

Date Approved: 9-26-2023
Presiding Officer: Ann Woolum

Hancock County ADAMHS Board Meeting Minutes

Meeting Date: August 22, 2023

Meeting Time: 3:34 p.m. – 5:00 p.m.

Meeting Location: Blanchard Valley Center – 1700 East Sandusky Street

Recorder: Cheryl Preston

Board Member Attendance:

x	Ann Woolum, Board Chair		Brandon Daniels	x	Susan Pancake
	Jim Darrach, Vice Chair	x	Mary Beth Dillon	x	Cheryl Lentz
x	Melanie Aldobaiki		John Drymon	x	Mark Rimelspach
x	Dave Beach	x	Rick Eakin	x	Aaron Weare
	Susan Bunn	x	Josh Eberle	x	Micah Zinna
	Jim Stahl	x	Rachael Helms		

Guests Attending:

x	Precia Stuby	x	Cheryl Preston	x	Jennifer Loera
x	Rob Verhoff	x	Zach Thomas	x	Victoria Graham
X	Jennifer Swartzlander	x	John Bindas		
x	Deb Twining	x	Derek Puchta		

Board Chair, Ann Woolum, called the meeting to order at 3:32 p.m. Cheryl Preston introduced guests in attendance.

PROGRAM

Brooke Nissen, Director of FOCUS Recovery and Wellness Center shared information on the Department of Justice Grant – Leveraging Recovery Support Services (LPSS) that was awarded to the ADAMHS Board in 2021 and FOCUS is a sub-recipient of the funds. She explained the project implemented by FOCUS and the project goals to expand availability and access to recovery housing and peer recovery support services, increase coordination of services between criminal justice and recovery support services, and to improve support services using data driven responses. Brooke shared preliminary data findings of program activities, referral and participant numbers, number of contacts made, mode of contact and connections with stakeholders. Precia noted that the grant is about going out and engaging people. Brooke shared about the LOFT – the safe place for youth that offers healthy programming. June utilization was up with 70 unique individuals with 192 visits to the Agency. Brooke shared that in their current space the lease will be up at the end of January. She noted the importance of finding a stable permanent place, so connections aren't lost due to moving constantly. They are looking into purchasing the annex of Family Resource Center and will be considered for a capital project with 75% funded. Brooke also shared about the 3-year SAMHSA grant they have been awarded in the amount of \$895,000 – Forging Forward in Recovery. The goal is to serve 300 people per year, and to implement evidence-based practices, to expand outreach recovery in rural and remote areas and push out more technology along with resource guides. They are working with Dr. Flaherty on sustainability. Additionally, they want to reduce stigma. Lastly, Brooke shared that a Recovery Palooza has been scheduled for September 9th.

Ann took this time in the meeting to have our two new Board members introduce themselves. Micah Zinna shared about her work as a Program Director with Campfire Sandusky County and that she was referred to the Board by Nancy Hutchinson, former Board member. Aaron Weare is an HR attorney for Marathon and came back to Findlay from the Columbus area. He has two girls.

CHAIRPERSON'S REPORT

Ann referenced the Coalition on Addiction data chart; Precia noted the following year to date numbers: 41 babies prenatally exposed; 7 babies with neonatal abstinence syndrome; 3 suicides and 3 pending; 1 overdose fatality with 3 pending.

FOCUS Chair Meeting Report of June 29, 2023 – Ann did not report on this; she noted that most of what was discussed during the Chair meeting, Brooke covered during her presentation.

Family Resource Center Chair Meeting Report of August 7, 2023 – Ann shared the following items that were covered in the Chair meeting: update on the financial position of the Agency; a proposal will be coming from the CCBHC; FY '23 reconciliation and continued search for a new Finance Director; property updates and Board member recruitment.

OhioGuidestone Chair Meeting Report of August 10, 2023 – Ann shared the following from the Chair meeting: Improvement on the financial position; staffing issues; access to service updates; Teen Sex Offender Treatment implementation update; ACT Program update; ProKids Program update.

NAMI Chair Meeting Report of August 21, 2023 – Ann shared the following from the Chair meeting: Agency has increased expenses due to lack of another tenant in the Agency building. It was noted that if it becomes a problem they can reach out to the Board; upcoming Suicide Prevention Vigil and NAMI Board leadership changes were also discussed in the meeting.

Board Meeting Evaluation Survey and Scoring: Ann went over the results of the 3 Board member exit surveys. She noted they were very positive. Ann also reminded Board members that the scoring on the Board meeting survey is on a scale with 1 being the lowest rating. The Governance Committee looks at the results and takes them very seriously. They appreciate the responses.

DIRECTOR'S REPORT

Follow-up items from the June Board meeting: Naloxone distribution in doctors' offices – no progress.

Precia reviewed the items in red on the FY '23 4th Quarter Scorecard. *Increase the use of Medication Assisted Treatment (MAT)* – FRC and BVH are both doing inductions and there is access to MAT 24/7. *Develop a Crisis Continuum That Includes Service on Demand* – Continues to be in the red as more complex and higher service needs for out of home placements for youth are becoming more difficult statewide. Precia is serving on state Crisis Committee to address this issue. *Monitored Outcomes* – Related to overdoses. *Monitored Outcomes* - Related to peer and other recovery supports; waiting for a proposal from Kan Du and Precia met with Harbor on their signature program of employment services. *Development of Adult Prevention Services* – no updates. *Problem Gambling* – No providers currently; could be a workforce issue. *Use of Technology in the Board System* – Medicaid data hasn't been accessible. This is a state level challenge across all areas of the state and is a priority for the state director.

There are 62 active eConnections users. *Managed Care Transformation in Ohio* – Continued challenges to find good placements for youth.

Board Office Capital Improvements: In June a motion was passed for the Ad Hoc Committee to select roofing and window contractors. They have been selected and the work is in process of getting scheduled. Both will be completed by the end of the calendar year.

Safe Works Program Update: Also known as needle exchange program, Precia shared the Program has come under some scrutiny. Rob Martin had a meeting with judges, police department, probation, along with the Health Department and the Board. Ann attended. There are a lot of questions about what's happening, why and opposition of the program. A follow up meeting will be scheduled as there will be some modifications and changes to the program that may be needed. The Board, in collaboration with the Health Department, brought harm reduction into the community in 2018 with science that showed it works. The Program Committee took the position to continue to support harm reduction and leave it to Hancock Public Health to determine the supplies that they distribute. The biggest issue is what is getting handed out. The Health Department is allowed to hand out paraphernalia and in the eyes of the law enforcement, it is illegal. Discussion ensued on guardian versus enforcer role of the police, tracking data, who will be administering the Program regionally, and lastly, Precia explained to the new Board members that syringe access program has been here for years with very good outcomes. It is data driven and science is always first. There has been a reduction of Hep c and infectious diseases and it allows people the opportunity to seek treatment with positive community health implications.

Recreational Marijuana Ballot Initiative: Precia shared that the ROSC Committee has come to the consensus to oppose the ballot initiative. One of the factors is that there is no known science of what a low-risk choice looks like with marijuana. Additionally, it removes a barrier that allows people to try it because it's no longer illegal.

Hancock County Fair: Zach is requesting help to fill openings to cover the fair booth on Monday and Wednesday.

CORRESPONDENCE

1. An email was received from FRC that requested meetings with Josh Eberle took place regarding QRT/LEAD.
2. Award notice of \$158,109 for Treatment for Adults with Alcohol Use Disorder (AUD) Grant funds received from OhioMHAS.
3. Precia accepted an appointment request from OhioMHAS to serve on the Substance Use Disorder Advisory Committee for Case Western Center of Excellence.
4. Letter of thanks from Blanchard Valley Health Foundation for the System of Care funds they were awarded in the amount of \$4,257.00.
5. Notice for the Political Action Committee contributions was received from the Ohio Association of County Behavioral Health Authorities. More information to follow.
6. Notice was received of the appointment of Alisha Nelson as executive director of OneOhio Recovery Foundation.

APPROVAL OF CONSENT AGENDA

- To approve the June 27, 2023, Board Meeting Minutes

- To approve the Capital Ad Hoc Committee Meeting Report of July 10, 2023
- To approve the Capital Ad Hoc Committee Meeting Report of August 7, 2023
- To approve the Program Committee Meeting Report of August 9, 2023
- To approve the Governance Committee Meeting Report of August 16, 2023
- To approve the Finance Committee Meeting Report of August 16, 2023, and the Agency Financial Picture

Mary Beth Dillon moved to accept all items on the consent agenda. Josh Eberle seconded the motion. No further discussion. Motion carried.

ACTION ITEMS BROUGHT FROM COMMITTEE

- To approve Shuck Roofing and All Service Glass for Board office replacement projects. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To recommend to the Commissioners that there is no change in Board size. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To revise the Board Community Plan to include renovations to the Board office Capital Project. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve the June and July Board Financial statements. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve increasing the FY '23 contract with Dr. KJ Arndt by \$5,000. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**

ACTION ITEMS BROUGHT TO THE FULL BOARD

- To support the purchase and renovation of the annex for the LOFT. **Josh Eberle moved to support the purchase and renovation of the annex for the LOFT. Mary Beth Dillon seconded the motion. No further discussion. Motion carried.**

INFORMATION REPORTS

- Coalition on Addiction Meeting Report of August 14, 2023
- Community Partnership Meeting Report of August 15, 2023
- ROSC Leader Meeting Report of August 22, 2023
- Suicide Prevention Foundation: How to Approach Increasing Youth Suicide Rates in Ohio

AGENCY/PUBLIC COMMENT

None

POSITIVE ACTION

Precia shared that after reading Dr. Flaherty's *The Impact of a Recovery Oriented System of Care*, the Associated Press (AP) has requested a visit to our community to interview Precia, individuals in recovery, service providers, etc. They also did a phone interview with Dr. Flaherty. The AP is looking at communities that have invested funds

in evidence-based practices to address the opiate crisis within a model of recovery. Precia noted that this is a positive reflection on the years of work building the system of ROSC.

FOLLOW-UP NEEDED:

Naloxone distribution at doctors' offices. Update on syringe access and ballot issues. LOFT updates.

The next Board meeting will be September 26, 2023.

Josh Eberle made a motion to adjourn the meeting. Mary Beth Dillon seconded. The meeting was adjourned at 5:00 p.m.

Finance Committee Meeting Report

Meeting Date: September 20, 2023

Meeting Time: 3:34 p.m. – 5:12 p.m.

Meeting Location: Board Office, 438 Carnahan Avenue

Recorder: Rob Verhoff

Committee Members Attending:

<input type="checkbox"/>	Josh Eberle, Comm. Chair	X	Mark Rimelspach, Comm. Vice-Chair	X	Rick Eakin
<input type="checkbox"/>	Aaron Weare				

Invited Board Leadership Attending:

X	Ann Woolum, Board Chair		Jim Darrach, Board Vice Chair
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Invited Staff Attending:

<input type="checkbox"/>	Precia Stuby	X	Rob Verhoff	X	Deb Twining
X	Jennifer Swartzlander				

Guests Attending:

X	Matt Hull (UIS Insurance)	X	Greg Hull (UIS Insurance)		
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Items Discussed:

1. Presentation of Board Insurance Coverage – Matt and Greg Hull reviewed current Board policy coverages. No changes were recommended by the Committee.
2. Review of Account Fund Balance and Board Financial Statements for August 2023. It was noted the Statement of Activity heading had July dates. No other issues identified.
3. Agency Financial Report – July 2023 report was reviewed. FRC's July financials were not received. It was also noted that NAMI had three consecutive months of net losses which triggers the Board's Contingency Plan Policy. No other issues were identified.
4. Family Resource Center Transfer Request – The Committee noted the request and will wait until the final reconciliation is done in October before making a recommendation.
5. Review of Board (County) Financial Audit – No findings were reported.
6. Consultation with the CCBHC Success Center – A follow-up consultation and proposal was postponed by Cohn Reznick and nothing has been scheduled.

Action Items:

1. A motion was made by Rick Eakin and seconded by Mark Rimelspach to approve the August 2023 Board Financial Statements as presented. Motion carried.

To Do List:

1. Rob will update the Statement of Activity heading to August 2023.
2. Board staff will schedule a meeting between the fiscal directors and executive directors of NAMI and the Board to discuss the agency's financial position in accordance with the Board Contingency Plan.

3. Board staff will inquire Family Resource Center about the \$36,000 revenue for the Hancock Prevention Grant.

Program Committee Meeting Report

Meeting Date: September 13, 2023

Meeting Time: 4:03 p.m. – 5:30 p.m.

Meeting Location: Board Office, 438 Carnahan Ave.

Recorder: Jennifer Swartzlander

Committee Members Attending:

	Brandon Daniels, Committee Chair	X	Susan Pancake, Committee Vice Chair
	Cheryl Lentz	X	Dave Beach
X	Susan Bunn	X	Rachael Helms
X	Micah Zinna		

Board Members Attending:

X	Ann Woolum, Board Chair		Jim Darrach, Board Vice Chair
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Invited Staff Attending:

X	Precia Stuby		Zach Thomas	X	Jennifer Swartzlander
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Items Discussed:

1. Board Capital Plan – Precia reviewed the letter from the OhioMHAS regarding the Community Capital Plan Requests. The expectation is to have the Community Plan reflect the Capital Projects. During the August Board meeting, the Board voted to revise the Capital Plan to complete a capital project at the Board Office and The Loft. Board staff recommended a capital project for the purchase of board-owned single-bedroom apartments and low-barrier housing shelter in collaboration with City Mission. The Committee discussed the suggestion.
2. The LOFT Project – Precia shared that the intent is that Focus will purchase the FRC Annex and renovate it for the use of The Loft. The project came in at \$475,000 for purchase and renovation. Focus has gone to The Community Foundation for architecture fees, have some funds saved, will create a capital fundraising campaign, and may need to borrow some. The capital is 75/25 match for youth organizations. The capital project will be directly with Focus and OhioMHAS.
3. Crisis Services Discussion – Precia shared the correspondence from the state titled, *Crisis Funding Reporting and Evaluation Update*. We are required to submit a crisis plan for Hancock County on October 15, 2023. The Community Plan has a section on crisis. Precia reviewed the NWO Collaborative Crisis Services by Board Area graphic with the Committee. The Committee reviewed the OhioMHAS crisis services dashboard at <https://mha.ohio.gov/research-and-data/dashboards-and-maps/dashboards/tableau-resources/crisis-services-dashboard>. Precia said the goal is to educate the Board on crisis services, so the Board is prepared to make decisions when funding is available to expand our local continuum.

4. Pending Grant Updates:
 - a. SAMHSA (Substance Abuse and Mental Health Services Administration) – Low Barrier Shelter Grant (Declined)
 - b. SAMHSA – Prevention Grant (Vaping) – Pending
 - c. ARPA 2 (Declined)
 - d. BJA (Bureau of Justice Administration) The Steady Path - Pending
5. Guardianship Board Update – ADAMHS had included \$15,000 for the last half of the fiscal year in the FY24 budget, and those funds will be used in January. Judge Johnson's presentation on the Guardianship Board will be the program at the September Board meeting.
6. Committee Meetings at Contract Agencies – A request was made by a Board member to meet at the contract agencies so they can see the agency facilities. Precia also shared that the Board staff would arrange a tour at any point off committee and Board time. The Committee discussed the idea and agreed to visit one agency per year.
7. Additional item – Precia shared that the Associated Press will be visiting Hancock County on September 25-27th. The premise of their visit is that the opiate settlement money is starting to be distributed to communities. They want to show a community that has built services to address opiate addiction as an example of what the settlement money could support. They will highlight individuals who have had an opiate addiction, sought treatment in Hancock County, and are in recovery.

Harm Reduction update – The Health Department has stopped providing smoking supplies at this time. The Health Department agreed to let the group know if there were any potential changes, and the group agreed to provide community harm reduction education and evaluation of the program. It was also agreed that we would find out the best practice of how many supplies are to be given out. Precia wrote to the national technical assistance organization on harm reduction to find out what the best practice is based on current research.

Action Items:

1. Susan Bunn motioned to include the purchase of single-bedroom apartments and low-barrier housing shelter in collaboration with City Mission as capital priorities. Rachael Helms seconded the motion. The motion passed unanimously.

To Do:

1. Board staff will send the Committee the information in the Community Plan on crisis services. The Committee will review to determine if there are recommended changes and/or additional items that should be added to the Plan in preparation for the October deadline.
2. Amy will put together an annual schedule for each agency site visit with a rotation schedule for the Committees.

Governance Committee Meeting Report

Meeting Date: September 20, 2023

Meeting Time: 8:00 a.m. – 8:50 a.m.

Meeting Location: Board Office, 438 Carnahan Avenue

Recorder: Precia Stuby

Committee Members Attending:

x	John Drymon, Committee Chair	x	Jim Stahl
x	Mary Beth Dillon, Committee Vice Chair		Melanie Aldobaiki

Board Members Attending:

x	Ann Woolum, Board Chair		Jim Darrach, Board Vice Chair
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Invited Staff Attending:

x	Precia Stuby	x	Jennifer Swartzlander
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Items Discussed:

1. Capital Ad Hoc Committee Update – Precia has submitted the revisions to the Board Community Plan to include the renovation of the Board Office. Jennifer reported that after working with Jennifer Williams, a consultant with the Community Foundation, a meeting has been set with Representative Cross to discuss the potential of an earmark on October 23, 2023. The new windows are being installed this week. There was a discussion regarding the Board survey and the priorities related to technology. The need for a new phone system was discussed. The Findlay/Hancock County Foundation has awarded the Board a grant in the amount of \$35,000 for architectural fees for the Board Capital Project.
2. Board Meeting Evaluation Results for August 2023 – There was 100% participation of Board members in completing the evaluation. There were no recommendations for changes.
3. FY'24 Board Opening – A candidate has come forward. Cheryl is working with him to seek appointment from the Hancock County Commissioners. It was noted that because of the changes in ORC 340, the bylaws will need to be revised to reflect 1/3 of appointments to the Board from the State Department of Mental Health and Addiction Services and 2/3 from the Hancock County Commissioners. John Drymon and Mary Beth agreed to review the bylaws on behalf of the Committee.
4. Overdose Alert Policy Update - Minor changes were recommended to the policy.

5. Annual Review of Board Salary Ranges – Tabled until the results of the state salary survey are completed.
6. Capital Project Resolution for Fostoria Junction – A resolution is required to access the ARPA 2 funds set aside for the Fostoria Junction. The Committee is recommending approval of the Resolution by the full Board.
7. Committee Meeting at Contract Agencies – Amy is working on a rotating schedule for all Committees to hold one meeting per year at one agency per year. Any individual Board member interested in visiting a contract agency can contact Amy at the Board office to set up a time.
8. Board Resolution Related to Recreational Marijuana – The issue was discussed at the August Board meeting and a resolution has been developed. The Opiate and Other Addictions Coalition and the Community Partnership support the resolution. The Committee is recommending approval of the resolution by the full Board.

Action Items:

1. A motion was made by Mary Beth Dillon and seconded by Jim Stahl to approve the revisions to the Overdose Alert Policy as presented. Motion carried.

To Do List:

1. The Bylaws will be sent to John Drymon and Mary Beth Dillon for review to make the changes to come into compliance with the changes made in ORC Chapter 340 because of the budget bill that passed.

The Community Partnership believes that if substance use prevention and mental health promotion strategies are implemented, then the overall health and quality of life in Hancock County will be improved.

Council Meeting Report

Date: September 19, 2023, 9:00-10:30 a.m.

Location: ADAMHS Office

Representatives (Attendees in **BOLD**)

SECTOR	REPRESENTATIVE
BUSINESS	Michelle Ladd (Chamber of Commerce)
CIVIC/VOLUNTEER GROUP	Kim Hiatt (50 North), Kaleb Brown (United Way)
GOVERNMENT AGENCY	Shawn Carpenter (Juvenile Court)
HEALTHCARE PROFESSIONAL	Jenn Reese (BVHS)
LAW ENFORCEMENT	Brian White, Vice-Chair (FPD)
MEDIA	Mary Jane Yarris (Retired) , Cheryl Miller (Hancock Public Health)
OTHER ORGANIZATION	Triena Miller (JFS) , Erin Mitchell (Lutheran Social Services), Brooke Nissin (FOCUS)
PARENT	
RELIGIOUS/FRATERNAL ORGANIZATION	
RECOVERY PEER	Abbie Acord (Peer Support Advisory Board)
SCHOOL	Stefan Adams (FCS) , Jodi Firsdon, Chair (UF) , Angie Toland (ESC)
YOUNG ADULT 18-25	
YOUTH	
YOUTH SERVING ORGANIZATION	Stacy Shaw, Chair (CMC) , Chris Biltz (FRC) , Abby Blanchard (FRC)
BOARD/COALITION	Ann Woolum (ADAMHS Vice-Chair), Jim Darrach (ADAMHS Vice-Chair), Debra Parker (UF), Mark Rimelspach (ADAMHS)
STAFF	Zach Thomas, Steve Dillon
GUESTS	

FY24 HCCP Focus – Connection.

FY24 HCCP Goal – Create healthy behaviors, individuals, and communities.

FY24 HCCP Prevention Priorities – Delay onset; protect the brain; protective and promotive factors; support the family; deliver services in the community.

Strategic Imperatives 2023-2028

- Creating Connections between Youth and Trusted Adults
- Promotion of Positive, Healthy, Alternative Activities
- Understanding of Adolescent Brain Development
- Data Collection

DISCUSSION (Items with * require action):

1. **Celebrations, Challenges, and Concern.** – A new learning opportunity for the faith community focusing on mental health and substance use started in September (FAM [Faith, Addiction, & Mental Health] Talk); OHYES! (Ohio Healthy Youth Environments Survey) registration has opened, FRC will be managing implementation of the survey with county/city schools this fall; Council members are asked to consider candidates to fill open sector positions – it is critical that all sectors maintain at least one representative; the Hancock County Community Coalition on Addiction will be participating in a pilot project, led by the Addiction Policy Forum, to address stigma.
2. **Resolution Opposing the Legalization of Marijuana for Recreational Use** – Council reviewed the draft Resolution. There was consensus to affirm the resolution as written.

3. **Health Equity Plan of Action** – The Center for Civic Engagement (the backbone organization that supports Hancock County coalitions) has developed a preliminary plan to begin the work of addressing social determinants of health within areas of the community that have been identified as having disparate and lower health outcomes. This will be a long-term, community-wide effort involving multiple partners. The preliminary plan was reviewed by Council members and feedback will be shared with the Center for Civic Engagement.
4. **Work Session: Social Media; Brain Development** – Council members spent a majority of the meeting discussing the *Social Media and Youth Mental Health* report that was released by the U.S. Surgeon General earlier in 2023. The intention of the Community Partnership is to develop a comprehensive, community-based plan that addresses the challenges (increased mental health concerns, anxiety, bullying, etc.) of social media use by youth while also promoting its benefits (connection, education, expression, etc.). Council members brainstormed potential activities and strategies for consideration. A summary of these ideas and recommended strategies will be prepared for review at the October 2023 Community Partnership Council meeting. Occurring simultaneously during this process, the 2024 Hancock Youth Leadership class will also be addressing the use of social media throughout the year with the intention of providing valuable insight and recommendations to the Community Partnership.

ACTION TAKEN AT MEETING:

1. Jodi Firsdon – Motion to accept the August 2023 meeting report. Brian White – Second. Motion carried.
2. Mary Jane Yarris – Motion to provide funding to support *Hancock County Inclusion Toolkit* Facilitator Training in the amount of \$5,000.00. Stefan Adams – Second. Motion carried.

ACTION ITEMS FOR NEXT MEETING:

1. Prepare summary report/draft action plan of ideas and strategies suggested during social media discussion.
2. Council members are asked to review “What Parents and Caregivers Can Do” (from *Social Media and Youth Mental Health*) and consider strategies/tasks the Community Partnership can implement locally.

NEXT MEETING:

Tuesday, October 17, 2023

9:00-10:30 a.m.

ADAMHS Office

OHIO SUICIDE PREVENTION FOUNDATION

Social Media and Suicide Risk

Suicide rates of young people are now at an all-time high. Since the Centers for Disease Control and Prevention began reporting suicide numbers in 1991, never have the nation's young people had such intense challenges – one of which is navigating social media and its impact on their daily lives. The National Institutes of Health reports that social media use by minors has significantly increased and has been linked to depression and suicidality.¹

The Role of Social Media in a Young Person's Life

Social media is defined as the exchange of information (texts, videos, and more) on the internet. Common platforms include Facebook, Instagram, Snapchat, YouTube, and TikTok. About 84 percent of teens use social media, and there is a growing concern about tweens (8 to 12 year olds) also engaging in online activities. The pandemic has caused a large shift in usage numbers. For example:

- From 2015 to 2019, social media use for tweens grew only three percent, and for teens, 11 percent. But from 2019 to 2021 alone, social media use grew by 17 percent for tweens and teens.
- Also in this time frame, social media use among 8- to 12-year-olds increased to about five and a half hours of social media per day, while 13- to 18-year-olds use increased to about eight and a half hours of use per day. This does not include time spent on homework online.
- Since 2019, time spent watching online videos, using social media, and browsing websites had the biggest increases.²

How Social Media Impacts the Brain

Depression, anxiety, suicidal ideation, and suicide have all soared as the nation becomes more and more connected and, in some cases, addicted to their devices. In fact, of those 84 percent of young people who use social media, only 34 percent stated that they enjoy using it.²

Social media can bring connection, creativity, friendship, and peer interaction. However, the world of violent and hateful speech, addictive algorithms, low self-esteem, poor body image, cyberbullying, and sextortion all are related to platforms targeting young brains. But young people are ill-prepared to decipher, interpret, and think maturely about addictive content. They are also at risk of being exposed to harmful and predatory actions.



"As we work with families who have been impacted by suicide through loss or youth attempts, social media use is a common topic of conversation in their children's worsening mental health. Educating parents and youth about the impacts of social media use will play a role in improving youth mental health wellness."
- Tony Coder, OSPF Executive Director

For more information on the Social Media Parental Notification Act, visit governor.ohio.gov/administration/lt-governor/020823

Cyberbullying is anonymous, vicious, relentless, and dangerous. Up to 46 percent of teens reported being cyberbullied at some point in their young lives.³ These platforms also allow anonymous profiles and predators to have easy access to unsuspecting kids. With little accountability or protection in place, young people are left dealing with abuse online on their own, causing them to feel isolated and hopeless. These situations are often intense and can drive one to suicide, and they are more frequent now than ever before. In Ohio, the Internet Crimes against Children Task Force received 650 cyber tips in 2009. In 2022, 12,000 tips were reported.

Social Media Parental Notification Act

Ohio passed the Social Media Parental Notification Act in July, 2023 as part of the State Operating Budget-House Bill 33. The Social Media Parental Notification Act was championed by Governor Mike DeWine and Lieutenant Governor Jon Husted, which would require certain online companies to obtain verifiable parental or legal guardian consent to contractual terms of service before permitting kids under the age of 16 to use their platforms. Under the proposal, companies must:

- Create a method to determine whether the user is a child under the age of 16
- Obtain verifiable parental or legal guardian consent if the user is under the age of 16
- Send written confirmation of the consent to the parent or legal guardian

Companies such as Facebook (Meta), Instagram, YouTube, TikTok, Snapchat, etc. will have to comply with the new law by January 15, 2024.

Lowering the Risk

Parents, family members and friends, watch for a change in a child's behavior when using social media.

No matter what age, discussion about the dangers when using social media must happen. Detail the addictive qualities and the intentional app designs targeted to keep them online. Clearly explain that all is not real on the internet; people may not be who they say they are nor look the way they appear on social media. Set reasonable limits on screen time. Reducing time on devices is the most effective way to reduce the risk of harm.

If you believe your child might be experiencing a crisis, you can call or text the National Suicide and Crisis Lifeline at 988.

Resources

- Families Against Social Media Addiction socialmedia4good.net
- Stop Bullying stopbullying.gov
- Cyberbullying Research Center cyberbullying.org
- Child Mind Institute. childmind.org

References

- 1 National Institutes of Health. The role of online social networking on deliberate self-harm and suicidality in adolescents: A systematized review of literature. 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC6278213/
- 2 Common Sense. The Common Sense Census: Media Use by Tweens and Teens, 2021. www.ncbi.nlm.nih.gov/pmc/articles/PMC9054427
- 3 Pew Research Center. Teens and Cyberbullying 2022. www.pewresearch.org/internet/2022/12/15/teens-and-cyberbullying-2022/

ABOUT OHIO SUICIDE PREVENTION FOUNDATION

OSPF gives hope to those in crisis, strength to those in the struggle, and comfort to those in grief. OSPF is a non-profit organization that works tirelessly to help all of Ohio's communities reduce the risk of suicide. Our work includes supporting those impacted by suicide, raising awareness of mental health issues, and coordinating community resources and evidence-based prevention strategies across the state.



(614) 429-1528 / OhioSPF.org



Learn About **Marijuana Risks**



Know the Risks of Marijuana

Marijuana use comes with real risks that can impact a person's health and life.

Marijuana is the most commonly used illegal substance in the U.S. and its use is growing. Marijuana use among all adult age groups, both sexes, and pregnant women is going up. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.

But there are real risks for people who use marijuana, especially youth and young adults, and women who are pregnant or nursing. Today's marijuana is stronger than ever before. People can and do become addicted to marijuana.

Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.

Marijuana Risks

Marijuana use can have negative and long-term effects:



Brain health: Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.



Mental health: Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.



Athletic Performance: Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.



Driving: People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.



Baby's health and development: [Marijuana use during pregnancy](#) may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function. Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.



Daily life: Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship

problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.



Marijuana and Pregnancy

Marijuana use during pregnancy can be harmful to a baby's health and cause many serious problems.

[Learn more](#)



What is Your Marijuana IQ?

How much do you really want to know about the risks of marijuana? You might be surprised.

[Take the Quiz](#)

Marijuana Addiction

Contrary to popular belief, marijuana is addictive. Research shows that:

- 1-in-6 people who start using the drug before the age of 18 can become addicted.
- 1-in-10 adults who use the drug can become addicted.

Over the past few decades, the amount of THC in marijuana has steadily climbed; today's marijuana has three times the concentration of THC compared to 25 years ago. The higher the THC amount, the stronger the effects on the brain—likely contributing to increased rates of marijuana-related emergency room visits. While there is no research yet on how higher potency affects the long-term risks of marijuana use, more THC is likely to lead to higher rates of dependency and addiction.

About Marijuana

Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. Marijuana is a psychoactive drug that contains close to 500 chemicals, including THC, a mind-altering compound that causes harmful health effects.

People smoke marijuana in hand-rolled cigarettes, in pipes or water pipes, in blunts, and by using vaporizers that pull THC from the marijuana. Marijuana can also be mixed in food (edibles), such as brownies, cookies, and candy, or brewed as a tea. People also smoke or eat different forms of marijuana extracts, which deliver a large amount of THC and can be potentially more dangerous.

Rise of Marijuana Use

Today, marijuana use is on the rise among all adult age groups, both sexes, and pregnant women. People ages 18-25 have the highest rate of use.

Marijuana and THC remain illegal at the federal level, even though many states have legalized its use. In states where legal, marijuana is a fast-growing industry with sales to individuals over 21 in retail stores, wineries, breweries, coffee shops, dispensaries, online, as well as grown at home.

Get the Files

» [View and share the following marijuana videos and resources](#)



[Video: Marijuana Use while Pregnant or Breastfeeding](#)



[Video: Virtual Assistant](#)



[7 Ways Marijuana Can Affect Your Brain Health \(PDF | 901 KB\)](#)



[Video: Build a Brain](#)



Need Help?

If you, or someone you know, need help to stop using substances – whether the problem is methamphetamine, alcohol or another drug – call [SAMHSA's National Helpline](#) at [1-800-662-HELP](#) (4357) or TTY: [1-800-487-4889](#), or text your zip code to [435748](#) (HELP4U), or use the [SAMHSA's Behavioral Health Treatment Services Locator](#) to get help.

References and Relevant Resources

- [Find Treatment](#)
- [Technology Transfer Centers \(TTC\) Program marijuana resources](#)
- [Tips for Teens: Marijuana](#)

- [Changes in Cannabis Potency over the Last Two Decades \(1995-2014\) - Analysis of Current Data in the United States: National Center for Biotechnology Information](#)
 - [Does Marijuana Use Affect Driving? | NIDA](#)
 - [Drug Facts: Marijuana | NIDA](#)
 - [Drug Facts: Marijuana | United States Drug Enforcement Administration](#)
 - [Early-Onset, Regular Cannabis Use Is Linked to IQ Decline | NIDA](#)
 - [Is Marijuana Addictive? | NIDA](#)
 - [National Survey on Drug Use and Health | SAMHSA](#)
 - [Marijuana and Public Health | Centers for Disease Control and Prevention](#)
 - [Marijuana: Facts for Teens | NIDA](#)
 - [Marijuana: Is there a Link Between Marijuana Use and Psychiatric Disorders? | NIDA](#)
 - [The Contribution of Cannabis Use to Variation in the Incidence of Psychotic Disorder Across Europe | The Lancet](#)
- Last updated: 11/27/2023

Source: <https://www.samhsa.gov/marijuana>