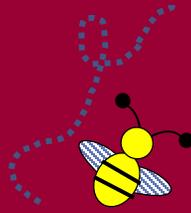


Board Buzz

Fall 2017

Vol. 1, No. 3



Mental
Health and
Addiction
Services



Holiday Stress Relief

While the holidays can be a happily anticipated time of year, it can also be a season for stress, thus, leading us to behave in ways that don't best serve us. To help you have a happy season, here are 7 tips to relieve holiday stress:

1. **Take calm-down breaks.** Soon after you awake, close your eyes, take several deep breaths and meditate or just relax. Anytime throughout the day, when you feel stressed, take quick relaxation breaks of 1-5 minutes to calm yourself down.

2. **Put on rose-colored glasses.** When people try to push their bad habits on you, tune into their motivations. Remember that your friends and family adore you. Rather than view your situation with annoyance, be grateful instead that you have people in your life who want to be around you.

3. **Get moving.** Perhaps one of the best ways to overcome stress is to exercise regularly. Research shows that physical activity not only boosts your fitness and energy levels but can also elevate your moods.

4. **Go for real foods mostly.** Inevitably, at this time of year, you'll be tempted with sugary, empty-calorie "treats" just about wherever you go. But to be your most energetic, focused and happy self, it's best to eat foods that grow on trees or on the ground (vegetables and fruits) and to choose healthy fats (olive oil and avocado), lean protein (fish and organic chicken), and nuts and seeds.

5. **Take polite portions of "comfort" foods and drinks.** Limit your consumption of comfort foods and drinks like apple pie, cookies, pasta and eggnog. When offered these and other "goodies," try to take 3-5 "polite" bites and sips—and only after having a well-balanced meal with smart carbs (vegetables, fruits), healthy fats, and protein. (See Tip #4.)

6. **Prepare "Nice to Do for Me" and "Need to Do for You" lists.** Writing down all that you have to do during the holidays will help you realize how doable your tasks are. Be realistic as to what you put on your lists. Then start tackling one item from each list in turn. By alternating between lists, you won't feel deprived, because you're being good to yourself.

7. **Be generous.** One of the best ways to stay calm, content and cheerful this time of year is to act generously with your loved ones, co-workers and friends. This doesn't have to mean you're spending a lot of money. You can be generous with your compliments. When you are creative with your gifts and thank yous, people will appreciate your real, heartfelt sentiments.

Source: Adapted from <https://www.psychologytoday.com/blog/smart-habits-highly-successful-people/200912/7-tips-relieve-holiday-stress>

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Laura Wheeler

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Board Staff

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Executive Director
Jennifer Prince, Ed.D.
Assistant Director

Board Meetings

130 Shady Lane Dr., Bldg. D
Norwalk, OH
6-7 p.m.
Next: 12/12, 2/6, 3/20



[As County Hub, Board Applying 20K Grant Toward Battling Opioid Epidemic](#)

In accordance with *Ohio Revised Code, Section 340.30: County Hub Program to Combat Opioid Addiction*, a county hub program will be created to combat opioid addiction and shall be administered by each Board of Alcohol, Drug Addiction, and Mental Health Services. As such, we (Huron County Board of Mental Health and Addiction Services) are statutorily required to take the lead on partnering with the community in battling the opioid epidemic. This county hub program coincidentally aligns with the intent of the recently awarded state grant, *Community Collective Impact Model for Change*. This grant money serves to impact complex social issues including substance abuse by bringing together leaders from the private, public and non-profit sectors to focus on a common agenda that will impact multiple shared indicators around opioid use, misuse, abuse and overdose deaths that are critical to Ohio's success. Communities must come together collectively around the prevention and treatment of opioid misuse and abuse. To this end, we will continue partnering with local agencies and programs. Stay tuned!

[Quick Response Team in Action](#)

The newly implemented Quick Response Team (QRT) for Huron

Co. has officially kicked off, effective October 30, 2017. QRT is a multidisciplinary team of law enforcement, mental health and addiction, and peer support specialists, who go to the homes of individuals who have overdosed on opioids, to offer them help. The intent of QRT is to help individuals struggling with addictions to get access to treatment and supports.

The Huron Co. QRT program was adapted from a program in Southern Ohio that has shown great success. A Memorandum of Understanding is in place across the aforementioned agencies, including the Board.



[If You or Someone You Know Needs Mental Health or Addiction Help](#)

1. For Huron Co. residents, please contact *Firelands Counseling and Recovery Services* as follows:

- Bellevue: 419-483-6516
- Norwalk: 419-663-3737
or 1-800-242-5393
- Willard: 419-935-0452

2. Call the Crisis / Suicide Hotline: 1-800-826-1306

3. Get screened at mhascreening.org to determine if you are experiencing signs of an underlying mental illness. Use the results to start a conversation with your health care provider.

4. Seek specialized treatment. You can find treatment providers for substance use problems using the online SAMHSA Treatment Locator at findtreatment.samhsa.gov or by calling the SAMHSA 24/7 Treatment Referral Line: 1-800-662-HELP (4357)

[COQ Update: Board Gets Certified](#)

The Huron Co. MHAS Board underwent an assessment to be *Culture of Quality* (COQ) certified. Developed by the Ohio Association of County Behavioral Health Authorities and its member Boards, COQ serves to improve the quality of the functions of county Boards administering local alcohol, drug addiction and mental health services for Ohioans.

The Huron Co. MHAS Board underwent the COQ survey in September 2017. The outcome of the survey is a 1-yr Provisional Certification! The Board will work closely with the Association for a follow-on review next year.



[PAX Training Comes to Huron Co.](#)

Invented by a 4th grade teacher in 1967, PAX is an evidenced-based game that teaches students self-regulation, self-control, and self-management while collaborating with others for peace, productivity, health, and happiness. PAX combines science from other games and studies. It has numerous citations for experimental related studies with replicated evidence that school failure, mental illness, crime and substance abuse are preventable from an early age. The state has released monies to implement the training across the state. Training for Huron Co. K-1st teachers will be on Nov. 10, 8:30 AM – 4 PM. Please contact our Board immediately if you have not yet registered: 419-668-8649.

[Board Completes Strategic Planning](#)

For the first time in history, our Board has completed a formal Strategic Plan! On October 19-20, 2017, our Governing Board Members and Staff met with the Ohio Association of County Behavioral Health Authorities Staff, to develop a 2-year plan for how the Board will serve the Huron Co. community.



A SWOT (Strengths. Weaknesses. Opportunities. Threats.) analysis was completed (see picture above), and positive changes were made to the Board's mission, vision, goals and objectives.



The strategic plan will be presented at the next formal Board meeting for approval and implemented thereafter.

[County Peer Recovery Community Center Opens Soon!](#)

In collaboration with F. I. Community Housing, Fisher Titus Medical Center, Huron Co. Commissioners and our Board, we are proud to inform you that, the much anticipated Peer Recovery Community Center (PRCC) is scheduled to open on December 2, 2017! The PRCC will be open for individuals and their families in recovery from mental health and addiction, who need a sober place for support. Services will include 12-Step meetings, peer support, career help, and more!



PRCC Foyer

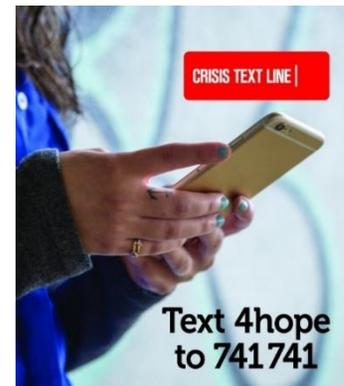
The location of the PRCC is the old Help Me Grow program, Sarah's House, on Shady Lane Drive.



Front of PRCC Building

[Crisis Text Line](#)

Crisis Text Line provides free support at your fingertips, 24/7. It is a free, confidential service available via text on mobile devices. It is intended to broaden the options available through current community crisis hotlines. Crisis Text Line's goal is to move people from a hot moment to a cool calm.



We're there anytime, day or night, to help with whatever is hurting you.

The Board's mission is to advocate for and with persons affected by behavioral health disorders to be treated with human dignity in all aspects of their lives.

130 Shady Lane Dr., Bldg. D
Norwalk, OH 44857
P: 419-668-8649
F: 419-663-8649
www.huroncountymhas.org

Name
Company
Address