

THE HIGHLIGHTER

Helping to overcome life's challenges with caring & 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 publically funded system.

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County Commissioner Appointment

County Commissioner Appointments

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Trauma-Informed Care

In the fall of 2011, Be Healthy Now Hancock County, a community collaborative involving several social service stakeholders, was established to conduct a local community health assessment. After analyzing the results of the assessment, the collaborative developed a strategic plan to address the most critical needs of the community which included substance abuse, violence, and childhood obesity. Current research has revealed that an effective way to address these issues is to examine the issue of trauma. Evidence shows a direct correlation between the number of Adverse Childhood Experiences (ACEs)*, or "trauma events," and subsequent increased likelihood of health related problems such as depression, substance abuse, and obesity, etc. Understanding the effects of trauma events, not just from childhood, but throughout all stages of life, is critical to our need to address root causes of critical issues facing our community.

A generous grant was received from the local women's giving circle, *Handbags That Help*, to help area agencies and organizations become a Trauma-Informed Care Learning Community. A learning community is a group of individuals or organizations that share common goals and meet together to work collaboratively toward improvement. The Learning Community is led by the National Council on Behavioral Health for the facilitation and implementation of trauma-informed care education and trainings.

Participation in this learning community is the first step in helping children and adults work through the emotional and physical challenges they face after exposure to a traumatic event or

series of events. In fact, according to the Ohio Department of Mental Health and Addiction Services, a community can minimize the burden of trauma exposure by embracing a continuum of care that includes prevention, early intervention, comprehensive assessment using trauma indicators, and multi-disciplinary services that are trauma-informed. Being trauma-informed will not only help clients and consumers that access mental health and substance abuse services in Hancock County, but also engage other community and religious organizations that provide help and hope to all people throughout the county.

Trauma Informed Care (TIC) is an approach that explicitly acknowledges the role trauma plays in people's lives. TIC means that every part of an organization or program understands the impact of trauma on the individuals they serve and promotes cultural and organizational change in response to their clients.

*For additional information on trauma, trauma-informed care, and Adverse Childhood Experiences, please see page 4.

THIS ISSUE:

Learning Community Highlights.....	Page 2
Goals of the Learning Community.....	Page 3
Trauma and Adverse Childhood Experiences.....	Page 4
Trainings and Noteworthy News.....	Page 5
Support Group Information.....	Page 6

Trauma Informed Care Learning Community: Team Highlights

In August 2014, the Hancock County Trauma-Informed Learning Community held its kick-off event, involving nine Core Implementation Teams comprised of twenty-one agencies throughout Hancock County. Each team created a draft vision, organizational self-assessment, performance monitoring tool, and draft planning guide with the leadership of the National Council on Behavioral Health. Since then, several team members have attended regional trainings on trauma to gain additional knowledge on root causes and appropriate interventions. On February 12, 2015, the teams met again for a mid-year summit to evaluate their accomplishments and reassess their needs to become truly trauma-informed. Below are a few highlights from our Core Implementation Teams.

Through the Trauma-Informed Learning Community, four non-profits (Agency on Aging, Associated Charities, Hope House, and Open Arms Domestic Violence and Rape Crisis Services) were grouped together as a team to help build our response to individuals experiencing trauma. Initially, we were uncertain as to how to work together and struggled with finding common ground as we all work with different populations and have varying levels of trauma-informed care expertise. Through monthly meetings and sharing of our successes and challenges, we found that our team members were very much a support system in each of our agency's individual journeys to becoming more trauma informed. Over the last six months, each agency in our team has implemented specific trauma informed initiatives which have provided our clients with more well rounded services.

Ashley Ritz, Executive Director
Open Arms Domestic Violence and Rape Crisis Services

Findlay City Schools (FCS) Core Implementation Team is moving forward with the implementation of Trauma-Informed Care (TIC). After completing the Organizational Self-Assessment, the Core Team created a survey for Domain 3 that was completed by FCS administrators, principals, and school counselors. Survey data was analyzed and goals and objectives are being designed by the FCS TIC Implementation Committee.

The Core Implementation Team presented information to the FCS District Leadership Team and received affirmation and buy-in of the need for TIC implementation.

The ultimate goal of the TIC core committee is to create a sustainable program that is part of the culture of FCS. As the district initiative is implemented, it will positively affect how all employees interact with students, student's families and staff interactions in safe, welcoming environments.

The Core Implementation Team would like to acknowledge the leadership, support and encouragement of Precia Stuby and Amber Wolfrom, ADAMHS Board, Karen Johnson, National Council for Behavioral Health and Ed Kurt, FCS Superintendent.

Darlene Mack
Donnell Middle School Counselor

Family Resource Center (FRC) has five members on its Trauma-Informed Learning Community Team. In the last six months FRC has taken on three initiatives to improve engagement and access to services. These initiatives have created change in all phases of the work we do from front desk processes, treatment, through discharge. The goal is to make the clinical experience more client-centered and trauma-informed. In our efforts we want clients and families to feel more engaged and a part of their treatment process. We hope they feel they are working with us to create the changes in their lives they desire to accomplish.

1. **Collaborative Documentation:** Documenting details, progress, outcomes of the clinical experience with the client, in the client's words. They are part of documenting the details of their treatment experience.

2. **Same Day Access to Assessments:** Established open times that families whom have made the decision to engage in treatment can simply walk into the office to complete a Comprehensive Assessment and engage in treatment. This timely access can prevent the anxiety of waiting weeks for this first appointment, which may end in families changing their mind about engaging in treatment. This approach meets families where they are, when they are ready. It does not create a barrier to access the help they may need and have determined they are ready for.

3. **Just In Time Prescribing:** Clients will not be scheduled out months in advance, they are asked to call within the week their medication may run out and be scheduled within 3-5 days; new patients can be scheduled within 5 days. This allows these appointments to be better accommodated within the families schedules as often times we cannot predict what our schedules will be in 60-90 days. This also provides us the opportunity to offer increased access to first time/new patients that need medication services. Waiting 90 days to see a Psychiatrist for the first time to determine the need for medication can be extremely stressful and taxing on a family that may be dealing with a member with a significant need for medication management.

Members of the Family Resource Center
Core Implementation Team

The Goals of the Hancock County Trauma-Informed Learning Community

- ☆ *Early Screening and Assessment of Trauma* - To develop a respectful screening and assessment process that is routine, competently administered, culturally relevant and sensitive, and revisited over time.
- ☆ *Consumer Driven Care and Services* - To involve and engage people who are or have been recipients of our services to play numerous roles (e.g., paid employee, volunteer, members of decision making committees, peer specialists) and meaningfully participate in planning, implementing, and evaluating our improvement efforts.
- ☆ *Trauma-Informed Educated and Responsive Workforce* - To increase the awareness, knowledge and skills of the entire workforce to deliver services that are effective, efficient, timely, respectful, and person-centered, taking into consideration that service providers may also have histories of trauma.
- ☆ *Provision of Trauma-Informed, Evidence Based, and Emerging Best Practices* - To increase the awareness, knowledge and skills of the clinical workforce in delivering research-informed treatment services designed to address the cognitive, emotional, behavioral, substance use, and physical problems associated with trauma.
- ☆ *Create a Safe and Secure Environment* - To increase the awareness, knowledge and skills of the workforce to create a safe, trusting and healing environment as well as examine and changing policies, procedures, and practices that may unintentionally cause distress or re-traumatize those we serve.

Thank You

We offer our sincerest gratitude to the women of Handbags That Help for providing financial assistance and believing in the importance of our Learning Community. You have been committed to generously supporting the needs of our community, and we are thankful for your benevolence. The impact of your support will be immeasurable.



Findlay Health Department
Findlay Police Department



Hancock County Defender's Office
Hancock County Health Department
Hancock County Juvenile Court/Probate
Hancock County Sheriff's Office



Diversion Adolescent Foster Care
"Every Child Deserves....A Family"

What is Trauma?

What is Trauma?

- Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual.
- This experience may be physically or emotionally harmful or threatening and may have a lasting negative effect on the individual's physical, social, emotional, or spiritual well-being.
- Trauma survivors experience higher rates of suicide, depression, anxiety, and substance use disorders.
- Communities that avoid, overlook, or misunderstand the impact of trauma may often be re-traumatizing the individual and interfere with their healing process.

What Does it Mean to Be Trauma-Informed?

- Trauma-informed systems and services are those that have thoroughly incorporated an understanding of trauma, including its consequences and the conditions that enhance healing, in all aspects of delivery.
- In all of these environments, the goal is to change the paradigm from one that asks, "What's wrong with you?" to one that asks, "What has happened to you?"

What Does it Mean to Be a Trauma-Informed Learning Community?

- In a Trauma-Informed Learning Community, participants learn how their programs and organizations think about and respond to those who have experienced or may be at risk for experiencing trauma.
- A Trauma-Informed Learning Community desires to create a system of care that is able to meet and exceed the needs of community members, leading to stronger families, and ultimately, a strong and vibrant community that is sensitive to traumatic experiences others may have experienced.

What are Adverse Childhood Experiences (ACE)?

- Adverse childhood experiences are stressful or traumatic experiences, including abuse, neglect, and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home.
- From 1995-1997, more than 17,000 individuals participated in the ACE study conducted by Kaiser Permanente. Each individual completed a confidential survey that contained questions about childhood maltreatment and family dysfunction, as well as items dealing with current health status and behaviors.
- Analysis of these surveys began to progressively uncover how ACEs are strongly related to development and prevalence of risk factors for disease and health and social well-being throughout the lifespan.

Sources include: <http://www.samhsa.gov/nctic>; thenationalcouncil.org/topics/trauma-informed-care; TIP 57 Trauma-Informed in Behavioral Health Services (SAMHSA).

The Effects of Trauma



Trauma impairs: memory, concentration, new learning and focus.



Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.



Trauma impacts an individual's ability to: trust, cope, form healthy relationships.



Trauma disrupts: emotion identification; ability to self-soothe or control expression of emotions; one's ability to distinguish between what's safe and unsafe.



Trauma shapes: a person's belief about self and others; one's ability to hope; one's outlook on life.

Trainings/Noteworthy News

Mental Health First Aid Training

**September 15, 2015 – 4:00-8:00pm &
September 16, 2015 – 4:00-8:00pm**

The University of Findlay

In order to become certified in Mental Health First Aid, both training days must be attended in their entirety.

Registration Deadline: September 8, 2015

For more information visit www.yourpathtohealth.org

Bridges Out of Poverty Trainings Sponsored by Hope House

May 15th, 2015

July 17th, 2015

September 18th, 2015

November 3rd, 2015

To register, contact
Carol Steegman, Bridges Coordinator.

Hope House
1800 N. Blanchard St. Suite 106
Findlay, OH 45840
419-427-2848

Trauma and Substance Use Disorders: Connections and Disconnections

**Thursday, June 25, 2015
The University of Findlay**

Additional information will be posted in the near future at
www.yourpathtohealth.org



HELPING HANDS WAVES GOODBYE!

WE WISH TO THANK ALL OF THE AGENCIES AND COMMUNITY ORGANIZATIONS THAT HAVE BEEN INVOLVED WITH HELPING HANDS OVER THE PAST YEAR. WE WOULD ALSO LIKE TO EXTEND A SPECIAL THANK YOU TO ST. MARK'S FOR MONTHLY USE OF THE D.O.C.K.

CADCA National Leadership Forum Was A Success!

We came together as a group and really bonded! We learned ways to form and execute a SPF (Strategic Prevention Framework) model. This Conference also helped us to determine our path as a coalition. Not only did we come together as friends we came together as passionate individuals who want to help the Hancock County community become drug free.

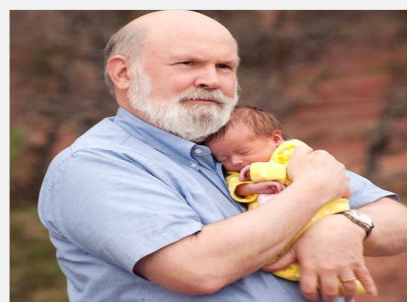
I Am Enough Youth Advisory Board



The I Am Enough Youth Advisory Board and Representative Robert Latta,
in Washington, D.C., February 2015

WELCOME

We would like to welcome Dr. Robert McEvoy to the ADAMHS Board. Appointed by the Ohio Department of Mental Health and Addiction Services, Dr. McEvoy is a family physician at Findlay Family Practice. He is active in his church, serving as both an Elder and Sunday School teacher. In addition to spending time with his family he enjoys playing the bagpipes and fishing.



Hancock County Service Line

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



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.frcchio.com
Youth mental health & substance abuse services

Focus on Friends, 419-423-5071
Consumer drop-in center

Persons Affected by a Loved One's Suicide (PALS)

Fourth 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

You Are Not Alone

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

Second and Fourth Wednesdays each month, 7:00-8:00pm
ADAMHS Board Office
438 Carnahan Ave.
Findlay, OH

**A complete list of all
support groups and meetings can be found on our
Resource Page at
www.yourpathtohealth.org**

Support Groups



CONNECT WITH US

Go to Youtube.com and search:
Hancock County ADAMHS



Facebook.com/HancockADAMHS



**Focus On
FRIENDS!**

Focus on Friends is a peer-led recovery center that provides a safe, community-based environment. It strives to improve the quality of life for people 18 and older coping with substance abuse or mental illness through social interaction and peer support.

The recovery center provides a unique mix of socialization, education, advocacy, and support as well as the opportunity to be a part of a caring community of individuals who have lived experience with mental illness and/or substance abuse.

Open Hours:
11:00am-4:00pm, Monday-Friday
11:00am to 4:00pm, Second Saturday of each month

509 Trenton Ave
Findlay, OH 45840
419-423-5071
fofactivities@woh.rr.com



NAMI Hancock County Support Group

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

Tuesdays, 7:00-8:00
ADAMHS Board Office
438 Carnahan Ave.
Findlay, OH

For more information contact NAMI at 419-957-9423
www.namiofhancock.org