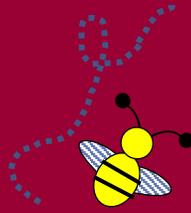


Board Buzz

Spring 2019

Vol. 1, No. 1



Mental
Health and
Addiction
Services

May is Mental Health Awareness Month

Since 1949, the month of May has been observed as Mental Health Month in the United States and many national organizations such as NAMI, Mental Health America, and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with mental health disorders.

During the month of May, our mission is to raise awareness of mental health. Each year the goal is to fight stigma, provide support, educate the public and advocate for policies that support people who struggle with mental health and/or addiction and their families.

Here are just a few statistics:

- Approximately 43.8 million people (that is one in five adults) in the United States, experience struggles with mental health in a given year.
- Approximately 21.4% (that is one in five youth) of youth ages 13-18 experience a severe mental health disorder at some point during their lifetime.
- Approximately 13% of children aged 8-15, experience mental health struggles.

Why this cause is important: The statistics show that one in 5 Americans is affected by mental health conditions. Struggles with mental health is not prejudiced; as mental health disorders affect men and women of all ages, races and social classes. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. Stigma shames individuals into silence. It prevents them from seeking help. And in some cases, it takes lives. But there's good news. Stigma is 100% curable. *Compassion, empathy, and understanding are the antidote. Your voice can spread the cure. The perception of mental health won't change unless we act to change it.*

Source: Adapted from <https://www.nami.org/learn-more/mental-health-by-the-numbers> and <https://www.psychologytoday.com>

Board Chair
Laura Wheeler

Board Members

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

Board Staff

Kristen Cardone LPCC-S.
Executive Director
Ashley Morrow
Administrative Assistant

Board Meetings

12 Benedict Ave
Norwalk, OH
6-7:30 p.m.
Next: 5/14, 6/11



[The Connection Between Mental Health and Addiction](#)

The National Bureau of Economic Research (NBER) reports that there is a “definite connection between mental health and the use of addictive substances”.

The NBER also reports that people who have been diagnosed with a mental health disorder at some point in their lives are responsible for the consumption of:

- 69 % of alcohol
- 84 % of cocaine
- 68 % of cigarettes

From the statistics shown, there’s clearly a connection between mental health and substance abuse.

By far the most common issue connecting mental health and substance abuse is the intention of patients to medicate the mental health symptoms that they find disruptive or uncomfortable by using alcohol and drugs.

Unfortunately, drugs and alcohol often do little to address the underlying mental health symptoms and ultimately create a whole new batch of problems for the patient while also increasing the severity of the original mental health symptom or symptoms.

When there is a Dual Diagnosis of both a mental health disorder and a substance abuse issue, it is important that the patient enroll in a treatment program that addresses both problems at the same time. Why? The untreated symptoms of a mental health

disorder can cause the patient to be unable to remain clean and sober, and untreated substance abuse issues can make mental health treatment ineffective.

If someone you love is living with a Dual Diagnosis, don’t wait to get them the help they need. Please contact Firelands Counseling and Recovery Services at 419-663-3737 or Family Life Counseling & Psychiatric Services at 567-560-3584.

Source adapted from:
<https://www.dualdiagnosis.org/mental-health-and-addiction/the-connection/>

[What is the most common mental health issue Americans struggle with?](#)

We all experience anxiety. For example, speaking in front of a group can make us anxious, but that anxiety also motivates us to prepare and practice. Driving in heavy traffic is another common source of anxiety, but it helps keep us alert and cautious to avoid accidents. However, when feelings of intense fear and distress become overwhelming and prevent us from doing everyday activities, an anxiety disorder may be the cause.

Anxiety disorders are the most common mental health concern in the United States. An estimated 40 million adults in the U.S. have an anxiety disorder and most people develop symptoms before age 21. Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.

There are many types of anxiety disorders, each with different symptoms. The most common types of anxiety disorders include:

- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorder
- Panic Disorder
- Phobias

Other anxiety disorders include:

- Agoraphobia
- Selective mutism
- Separation anxiety disorder
- Substance/medication-induced anxiety disorder, involving intoxication or withdrawal or medication treatment

There is treatment for anxiety. Different anxiety disorders have their own distinct sets of symptoms. This means that each type of anxiety disorder also has its own treatment plan. But there are common types of treatment that are used.

- Psychotherapy, including Cognitive Behavioral Therapy
- Medications
- Complementary Health approaches that include stress and relaxation techniques.

If you or a loved one is struggling with anxiety, please contact Firelands Counseling and Recovery Services at 419-663-3737 or Family Life Counseling & Psychiatric Services at 567-560-3584.

Source: Adopted from:
<https://www.nami.org/learn-more/mental-health-conditions/anxiety-disorders>

The Board Welcomes a new Executive Director

Kristen Cardone joined the board in November 2018. Born in Norwalk, and a graduate of Norwalk High School, Kristen earned a bachelor's degree in Business Administration from the Ohio State University and worked in Information Technology for Nationwide Insurance until 2013. Inspired by the struggles of friends and family battling mental health and substance use issues, and recognizing the emerging crisis afflicting her native community, Kristen chose to pursue a new career path that would allow her an opportunity to help. After earning a master's degree in Clinical Mental Health Counseling from Wright State University, Kristen focused on the clinical side of behavioral health, providing mental health and substance use treatment to individuals, families, and groups while also gaining valuable experience in clinical administration and community leadership. Kristen's goals as Executive Director are focused on uniting the community in addressing mental health and substance use issues, improving communication between the Board, service providers and the community, and broadening access to improved services.

"I chose this career in the hopes that I'd someday get an opportunity to work within this community in a capacity where I could help facilitate meaningful change." Woolsey Cardone continued. "Now that the opportunity is here, I am excited

to get started and am very much looking forward to getting acquainted with everyone who is, or wants to be, part of this effort."

The Board was impressed with Kristen's energy and creativity. She brings a special set of skills to the board through her personal and professional experiences.

The Board Welcomes a new Board Member

The Board also welcomes a new board member, Tom Sharpnack. Tom is a resident of Huron County and currently resides in Norwalk with his wife Karen. He is a well-known business owner operating multiple car dealerships throughout the Willard area.

In his business, Tom Sharpnack has built a reputation of Trust, Loyalty, and that of Solution provider. His commitment to Customer Satisfaction has launched his 3 stores into the record books in both Sales and Service. Tom also has strong community involvement with organizations like the American Red Cross, Mercy Hospital, Fisher Titus Hospital, Collins United Methodist Church, and the Willard Rotary.

Tom has a heart and passion to give back and to help those affected by mental health and addiction. Tom is a tremendous addition to the MHAS Board.

Mental Health Awareness in Our Community

The MHAS Board, will be hosting a variety of opportunities for the community to get involved in the fight to break stigma in mental health and addiction.

Below are a few opportunities that we would encourage the community to be involved in:

Go Green: The Green initiative to show support and raise awareness for mental health. Join us in this initiative by wearing green on Friday May 3rd. It can be as simple as a light green tie with your suit, go all out with neon green hair, or maybe just a green ribbon pinned to your shirt. Whatever your preference, join us in showing your support for those battling mental health problems.

The MHAS Board will also be hosting multiple events to "Break the Silence" on mental health and addiction throughout the month of May. These events will be great opportunities for community collaboration and education.

Please check our website and Facebook page for updates on dates and times of these events.

For more information or to be involved please contact the Mental Health and Addiction Services Board at 419-668-9858 or email admin@huroncountymhas.org at



National Alliance on Mental Illness

National Alliance on Mental Illness (NAMI) Huron County

Families of persons with mental illnesses provide education, support and advocacy to each other and to the community with meetings convened every second Monday of the month at 6 PM at the Senior Center, 130 Shady Lane Drive in Norwalk. This organization periodically offers 12-week Family-to-Family educational seminars and Crisis Intervention Training (CIT) for public safety officers in the county. It also hosts a Group, convened the first and third Wednesdays of the month at 7:00 PM in the Senior Center, 130 Shady Lane Drive in Norwalk.

Men's Recovery Home Receives Certification

On February 11, 2019, House of Hope, located in Willard, became the first Ohio Recovery Housing certified recovery residence in Huron County. House of Hope provides a drug and alcohol-free living environment for men with substance use disorders. Not only do the men at House of Hope have an affordable, healthy and safe place to live, but they are also able to live with peers in recovery and have support in getting connected to treatment, recovery supports and other social services in their community.

House of Hope joins over 80 organizations operating 147 homes serving over 1,400 people across Ohio every day. The reason for pursuing certification with Ohio Recovery Housing, according to Mike Bell, House of Hope Project Manager is that "Certification permits us to operate according to state and nationally recognized recovery housing standards, gives us access to a recovery housing referral network to better support persons in recovery and fosters continuous learning and best practices." Quality recovery housing leads to positive resident outcomes. Ohio Recovery Housing has been tracking outcomes through a resident survey since 2016. An analysis of the survey reveals that of those living in recovery housing for at least six months over 75% are employed. When moving out, over 80% of residents are moving onto independent living environments. Ninety-nine percent of residents moving out of recovery housing report that they are actively engaged in ongoing recovery activities and/or supports.

During the review process, House of Hope demonstrated that their organization has met quality standards relating to administration and operations, physical recovery environment, connection to community services, as well as peer support and social environment. While certification is not required for House of Hope to operate recovery housing, they saw certification to demonstrate their commitment to quality to their residents, family members, and the greater community. One of the House of Hope Residents

stated, "This has changed my life for the better. I'm starting to have hope and faith in myself." Another resident added, "I'm feeling better about myself since I have come to this house. I am blessed to be here." A third resident noted that living in the house keeps him accountable for his sobriety.

House of Hope has been in operation since December 2017. Persons who reside at the house are supported in finding employment, expected to attend at least five recovery meetings per week, participate in community service and work to become self-sufficient productive members of the community. Accountability for sobriety is maintained through detailed house rules which include regular drug screens. A Senior Resident lives in and oversees the day to day activities of the house. Residents pay a monthly program fee and provide their own food.

Persons interested in learning more about House of Hope are welcome to contact us at 419-933-4100.

Donald Peeler, Executive Director,
Starting Point Outreach Center
Email:

dpeeler@startingpointoc.org

Michael Bell, House of Hope
Project Manager

Email: mbell@startingpointoc.org

Family Dependency Court Celebrates their 1st Graduation

Rachel Reed is the first graduate of the Huron County Juvenile

Court Family Dependency Treatment Program.

The Family Dependency Treatment Program gives Huron County families that are separated by substance abuse the resources they need to work toward reunification. The program started last year. Judge Timothy Cardwell said; “families are the foundation of any community and when those relationships crumble, so does the community”.

The Family Dependency Court program works with parents of children who have been identified as dependent, neglected or abused and removed from their homes as a result of the parents’ substance abuse or mental illness. “The idea is to surround these parents with all of the resources they need to achieve and maintain sobriety and compliance with treatment and then ultimately be reunified as a family,” said probate and juvenile court Judge Timothy Cardwell.

Rachel’s case first came before juvenile court last year in January of 2018. Her son and daughter had been removed from her custody as a result of her substance abuse.

At the graduation on Thursday February 21st, the Norwalk mother of two said she’s grateful for the guidance, inspiration and acceptance she was given during the 51 weeks she was in the program. The program has been described as “intense” and for good reason. Parents are expected to attend weekly court hearings, submit to random drug screens, participate in both individual and

group counseling sessions, and meet with assigned case managers. Reed stated “Today I live in the present, which is truly one of the greatest gifts of recovery, I am free in so many ways — free from addiction, the guilt and shame of my past. ... I cannot express how completely blessed I feel to have shared this experience with you all and to have been given a chance to grow up and be the person I am today.”

For more information on the Family Dependency Treatment Program contact the Mental Health and Addiction Services Board. *Source adopted from:* <http://www.norwalkreflector.com/Courts/2019/02/23/Mom-new-treatment-program-graduate-completely-blessed.html?ci=content&lp=3&p=1>

ALERT

*(Area Law Enforcement Recovery Team)
Helping Huron County Law Enforcement Break the Chains of Addiction*

Huron County Sheriff Todd Corbin and Norwalk Police Chief Mike Conney have worked together with several area individuals and agencies to create a new local program for police assisted recovery called ALERT (Area Law Enforcement Recovery Team). The community-based initiative is supported by law enforcement, hospitals, behavioral health programs and government programs in providing safe place to any individual voluntarily seeking assistance for recovery from substance abuse and dependency issues. The core platform of the program is that those seeking

assistance are treated with compassion and connected quickly with the recovery resources they need in a supportive environment. Often when an individual decides to seek support the timeline for connecting to support services is critical.

The program began Jan. 1 and is available 24 hours each day.

Individuals seeking assistance can go the Huron County Jail or the Norwalk Police Department where law enforcement personnel will immediately initiate the process. A contact is then made with a trained volunteer facilitator that is dispatched quickly to the client’s side as well as a Certified Peer Supporter who will interact with the client to determine the most appropriate resources to offer and provide. The program is based on empathetic, human to human handoffs throughout all stages of the recovery process.

The purpose of the program is to work collaboratively with many community resources to help individuals struggling with substance abuse find the treatment they need and ultimately find recovery. The greater good is served when individuals with substance abuse and dependency issues are connected in real time to services that allow them to begin the detoxification process and initiate intervention and recovery services with the end goal of returning to society as healthy, productive citizens.

For more information, contact the Huron County Mental Health and

Addiction Services office at 419-668-9858. Local Certified Peer Supporters, Drew Riley (419-921-9224) and Michael Pack (419-554-5312) are also available for information. As a reminder, the Huron County Crisis Hotline is 1-800-826-1306.

[Recovery Navigator Services](#)

The Huron County MHAS Board recently received funding from the State Opioid Response Grant and is partnering with Firelands Counseling & Recovery Services (FCRS) to provide Recovery Navigator services. These services will be available to individuals with a past or current opioid use disorder (OUD) diagnosis. Our current system of care requires the client, family or other referral source to self-educate regarding the availability of treatment services. Once a person is referred to treatment, each provider then assumes an individual responsibility to report back to the referral source (with client permission) regarding treatment engagement, tenure, and discharge. Lack of transportation and childcare often presents barriers to treatment. Recovery Navigator Services will benefit the community by offering a single point of contact for persons with Opioid Use Disorders. The Recovery Navigators will be versed in all available treatment services, will educate clients/families/referral sources about their options, and will promote client choice. Additionally, funds will be accessed by the Recovery Navigators to contribute to an

individual's sustainability and successful recovery and to address barriers by increasing access to transportation and childcare. Recovery Navigator Services provided to the target population will include education regarding treatment services including MAT; linkage/referral to treatment based on client choice/needs; and assistance with obtaining recovery supports such as entitlements, transportation, peer services, self-help, childcare, etc. For any questions on Recovery Navigator Services please contact the Mental Health and Addiction Services Board at 419-668-9858.

[Suicide Prevention is a Priority](#)

The Mental Health and Addictions Services Board, along with other agencies, organizations, and members of the community are passionate about making mental health and suicide prevention a top priority in our county. We currently are in the beginning stages of creating a Suicide Prevention Coalition in Huron County that will assess community needs, wants, weaknesses, and strengths that will help us form strategic plans to implement the appropriate programs that are needed throughout the county. For more information on mental health support and suicide prevention or if you would want to participate in the Suicide Prevention Coalition please contact the Mental Health and Addictions Services Board at 419-668-9858.

[Community Survey](#)

The Mental Health and Addiction Services Board, in collaboration with other area agencies and individual community members, are distributing a survey that we hope will help us identify some of the gaps in the community and help us implement solutions to fill the needs. Please take a few minutes to fill out the short survey below. If you would like more information on this survey and the group involved, please contact the Board at 419-668-9858. <https://www.surveymonkey.com/r/Z6RLGRB>

[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.



If You or Someone You Know Needs Help:

1. For Huron Co. residents, please contact the Mental Health and Addiction Services Board at 419-668-9858 or at our website <http://huroncountymhas.org/>
2. Call the Crisis / Suicide Hotline: 1-800-826-1306

3. Get screened
<https://screening.mentalhealthamerica.net/screening-tools>

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

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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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