohol and tobacco. Talking will help them make good choices, but you may not be sure what to say or how to say it. Learn more about these 10 tips to help you Start Talking today at starttalking.ohio.gov



Sgt. Dill speaking at the Start Talking! Event at FHS in Dec.

UPCOMING TRAINING SCHEDULE

Hancock County Trauma-Informed Learning Community Trauma 101 Community Training

Presented by:
Cheryl Sharp, MSW, ALWF
Senior Advisor, Trauma-informed Services, National Council
for Behavioral Health
and
Karen Johnson, MSW, LCSW
Director of Trauma-Informed Services



The National Council advocates for policies that ensure people who have mental health and substance use problems can access comprehensive healthcare services. We also offer state-of-the-art science education and practice improvement consulting and resources to ensure mental health and addiction services are efficient and effective.

Learning Objectives:

- Able to define trauma
- Awareness of the prevalence and impact of trauma, including understanding the findings of the ACE Study
- Awareness of the neuro/bio/psycho/social impact of trauma
- Awareness of trauma-informed care approaches
- Able to identify the seven domains of a trauma-informed care organization

Who Should Attend:

This training is FREE and open to the entire community. All community members are encouraged to attend.

When and Where:

Wed., February 11, 2015
8:30 am-Noon
OR
1:00 pm-4:30 pm

Brugeman Lodge at Riverbend
16618 Twp. Rd. 208
Findlay, Ohio 45840

Register by February 9, 2015 at
www.yourpathtohealth.org

Mental Health First Aid Training

Courses led by:

Karyn Westrick & Ginny Williams, Certified Mental Health First Aid Instructors
The University of Findlay

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies on how to help someone in both crisis and non-crisis situations, and where to turn for help. When you take a Mental Health First Aid course, you learn how to apply the Mental Health First Aid action plan in a variety of situations and will have the opportunity to practice this action plan through role play, scenarios, and activities.

TRAINING COURSES OFFERED THE FOLLOWING DATES:

April 10, 2015 – 8:00am-4:30pm

The University of Findlay

Registration Deadline: April 3, 2015

***CAPACITY – 30 PARTICIPANTS**

September 15, 2015 – 4:00-8:00pm &

September 16, 2015 – 4:00-8:00pm

The University of Findlay

Registration Deadline: September 8, 2015

***CAPACITY – 30 PARTICIPANTS**

Participants must attend all eight (8) hours of the course to become certified as a Mental Health First Aider.

A training fee of \$25.00, which includes workbook and materials, is due at the beginning of the course. Checks payable to ADAMHS.

**TO REGISTER, visit
www.yourpathtohealth.org**

CEU's ARE NOT PROVIDED FOR MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is...

- About people helping people, one-on-one.
- For individuals who do not have any background as a mental health professional.
- A basic understanding of what different mental illnesses and addictions are, how they can affect a person's daily life, and what helps individuals experiencing these challenges get well.

Mental Health First Aid is Not...

- A disaster response program.
- A peer support group.
- Counseling, therapy, or other professional help.

Mental Health First Aid Teaches...

- Signs of addictions and mental illnesses.
- Five-step action plan to assess a situation and help.
- Impact of mental and substance use disorders.
- Local resources and where to turn for help.

CISM: Group Crisis Intervention Training



Presented by:
Rick Skilliter, Team Coordinator,
Darrell Craft, LISW-S, Clinical Coordinator,
Meri Skilliter, M.Ed.
Melissa Meyer, PCC-S

The CISM: Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. The fourteen hour course prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, Crisis Management Briefing (CMB), demobilizations after large scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). and Debriefings.

Session 1—Feb 3—6:00 - 9:30 pm
Session 2—Feb 5—6:00 - 9:30 pm
Session 3—Feb 9— 6:00 - 9:30 pm
Session 4—Feb 12—6:00 - 9:30 pm
Or
Sessions 1&2—Feb 7—8:30-4:30 p
Sessions 3&4—Feb 14—8:30-4:30p

Location:
Bluffton EMS
115 E. Washington St.
Bluffton, Ohio 45817

Continuing Education Credits available:

- 14 Hours CME through Bluffton EMS # 1209
- 14 Hours Ohio Social Worker & Counselor Credit through Coleman Professional Services
- Completion of The CISM: Group Crisis Intervention class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a CORE class in ICISF's Certificate of Specialized Training Program. *

For more information or to register contact Rick Skilliter allencoutnycism@gmail.com

Operation: Street Smart ADULT DRUG EDUCATION

Presented by the
Franklin County Sheriff's Office
In Collaboration with:
The Community Based Occupational Therapy Program

The goal of Street Smart is to provide current narcotics information on trends, technology, paraphernalia, and physiological effects to those individuals who deal with today's youth on a daily basis.

Thursday February 26th, 2015
The Family Center
1800 N. Blanchard St., Findlay, OH
8:00am Registration
8:15am-4pm Training
Lunch will be on your own during break
No cost to attend

Register: Email tippie@findlay.edu

Got Drugs?

Turn in your unused or expired prescription medications to the nearest medication collection location; Findlay Police Department, located in the Findlay Municipal Building, or the Hancock County Sheriff's Office located at 200 W. Crawford in Findlay. Both are open 24 hours a day just use the lobby phones for access after hours. Got questions? 419-424-1985



Hancock County Service Line

Hancock County
24/7 Crisis Hotline
1-888-936-7116



CONNECT WITH US

Go to Youtube.com & Search:
Hancock County ADAMHS



Facebook.com/HancockADAMHS

Treatment & Support 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

HELPING HANDS



A gathering of local service agencies to help you learn about and receive services provided in Hancock County, meet individuals who can assist you with your needs, make an appointment for additional assistance, and help on your way to improving your well-being.

February 24 2015 2-4pm
The DOCK at St. Mark's

If you have any questions or if your agency or organization is interested in participating, give us a call, 419-424-1985.

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

Support Groups

You're Not Alone

This is a support group for family members who have been affected by their loved one's addictions.

Second and Fourth Thursday, 7-8pm

ADAMHS Board Office

438 Carnahan Ave.

12-Step Meetings

Daily schedules for 12-step meetings can be found in

The Courier or by calling 1-888-683-9768



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.

ADAMHS Board Office, 438 Carnahan Ave.

For more information contact NAMI at 419-957-9423

www.namiofhancock.org