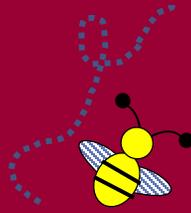


# Board Buzz

Spring 2018

Vol. 2, No. 2



Mental  
Health and  
Addiction  
Services



**National Alliance on Mental Illness**

## May is Mental Health Awareness Month

Each year, over 40 million Americans — approximately one in five adults — face the reality of living with a mental illness. During May, the MHAS Board is proud to stand with the National Alliance on Mental Illness (NAMI), Mental Health America (MHA) and others in raising awareness, fighting stigma, providing support, educating the public and advocating for policies that support people with mental illness and their families. With support, people learn to cope so they can live a happier, healthier, and higher quality of life. These are our friends, family, co-workers, students, and loved ones who may be experiencing symptoms of mental health issues that may not be visible or obvious. Friends and family of someone experiencing mental health issues are encouraged to learn how to recognize the signs and also know where they can go to get help for those who are in crisis. One way to help is by getting to know a person and treating them with kindness and empathy. This goes a long way in supporting those experiencing mental illness.

The Huron County Board of Mental Health and Addiction Services works with an array of agencies who provide treatment, prevention, support and training services. Through effective programs and compassionate team members, we seek to communicate the message to those who are having thoughts of self-harm or feelings of hopelessness, that there is hope. Those who may be struggling with these issues are encouraged to take the simple step of texting "4HOPE" to 741741, or call 800-826-1306, or to locate an agency in our County visit our website at <http://huroncountymhas.org/mhas-agencies>.

In recognition of Mental Health Awareness month and in celebration of their 20<sup>th</sup> Anniversary, NAMI of Huron County is hosting an **Appreciation Day on Saturday May 19, 2018**. Join friends at the Norwalk Reservoir for lunch, fellowship, games, door prizes, relaxation and informational speakers at 11AM. This event is free to everyone interested in celebrating and supporting a healthy and happy community. Remember, good mental health is just as important as good physical health. *Fitness #4Mind4Body* – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

### *Board Chair*

Laura Wheeler

### *Board Members*

Steven Barnes  
Chris Castle  
Katie Chieda  
Rob Duncan  
Lisa Hivnor  
Julie Landoll  
David Light  
Ashley Morrow  
Dorothy Ruffer  
Angie Smith  
Mike White  
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: 5/8, 6/26, 7/31



## Board Bids Farewell to One Member and Welcomes New Member

In March of 2018, Board Member Corey Ream resigned from the Board. Mr. Ream, with his passion for supporting our youth, was an asset and he will be missed. Our sincere best wishes go to Corey.

When a Board Member leaves, another one joins the team! In March of 2018, the Board welcomed Katie Chieda. A long-time employee of Fisher-Titus Hospital, we look forward to the wealth of health care knowledge Katie will bring to the team!

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## Request for Information

On April 6, 2018 the Board received proposals for SFY 2019 to fund innovative projects and services that will positively affect the health and wellness of Huron County residents. Projects will primarily focus on improving mental health and/or prevent substance abuse. The purpose of the request was to enhance partnerships and creativity by investing in prevention and recovery services provided by organizations. The Huron County Continuum of Care must include a full array of services necessary to ensure a safety net for our residents.

The Board is currently reviewing all proposals, with an anticipated award date sometime after May 8<sup>th</sup>. All awards begin July 1, 2018.

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## Appreciation Week April 9-15

First responders are on the front lines and are the first in the system to respond to an overdose or cry for help. During the last few years, our first-line responders have been challenged with high stress and difficult calls throughout our community. The numerous overdoses, suicides and general disruptive incidents add pressure and adversity to an already hard job. First-line responders, law enforcement, fire and emergency medical services keep all of us safe.

The first-line responders were formally thanked on April 9<sup>th</sup> and 10<sup>th</sup>, by officials and volunteers who delivered lunches and “thank you” baskets. The “thank you” baskets contained treats along with flash drives containing a thank you video, a self-care video, and a video on protecting yourself from fentanyl. Those helping with deliveries include local volunteers and Rep. Dick Stein.



## Tobacco-free Partnership

As part of an Ohio Department of Health and Center for Disease Control (CDC) Anti-Tobacco Grant, Huron County Public Health (HCPH) partnered with Huron County Mental Health and Addiction Services (MHAS) Board to address tobacco use in individuals with mental health and/or substance use disorders. In addition to joint outreach and education efforts, the MHAS Board recently adopted a smoke-free campus/facility policy as a part of its funding requirements.

“Part of the Huron County MHAS Board’s mission is to educate and advocate for community members. Knowing what we know today about tobacco-free indoor and outdoor spaces and how they can positively protect the health of our community members and the individuals served by our funded agencies, as well as the role that addiction to tobacco plays in all addictions and addiction treatment, we felt that this policy adoption and partnership with HCPH was very fitting to the aims of our Board,” said Dr. Beth Williams, Executive Director of the MHAS Board.

Nationally, the Substance Abuse and Mental Health Services Administration endorses tobacco-free facility/grounds policy adoption as well as inclusion of tobacco treatment into behavioral healthcare settings. Smoke-free campus/facility policies, like the one supported by the Huron County MHAS Board, protect individuals and staff from harmful exposure to secondhand

smoke, as well as provide motivation to help tobacco users quit and stay smoke-free.

Along with smoke-free environments, HCPH and Huron County MHAS are promoting the importance of tobacco cessation, especially for individuals with mental health and/or substance use disorders. Smoking causes more deaths among persons with substance use disorder than the alcohol or drug use that brings them to treatment. By including tobacco cessation with treatment, an individual's chances of maintaining long-term alcohol and drug abstinence increases by 25%. For free help to quit smoking, call 1-800-QUIT-NOW.

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**BE PRESENT**  
[School Campaign Encourages Young People to "Be Present"](#)

The MHAS Board promotes wellness and recovery for all residents. The Board, along with Ohio Mental Health and Addiction Services Department, brought the **Be Present campaign to Huron County!** **Be Present** is a statewide social marketing campaign focused on prevention of mental health issues among youth and young adults. The **Be Present** campaign educates and empowers peers, friends, classmates and siblings of at-risk youth to **"step up" and provide needed support.** It also makes youth more aware of and able to address their own emotional state. With their own cups "full," they become more willing and able to step up and speak out in a supportive manner.

Many adolescents are struggling with trying to find

their own way, exploring different parts of their identity, or figuring out what they want to do with the rest of their lives. They're experiencing transitions from middle to high school to college, making discoveries about their own desires and needs or trying to find work and live on their own after leaving their familial home.

The **Be Present** campaign was developed by an advisory group of youth throughout Ohio. **Be Present** raises awareness about the struggles young people face and **encourage and empower their peer group, close friends and siblings** to take more responsibility for each other, especially for youth who are being bullied (in-person or online), struggling to overcome mental or emotional problems or other stressors, and those who are most at risk of harming themselves.

On **Tuesday March 6 and Monday May 7**, Javier Sanchez, an internationally recognized motivational speaker, provided a high-energy assembly for the youth in our County. Stops were made at Monroeville High School, Norwalk High School and Western Reserve High School. Mr. Sanchez delivered the message: **Be Present** so you can be there when a friend, classmate, or family member needs you most.

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[Rave for Recovery](#)

On Saturday April 14, 2018 the Rave for Recovery took place at the Expo building at the Huron County Fair Grounds.

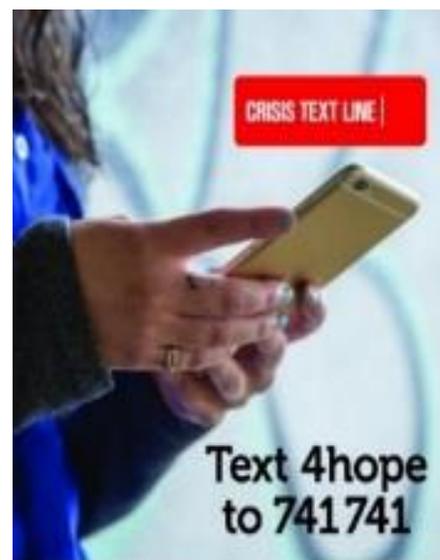
A variety of musicians performed, door prizes were given away, information was

available, food was served and Ashley Morrow spoke on her journey of recovery.

This was a collaborative effort of the faith-based and business community. Prevention Action Alliance also supported this fun, family friendly musical event. Proceeds benefited the new Peer Recovery Community Center. We give thanks to all who volunteered and supported this event!



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[Crisis Text Line](#)



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

*The Board's MISSION is to educate and advocate for community members, while providing resources for prevention, treatment and recovery supports. The Board's VISION is for Huron County to be a community where all individuals are mentally and emotionally healthy and addiction free.*

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Name  
Company  
Address

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