

Board Buzz

Spring 2017

Vol. 1, No. 1



Mental
Health and
Addiction
Services



Meet Board Member Ambrose O'Brien

Mr. Ambrose O'Brien has been a member of the Huron Co. Board of Mental Health and Addiction Services (MHAS) for over 10 years. In honor of Mental Health Month (May), he graciously agreed to interview with the Huron Co. MHAS Board staff (Bs).

Bs: May is Mental Health Month. What have *your* experiences been with mental health?

AO: My wife and I have a 52 y.o. son who was born with mental illness; so, I've been dealing with this a long time. For the first 30 years, we couldn't find [our son] the right kind of help. After having him in several group homes and hospitals, we finally got him the right help. He's doing quite well now; he's paying his bills and taking his medication. Also, I've volunteered at NAMI [National Alliance on Mental Illness], teaching their Family-to-Family course. [This is a free 12-week course for family caregivers of individuals living with mental illness.]

Bs: What would you like our readers to know as it relates to mental health?

AO: That there's a big stigma; people don't want to talk about [mental illness]. Families don't [always] come together. People don't necessarily get support from their own families.

Bs: What *are* your thoughts on stigma or misperceptions about mental health?

AO: That we should come together as a community, to support mental health programs. We should [all] support anyone dealing with mental illness.

Bs: How *can* friends and family support their loved ones who are experiencing a mental illness?

AO: Come together. Be supportive. Go to meetings and support what's happening. Faith-based support is very helpful and has been the best help I've ever received.

Board Chair

Laura Wheeler

Board Members

Steven Barnes
Chris Castle
Matthew Clingman
Toni Griffith
Lisa Hivnor
Mark Holden
Julie Landoll
David Light
Ashley Morrow
Ambrose O'Brien
Corey Ream
Angie Smith
DeEtte Zimmerman

Board Staff

Beth Williams, D.M.
Executive Director
Jennifer Prince, Ed.D.
Assistant Director

Board Meetings

130 Shady Lane Dr. Bldg.
D, Norwalk, OH
6-7 p.m.
Next: 6/20, 8/15, 10/3



[Mental Health America](#)

Since 1949, Mental Health America (MHA) and their affiliates across the country have led the observance of *May as Mental Health Month* by reaching millions of people through the media, local events and screenings. Mental health is something everyone should care about by using the *May is Mental Health Month* materials and conducting awareness activities.

This year for *May is Mental Health Month*, MHA is talking about *Risky Business*. We believe it's important to educate people about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems. These include such risk factors as risky sex, prescription drug misuse, Internet addiction, excessive spending, marijuana use, and troublesome exercise patterns. We hope the tools and resources that MHA has put together help you and your communities to raise awareness of the risks that these types of behaviors present—especially to young people—and help people who may be struggling to detect early warning signs and seek help early.



Marijuana Use

With laws in many states allowing the use of marijuana under a variety of circumstances, it is important to understand how it can affect mental health and when it becomes a problem.



Sex

Sex is a completely natural and normal part of the human experience, and when practiced safely and with a respectful

partner, it can have health benefits. For some people though, sex becomes an obsession and does more harm than good.



Prescription Drug Misuse

Prescription medications are an important part of treating many health issues and are used effectively by millions of people; however, when misused they become the problem instead of the solution. Some of the most commonly misused prescription drugs are: opioid pain killers, tranquilizers (for anxiety and muscle spasms), sedatives (for sleep disorders), and stimulants (for attention-deficit hyperactivity disorder and obesity).



Internet Addiction

The Internet is a wild and wonderful place which has forever changed the way we live, learn, and work – but when a person can't find a balance between their time online and their time offline, it can mean problems for their mental health.



Compulsive Buying

Everybody shops. It's how we get necessities like food and clothing, and luxury items like cell phones and home decor. Now more than ever, it's easier to buy things with 24-hour online shopping, but when does shopping become compulsive buying?



Exercise Extremes

It seems odd to talk about exercise as a risky activity, but when a person doesn't exercise enough or exercises too much, it has consequences for both physical and mental health.



If You or Someone

You Know Needs 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)

For more information on these risky behaviors, go to: <http://www.mentalhealthamerica.net/may>

[Board Prepares for Certification](#)

The Huron Co. MHAS Board is preparing to be *Culture of Quality* (COQ) certified. Developed by the Ohio Association of County Behavioral Health Authorities (OACBHA) 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.

COQ is designed to promote community confidence and Boards' public support through increased accountability. COQ brings consistency to the local Board system through self-regulation while preserving flexibility for Boards to be responsive to the needs of their respective constituencies.

COQ transforms Ohio's behavioral health system by promoting a more efficient, effective, consistent and accountable county Board system.

The program is based upon a continuous quality improvement model that promotes the use of quality practices in the administration of county Boards. COQ leads to greater continuity among Boards, making it easier for consumers accessing services.

Objectives of the program establish benchmarks while recognizing the existence of varying approaches for achieving a "Culture of Quality":

- Establish Statewide Board Standards - One hundred and forty-two standards.
- Developed after careful review of pertinent Federal and State laws, rules and regulations, or identified as quality practices within the system.
- Implement a Peer Certification Process - A voluntary process, conducted by Peers and association staff, that verifies a Boards conformance with

the COQ Statewide Board Standards.

- Identify and create Resources - To provide information and to assist with conformance to the Statewide Board Standards.



Community Plan

Every year, the Huron Co. MHAS Board submits a Community Plan to the Ohio MHAS that outlines the Board's priorities, goals, objectives, and progress. The 2017 plan has been updated for state fiscal year 2018 and is undergoing review and approval. The Board collaborates with local agencies to develop and meet its goals, in an effort to provide a recovery-oriented system of care.

2017 Opiate Conference

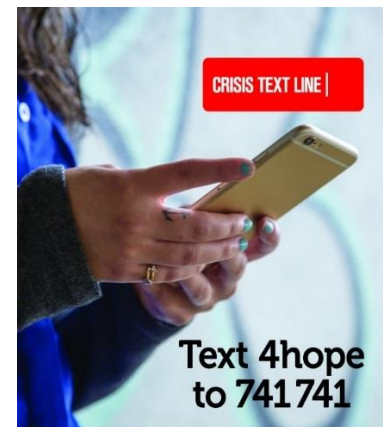
OACBHA, in partnership with the Ohio MHAS and the Ohio Department of Rehabilitation and Correction, will be hosting Ohio's 2017 Opiate Conference, June 12-13, 2017, at the Hyatt Regency.



This event has expanded to include two full days of education, information sharing, and networking. This conference will provide attendees with the opportunity to hear from local, state, and national leaders.

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.

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www.huron.oh.networkofcare.org

Name
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