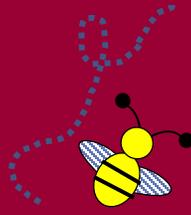


Board Buzz

Summer 2018

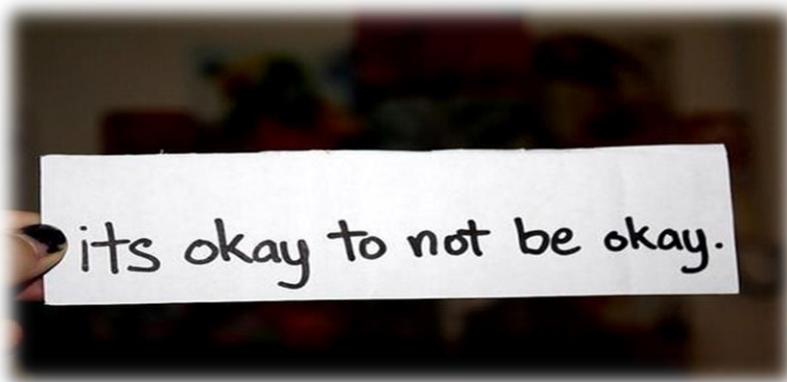
Vol. 2, No. 3



Mental
Health and
Addiction
Services



Summer brings more BE PRESENT



The Huron County Board of Mental Health and Addiction Services promotes wellness and recovery for all residents. The Board, along with the 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, caring adults, 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.

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 **encourages and empowers 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.

During the Spring, the campaign visited Monroeville, Norwalk and Western Reserve High Schools. In late June a presentation took place for caring adults. Additional high school presentations will be offered in the Fall.

Board Chair
Laura Wheeler

Board Members

Steven Barnes
Chris Castle
Katie Chieda
Rob Duncan
Lisa Hivnor
Julie Landoll
David Light
Dorothy Ruffer
Angie Smith
Mike White
DeEtte Zimmerman

Board Staff

Beth Williams, D.M.
Executive Director

Board Meetings

130 Shady Lane Dr., Bldg. D
Norwalk, OH
6 p.m.
Next: 7/31, 8/28, 9/25



[Board Bids Farewell to One Member](#)

In June of 2018, Board Member Ashley Morrow resigned from the Board. Ms. Morrow, with her passion for recovery, was an asset and will be missed. She continues her recovery efforts, by joining one of the Board's contract agencies, Family Life Counseling.

Anyone interested in serving on the Board should contact the Board office at 419-668-8649 to obtain an application. Applications are also available on our website at:

<http://huroncountymhas.org/board-members>

[SFY2019 Contracts Awarded](#)

On May 15, 2018 the Board awarded SFY 2019 contracts 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 preventing substance abuse. The purpose of the request was to enhance partnerships and creativity by investing in treatment, prevention and recovery services provided by a variety of 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's Continuum of Care now includes the following agencies:

1. Firelands Counseling and Recovery Services
2. Family Life Counseling and Psychiatric Services
3. Catholic Charities Guardianship Services
4. Miriam House
5. House of Hope
6. Bayshore Counseling Services
7. Huron County Public Health
8. Family and Children First Council
9. Senior Enrichment Services
10. FI Community Housing
11. Huron County Juvenile Court

[Huron County Fair](#)

As part of our community outreach efforts, the Huron County Mental Health and Addiction Services (MHAS) Board will partner with the local Huron County NAMI Board to provide staffing and community information for a booth at the Huron County Fair. The fair will be Monday August 13th through Saturday August 18th.



Look for our booth in the Expo Building. Stop and talk to us and register for a chance to win a great family basket. See you at the Fair!

[Prevention Activities](#)

With the new fiscal year beginning July 1, 2018 and the recently awarded contracts being developed here is an update on the prevention projects and activities which will be delivered throughout Huron County.

Question, Persuade, Refer (QPR), for suicide prevention delivered by Firelands Counseling and Recovery Services in all high schools in Huron County. QPR is designed to help persons recognize and acknowledge the warning signs of suicide. QPR consists of three life-saving skills. How to Question a person about suicide, Persuade the person to get help and Refer the person to the appropriate resource.

The *Age Exchange Program* delivered by Senior Enrichment Services is an intergenerational after-school program that connects senior volunteers with Willard and Norwalk school children between K-2nd grade. Students are selected by their teachers to participate in this unique mentoring program. Based on the 40-developmental assets, this program creates lasting memories and builds sustained healthy behaviors for the youth involved.

Curriculum-Based Support Group (CBSG) is an intervention designed to increase resiliency and reduce risk factors in youth age 5-12 and is delivered by Family Life Counseling. It is currently in Bellevue school, but may be expanded into Norwalk, Western Reserve, New London

and Willard St. Frances this fall. The initial outcomes shown in Bellevue are encouraging.

Drug Free Clubs of America (DFCA) will be started at Norwalk High School delivered by Family Life Counseling, Norwalk Economic Development Center and Fisher Titus Medical Center. Research shows the best drug prevention strategies tie together the school, home, and community into one effort. Most programs excel at one or the other, but few reach all facets of a teen's life. DFCA engages **EVERYONE**. Schools, businesses, parents, and students. Because of this, DFCA members get consistent support no matter where they are in their day. Including students in the leadership of the club also leads to a wide variety of students who participate. Students are often surprised to learn that their membership in DFCA is something they share with other diverse students.

PAX teacher training took place last fall. In September 2018 the teachers trained in Bellevue, Norwalk Catholic and Western Reserve schools will be utilizing the **PAX Good Behavior game** tools and techniques in their classrooms. Using **PAX**, students learn how to self-regulate during both learning and fun. Students learn how to delay gratification for a bigger goal. And, **PAX** protects students against lifetime mental, emotional, behavioral, and related physical illnesses for their futures.



[Opioid Treatment Resources](#)

The MHAS Board has added a new detox resource to our network of care. Individuals battling addiction have a new option if they are willing to lend an ear!



A new medical device, called the BRIDGE, attaches

to the ear using small needles that send faint electrical pulses to nerves in the brain and spinal cord in order to relieve symptoms of withdrawal.

Going through withdrawal is described as similar to having the flu — except many times worse.

The fear of having to deal with withdrawal keeps many people from seeking treatment for an addiction.

“People usually continue using because they are afraid to stop because of how sick they get,” said Colleen Barry, a nurse practitioner at Firelands Counseling and Recovery Services.

The BRIDGE is a high-tech device, made by Innovative Health Solutions and was approved by the FDA in November 2017. It is based on the traditional Chinese medicine of acupuncture.

The BRIDGE device isn't for everyone, Firelands recovery specialists said. For people who need to get out of a toxic environment or who have failed at recovery, the best option might be going into a detox unit. In order to use the BRIDGE, a person must be able to stay clean for a day or two, then the BRIDGE is attached for five days to help the person get through withdrawal.

As soon as the device is attached to the ear, the person experiences almost immediate relief from the pain of withdrawal. Once through withdrawal, usually five days, outpatient treatment, along with Medication Assisted Treatment, can assist the person in his/her recovery process.

By adding options for those suffering from addiction, increases the chance someone will succeed in recovery. A person's recovery is a very individualized experience and the more options our community has, the better and more versatile our system of care will be. For more information call:

Firelands Counseling & Recovery in Norwalk at 419-663-3737

[Upcoming Event](#)

FI Community Housing - Huron County Peer Recovery Community Center is hosting a huge celebration on Sept. 1, 2018. It is called **NIGHT OF Stars and Miracles in Norwalk Ohio**. Come to the center at 130 Shady Lane Dr. in Norwalk.

[Crisis Text Line](#)



We're there 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.

130 Shady Lane Dr., Bldg. D
Norwalk, OH 44857
P: 419-668-8649
F: 419-663-8649
www.huroncountymhas.org

Name
Company
Address

.....