

Fall 2019

Newsletter



Board Members

Katie Chieda (Board Chair)	Lisa Hivnor	Laura Wheeler
David Light	Steven Fawcett	Tom Sharpnack
Rob Duncan	Dorothy Ruffer	Mike White
Steven Barnes	Julie Landoll	DeEtte Zimmerman
Ben Chaffee, Jr.	Ken Murray	

Our Mission

Provide access to mental health and addiction services and resources for prevention, treatment, and recovery supports while educating and advocating for community members



Our Vision

is for Huron County to be a community where all individuals are mentally and emotionally healthy and addiction free.

Our Values

- Transparency
 - Integrity
 - Respect
- Accountability
- Collaboration
- Responsiveness
 - Service

Strategic Plan

The MHAS Board met on September 9th & 10th to build a new strategic plan for SFY20-SFY22.

The MHAS Board's goals are as follows:

- To develop and foster an environment of collaboration and unity amongst key parties.
- To increase community outreach and engagement.
- To increase access to and utilization of recovery support services to increase likelihood of success in recovery from mental health and addiction.
- To increase focus and access to prevention services.
- To increase focus and access to mental health and crisis services.
- To increase Board member participation and engagement.
- To improve functionality of the Board.

*To view the full strategic plan, please visit our website at:
www.huroncountymhas.org*

Another result of the Strategic Planning Sessions was the decision to update the Board's logo. The Board is proud to share its new logo with the community:



Mental Health Awareness Week October 6th-12th

Mental Health Awareness Week takes place October 6th – 12th, 2019.

The Theme for 2019 is: 7 Days, 7 Ways. During Mental Health Awareness Week, MHAS, along with other organizations nationwide, will focus on 7 major mental health conditions:

- Anxiety
- Bipolar Disorder
- Psychosis
- Eating Disorders
- Depression
- PTSD
- Addiction/Substance Use Disorder

General Statistics:

- In the United States, almost half of adults (46.4 percent) will experience a mental illness during their lifetime.
- 5 percent of adults (18 or older) experience a mental illness in any one year, equivalent to 43.8 million people.
- Of adults in the United States with any mental disorder in a one-year period, 14.4 percent have one disorder, 5.8 percent have two disorders and 6 percent have three or more.
- Half of all mental disorders begin by age 14 and three-quarters by age 24.
- In the United States, only 41 percent of the people who had a mental disorder in the past year received professional health care or other services.
- Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.
- 46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

How Can I Get Involved?

Spread the word! Share tips on social media for ways people can get involved with mental health advocacy, awareness, and education, or address a specific condition. You can find these tips on the MHAS and/or Ohio Department of Mental Health and Addiction Services Facebook pages.

Encourage! people to do a mental health check-up. Each of the conditions mentioned above also coincides with a mental health screen, and each condition-specific fact you share can direct people to screening at <https://screening.mhanational.org/screening-tools>

Create your own message! You may also use the statistics above to create your own social media posts or add to your organizations e-newsletters or other materials.

Source adopted from: <https://www.mhanational.org/mental-illness-awareness-week>

<https://www.mentalhealthfirstaid.org/2019/02/5-surprising-mental-health-statistics/>

Bullying Prevention

October is National Bullying Prevention Month

Everyday thousands of young people experience bullying from their peers while at school, after school in their neighborhoods, and even when they are at home, through social media and texts. Our goal is to encourage schools, organizations and the community as a whole to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

Below are 6 ways you can STOMP out bullying and increase prevention through the month of October:

1. Monday October 7th: Turn America BLUE for the safety of our youth: October 7th, 2019 wear blue in support of bullying prevention #BlueUp
2. Week of October 7th: Make friends with someone you don't know. Be a leader, don't let anyone feel isolated.
3. Week of October 7th: Make kindness go viral with random acts of kindness and challenge others to pay it forward. Random acts of kindness can include giving someone a compliment, giving to someone in need, pay for someone's lunch, or leave someone an encouraging message. Click the link below for more examples of random acts of kindness: <https://www.naturalbeachliving.com/acts-of-kindness/>
4. Week of October 14th: STAND UP for others. When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims. Be part of the solution -- not the problem!
5. Week of October 21st: Take on the #NOONEEATSALONE challenge. Don't let anyone at school eat alone in the cafeteria or on a school field trip. Make it the week of #NOONEEATSALONE
6. Week of October 28th: Start a conversation. Meet with fellow students and discuss how you can Change The Culture at your school. Hold a discussion in your classroom where you allow students to openly speak and discuss their experiences with bullying and cyberbullying, and how these experiences have affected them and how they dealt with these moments.

If you have or are experiencing bullying, below are some helpful resources:

STOP BULLYING NOW HOTLINE: 1-800-273-8255 Available 24/7

HURON COUNTY CRISIS HOTLINE: 1-800-826-1306

CRISIS TEXT LINE: Text 741-741 to be connected to a free, trained crisis counselor

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255 Available 24/7

SUICIDE NATIONAL HOPELINE: 1-800-784-2433 Available 24/7

Also available in Spanish 1-888-628-9454

LGBTQ+ HELPLINES

THE TREVOR PROJECT: 1-866-488-7386 Available 24/7

Suicide prevention within the LGBTQ+ community

Source adapted from: <https://mashable.com/article/back-to-school-mental-health/>

Grief, Stress, & The Holidays

For anyone dealing with an illness, grief, or the loss of a loved one, the holidays can be a time of sadness, pain, anger, or dread. It can be difficult to cope, especially when you see the sights and sounds of holiday happiness all around you. Although grief is nearly universal, it expresses itself in many different ways, and sometimes it can resemble major depression. Frequent crying spells, depressed mood, sleep disturbances, and loss of appetite are often common during this time.

Grief is not a tidy, orderly process, and there is no right way to grieve. Every person and every family grieve differently. This can cause emotions to collide and overlap, especially during the holiday season.

The ebb and flow of grief can become overwhelming with waves of memories, particularly during Thanksgiving and Christmas. Grief can also magnify the stress that is often already a part of the holidays. How can you begin to fill the emptiness you feel when it seems that everyone else is overflowing with joy? Below are a few strategies that you can employ to help you get through this time.

Offer Yourself Some Grace

One of the best things you can do is give yourself permission to feel whatever you are feeling.

Be Kind to Yourself

It's important that you get the rest and nourishment you need and try not to take on more than you can handle. If you need to be alone, then honor that. If you crave the company and affection of others, seek it out. Do whatever feels right to you during this difficult time.

Don't Make Comparisons

It's easy to see other people or families enjoying holiday festivities and compare their experience to what you feel during this difficult time. This may make you feel worse or that you're lacking in some way.

Keep in mind that the holidays are stressful for most people and they are rarely the "magical" gatherings depicted in greeting cards, on television or on social media. Try to embrace what you have rather than compare it to what you think others have.

Find Support

Sharing your feelings is often the best way to get through them and finding people you can talk to can help. Friends and relatives can be a great support. Another good option is to look for a grief support group. You can search online or check with local churches, community centers, funeral homes, or a hospice to find a group that suits you. Support group members often make friends that end up being a source of comfort and care for many years to come. Contact Stein Hospice for more information on support groups:

<https://www.steinhospice.org/services/bereavement/what-is-grief/>

Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
 - Huron County Crisis Line: 1-800-826-1306
- Crisis Text Line: Text 741-741 to be connected to a free, trained crisis counselor

- Call the National Suicide Hotline at 1-800-273 TALK (8255)
- Contact the NAMI HelpLine. 1-800-950-NAMI (6264)

Source: Adopted from: <https://www.verywellhealth.com/getting-through-the-holidays-1132547>

<https://www.health.harvard.edu/blog/coping-with-grief-and-loss-during-the-holidays-201112244028>

The Benefits of Gratitude

We all know that gratitude is a good thing, but here's a fact that might surprise you: Gratitude is good for your body. The concept is simple; a healthy mind = a healthy body. Since kindness lifts our spirits and warms our hearts, it aids in fighting off, healing and sometimes even curing a variety of illnesses that can affect us.

Some Benefits of Gratitude:

- Improves physical health
- Decreases pain levels
- Improves self-esteem
- Improves Psychological health
- Increases energy
- Better sleep
- Reduces anxiety and depression

There are many ways to reap the benefits of gratitude such as keeping a gratitude journal, praying, meditating or simply saying and expressing how you feel.

We all have the ability and opportunity to cultivate gratitude in our lives. Rather than complain about the things you think you deserve, take a few moments to focus on all that you have. Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life.

MHAS Contracts with NOBARS

The MHAS Board has agreed to contract with the Huron County Common Pleas Court and their NOBARS (Northwest Ohio Behavior and Reporting Services) program operated by Oriana House, LLC.

NOBARS provides the Huron County Common Pleas Court with comprehensive day reporting and clinical services to an adult population of male and female felony offenders referred by the Court. Day reporting services include case management, UDS testing, EM/SCRAM monitoring and SUD (substance use disorder)

treatment services on an as needed basis. Oriana House anticipates serving up to 120 clients during FY 2020. The purpose of the program is to provide a non-residential sentencing option that provides for increased public safety by addressing criminogenic need factors for a predominately high-risk population, in an intensive reporting program. The goal is to reduce felony commitments to the Huron County Jail and to ODRC for all felony levels and reduce recidivism of offenders.

Upcoming Events

The MHAS Board will be offering a variety of events and educational opportunities throughout the fall/winter months.

Understanding Hypnosis & Its Benefits

Dates: October 30th

Time: 6pm-7pm

Location: 12 Benedict Ave, Norwalk

RSVP: admin@huroncountymhas.org

Please refer to our Facebook page and website for updates and more information on other upcoming events and outreach opportunities.

FY2020 Providers and Programs

Firelands Counseling and Recovery Services offers mental health services for all ages and comprehensive programs for substance abuse, psychiatric services, vocational rehabilitation, prevention services, educational programs and crisis intervention including a 24-hour helpline and warmline 800-826-1306. Medication Assisted Treatment is available. Clients may be referred or self-admit. Firelands accepts all payer sources and offers financial assistance. For more details please call 419-663-3737 Norwalk, 419-935-0452 Willard, 419-483-6516 Bellevue

Services for Aging offers the Age Exchange Program which connects elementary-aged youth with volunteer seniors. This program is a once-a-week group mentoring program where children gain social, team-building and educational assets. For more details please call 419-668-6245

Oriana House offers two comprehensive substance abuse treatment programs in Huron County. Northwest Ohio Behavior & Reporting Services (NO BARS) is a court-ordered treatment program for women and men. Rigel Recovery Services is a substance abuse treatment program open to the public for self-referrals. Medication Assisted Treatment is available. Oriana House accepts all payer sources. For more details please call 567-280-4023

Family & Children First Council of Huron County offers youth and family service coordination, wraparound coordination, along with respite services. For more details please call 419-668-8126

Miriam House offers housing that offers safe and stable housing to women and their children. Staff help residents identify issues that have contributed to their homelessness and promote recovery. Talk to your counselor or peer supporter for referrals. Located in Norwalk. For more details please call 419-668-3073

House of Hope offers safe and stable housing to men. Staff help residents identify issues that have contributed to their homelessness and promote recovery. Located in Willard. For more details please call 419-933-4100

Family Life Counseling & Psychiatric Services (FLC) offers comprehensive mental health and addiction outpatient services for adults and youth, including: assessments, counseling, and case management services. School-based prevention services are also offered. Clients may be referred or self-admit. FLC accepts all payer sources. For more details please call 567-560-3584 Norwalk, 567-560-3586 Willard, 567-560-3587 Bellevue

Bayshore Counseling Services offers Early Childhood Mental Health Consultation for all schools and preschools in Huron County. For more details please call 419-577-5373

Catholic Charities of Norwalk offers guardianship services for severely mentally ill adults. For more details please call 419-668-3073 x 8211 or 419-706-1334

Huron County Juvenile Court provides collaborative evaluation and integrated treatment intervention services for substance abusing parents who have lost, or are at risk of losing custody, of their children to abuse, neglect, or dependency. For more information please call 419-668-4383

ALERT (Area Law Enforcement Recovery Team) is a partnership between the MHAS Board, Norwalk Police, and the Huron County Sheriff, providing immediate help for individuals seeking assistance for addiction. Individuals can go to the jail or the Norwalk police department and ask for help, at which time they will be linked with a volunteer and a peer supporter who will assist them in connecting with treatment. For more information please call 419-668-9858

FY2020 Providers and Programs

Reach Our Youth (ROY) is a one-to-one mentoring program that matches volunteer mentors with at-risk youth between the ages of 6 and 18. For more information please call 419-663-2525

Drug Free Clubs of America is a substance use prevention program and is currently operating in Norwalk City Schools, Norwalk Catholic Schools, Western Reserve, EHOVE, and Monroeville. For more information please call 419-668-9858

Quick Response Team (QRT) is a collaboration between the Huron County Sheriff's Department, Norwalk Police Department, Willard Police Department, Firelands Counseling and Recovery Services, Family Life Counseling, Certified Peer Supporters, and the Huron County Board of Mental Health and Addiction Services. A team of professionals visits the home of individuals who have recently overdosed, providing support and resources. For more information please call 419-668-9858

Crisis Services:

CRISIS/SUICIDE HOTLINE: 800-826-1306

Staffed 24 hours-a-day, 7 days-a-week by Firelands Counseling and Recovery Services



You are not alone

CONTACT US

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