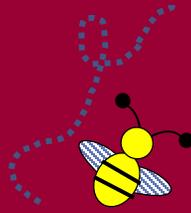


Board Buzz

Summer 2017

Vol. 1, No. 2



Mental
Health and
Addiction
Services



Back-to-School Stress Relief for Parents

Parents have a lot to manage: Mortgage payments, health care, and raising kids, just to name a few. As the new school year approaches, they face additional stressors — paying for back-to-school supplies, clothes and possibly tuition. Many parents may also be worried about their children starting a new school, changing school districts, facing a more rigorous academic year or dealing with difficult social situations. Often the fear of the unknown — classmates, teachers, the school building — is the most stressful for family members, whether it's the children hopping on the school bus or their parents who have to wave goodbye.

The end of summer and back-to-school season can be stressful on families. So, here are 5 tips to help lessen the stress:

1. **Practice your family's first day of school routine:** Get into a "school sleep routine" before the first week of school. If a new school is involved, do a mock drop-off and pick up for your child(ren).
2. **Get to know your neighbors:** If you moved to a new community, walk around your block and get to know the neighborhood children. Try and set up a play date or inquire where neighborhood kids might go to safely hang out.
3. **Talk to your child:** Asking your child(ren) about their fears or worries with going back to school will help them share their burden. Ask what they liked about their previous school year and see how those positives can be incorporated into their new experience.
4. **Empathize with your child:** Change can be difficult, yet exciting. Let your child(ren) know that you are aware of what they're going through and that you will be there to help them in the process.
5. **Get involved and ask for help:** Knowledge of the school and the community will better equip you to understand your child(ren)'s surroundings and the transition they are undergoing. Meeting members of your community and school will foster support for both you and your child. If you feel the stress of the school year is too much for you and your child to handle on your own, seeking expert advice from a mental health professional will help you better manage and cope.

Source: Adapted from APA Help Center, <http://www.apa.org/helpcenter/school-rush.aspx>

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Board Meetings
130 Shady Lane Dr., Bldg. D
Norwalk, OH
6-7 p.m.
Next: 10/3, 12/12, 2/6





[Waiting List](#) [Law for Addiction](#) [Services Providers](#)

Beginning July 1, 2017, Ohio Revised Code (ORC) section 5119.362: *Duties of community addiction services provider*, requires that all community addiction services providers maintain a waiting list for opioid and co-occurring drug addiction services and recovery supports. As well, to notify an individual included on the provider's waiting list when the provider has a slot available for the individual and, if the individual does not contact the provider about the slot within a period of time specified in the rules, contact the individual to determine why the individual did not contact the provider and to assess whether the individual still needs the included opioid and co-occurring drug addiction services and recovery supports. To read more, see: <http://codes.ohio.gov/orc/5119.362>.



[What Is](#) [Problem Gambling?](#)

According to the National Council on Problem Gambling, the term "problem gambling" refers to the urge to gamble, despite harmful negative consequences or a desire to stop. This definition may also include the condition known as "pathological gambling," a progressive addiction whereby a person gambles compulsively to such an extent that the activity

has a severe negative effect on his/her job, relationships, mental health and/or other important aspects of life. People who suffer from pathological gambling may continue to gamble even after they have developed social, economic, interpersonal or legal problems as a result of the gambling. Do you:

- Find yourself reliving past gambling experiences, planning the next venture, or thinking of ways to get money to gamble?
- Need to gamble with increasing amounts of money in order to feel the excitement?
- Become restless or irritable when attempting to cut down or stop gambling?
- Gamble as a way of escaping from problems or relieving guilt, anxiety or depression?
- Often return another day in order to get even or chase your losses after gambling?
- Lie to family members, friends, therapist or others to conceal the extent of involvement with gambling?
- Participate in illegal activities (e.g., forgery, fraud or theft) in order to finance your gambling?
- Jeopardize or lose a significant relationship, job or educational or career opportunity because of gambling?
- Rely on others to provide money to relieve a desperate financial situation caused by gambling?

Scoring:

1-2: You are at-risk.

3-4: You are a problem gambler.

5 or more: You are a compulsive gambler. (Source: OhioMHAS)

Resources:

- Gamblers Anonymous:
<http://www.gamblersanonymous.org/ga/>
- Gamblers Anonymous 20 Questions Self-Assessment:
<http://mha.ohio.gov/Portals/0/assets/Prevention/Gambling/GA%2020%20Questions%20Self-Assessment.pdf>
- Problem Gambling Helpline: **1-800-589-9966**



[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)

[Update: 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 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 will be undergoing the COQ site survey in September 2017. The outcome of the survey will be one of three categories: a.) Full 3-year Certification, b.) 1-yr Provisional, or c.) Non-Certification.



[Association's Position on Medical Marijuana](#)

The Ohio Association of County Behavioral Health Authorities ("Association") opposes utilizing the legislative or constitutional amendment process for the legalization of marijuana for medical purposes.

Legalizing marijuana for medical

use should not be decided by legislative or voter initiative. Marijuana should be subject to the same research, consideration, and study as any other potential medicine, under the standards of the U.S. Food and Drug Administration.

~ Ratified on March 18, 2016

[Ohio's 2017 Recovery Conference](#)

The Ohio Association of County Behavioral Health Authorities Foundation, in partnership with the Ohio Department of Mental Health and Addiction Services will be hosting *Ohio's 2017 Recovery Conference* on **September 11-12, 2017**. This will be their second annual Recovery Conference. In an effort to strengthen the recovery community in Ohio, this conference will offer education on topics relevant to recovery from a mental illness and/or addiction perspective. The target audience for this conference will be individuals in recovery from a mental illness and/or addiction, family members, peers working in the field, and allied professionals.

If you are in recovery--or know someone who is--and want to attend this conference, please contact the Huron Co. MHAS Board at 419-668-8649 right away.



[Huron County Fair](#)

Look for the MHAS Board, partnering with the National Alliance on Mental Illness of Huron County, at this year's fair! Stop by, answer a short survey, and get a free entry to win a gift basket!



[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.

Text 4hope to 741741

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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