

Summer 2019

Newsletter



Board Members

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Dorothy Ruffer

David Light

Steven Fawcett

Tom Sharpnack

Rob Duncan

Lisa Hivnor

Mike White

Steven Barnes

Julie Landoll

DeEtte Zimmerman

Ben Chaffee, Jr.

Ken Murray

Our Mission

Educate and advocate for community members while providing resources for prevention, treatment and recovery supports



Our Vision

is for Huron County to be a community where all individuals are mentally and emotionally healthy and addiction free.

Our Values

- Good stewardship of public funds;
- Respect for the dignity of persons affected by behavioral healthcare disorders;
- Integrity in decision making that engenders the trust and confidence of the community in its processes and products, its planning and its policies;
- And collaboration with and responsiveness to community partners and stakeholders.



Summertime & Self-Care

Summertime can mean a more flexible work schedule, an abundance of social activities and the expectation of being carefree but that can also put a lot of pressure on people with anxiety. So many of us count down the days until the warmth and relaxation of summer arrives. It's an exciting time filled with long sunny days, new adventures and a less formal routine. But for some, especially those who struggle with anxiety, the summer months can trigger feelings of being overwhelmed and losing control. Here are a few tips for self-care to help reduce the anxiety summertime can bring:

1. Get Moving

Exercise has long been known as a great way to defuse anxiety. Enjoying the warm weather, soaking up the sunshine and hitting the pavement is a winning combination to calm a racing mind. Get a pool membership, find a great bike trail, go for regular hikes or take part in an outdoor boot camp to get those endorphins pumping while you enjoy a healthy dose of vitamin D.

2. Set a Goal

Challenge yourself and try to train for a race or take on a new activity. Although this may seem daunting at first, completing it can fuel your sense of adventure, show you that you can overcome your fears and make you feel proud and accomplished. Don't avoid challenges this summer. Though it can be scary at first, that feeling of stepping outside your comfort zone is ultimately exhilarating.

3. Get Outside

Exposure to sunlight and fresh air has long been known to increase serotonin levels and reduce anxiety. Being outside promotes a sense of calm and well-being. This summer take up a new outdoor hobby, such as gardening. It will force you to spend time outdoors and give you a sense of accomplishment as you watch the seeds of your labor take root.

4. Practice Mindfulness and Meditation

The art of mindfulness is simply being in the here and now. Take a few minutes every day to focus on the sights and sounds of what's happening around you. Paying attention to nature, smelling freshly cut grass and feeling the heat of the sun on your face will help ground you.

Source adopted from: <https://www.besthealthmag.ca/best-looks/mental-health-in-the-summer/>

Managing Your Back-to-School Mental Health

If you're headed back to school, chances are you've already made at least one checklist. Got your schedule? Check. What about your supplies? Check. Talked with friends about which classes you have together? Bet you checked that one more than once. But there's something likely missing from your list, and it might be the most important thing you take care of all year: your mental health and wellbeing.

Going back to school can be exciting. It can also be terrifying, particularly for teens who've already experienced bullying, anxiety, stress, depression, or trauma.

If you're feeling a whirlwind of back-to-school stress and anxiety, below are 5 effective ways to respond:

1. Gauge the problem

Most students are excited to return to school by the end of summer but for the 20 percent of teens who live with a mental health condition, being at school again may worsen symptoms of anxiety, depression, and post-traumatic stress. It's important that any student who feels prolonged sadness or nervousness about school pay attention to important signs, such as trouble sleeping and irritability. Those symptoms could indicate that you're struggling with stress, anxiety, or depression. Teens can take a screening tool at

<https://screening.mentalhealthamerica.net/screening-tools/youth?show=1&ref=n%2Fa&ipiden=23e75a16f1eb07ac4c96d49c5be5e327>

This tool can help an individual identify if they need to seek help from a mental health professional. The screening results can then be printed out as a good conversation starter with a trusted adult, doctor, or friend.

2. Identify coping skills

Some students might already have a list of coping skills because they know going back to school can trigger emotional and mental distress. For other students, this is a new experience with a steep learning curve.

For a list of skills and practical tips for managing emotions, check out Mental Health America's back-to-school toolkit at <https://www.mentalhealthamerica.net/back-school-2018-toolkit>

3. Get educated

The internet is full of mental health resources and educational materials. First you might check out stigma-busting websites designed for teens like Seize the Awkward <https://seizetheawkward.org/> and Half of Us <http://www.halfofus.com/>.

Then if you're interested in mental health resources and advocacy, bookmark the National Alliance on Mental Illness, JED Foundation, American Foundation for Suicide Prevention, National Eating Disorders Association, Born This Way Foundation, The Trevor Project, and Crisis Text Line,

Educating yourself about mental health is a way to empower yourself.

5. Reach out

It is normal for individuals experiencing mental health struggles to feel unsure about what to do next. But the longer we wait to share, the worse we feel. Reach out to a friend, parent, counselor, coach, or someone else you trust.

Source adapted from: <https://mashable.com/article/back-to-school-mental-health/>

SEPTEMBER

Suicide Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Some National Statistics:

- Each year, more than 47,000 Americans die by suicide.
- Suicide is the second leading cause of death in adolescents.
- Over 1.2 million Americans attempt suicide each year.
- Over 5,000 7-12 graders in America attempt suicide each year.

Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Red Flags to watch for:

- Withdrawing from social/work activities
 - Missing work
- Unexplained anger/aggression
- Increased use of alcohol/drugs
- Putting personal affairs in order

How you can help:

- Recognize warning signs
 - Engage in empathy
- Ask directly about feelings of suicide
 - Communicate hope
- Help individuals access care and treatment.

Need more information and support?

Contact the NAMI HelpLine. 1-800-950-NAMI (6264)

Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- Call the National Suicide Hotline at 1-800-273 TALK (8255)
- Call the Huron County Crisis Hotline at 1-800-826-1306
- Text 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with common passion and strength around a very difficult topic. We all can benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

Source: Adopted from: <https://www.nami.org/suicideawarenessmonth>

NORD Center

The NORD Center is opening a location in Huron County that will be located at 257 Benedict Ave, Units 1 and 2 in Norwalk. The center will specialize in advocating for victims of sexual abuse and their services will include rape crisis services, an on-call hotline, and private exam rooms. The NORD Center currently has 10 advocates working with Huron County courts, law enforcement and Child Protective Services.

For more information on the NORD Center please contact the Huron County Mental Health and Addiction Services Board at 419-668-9858

ALERT ***(Area Law Enforcement Recovery Team)***

The Huron County ALERT program has been expanding over the last few months. ALERT services are currently provided on an emergency on-call basis by calling the ALERT hotline and in the Huron County Jail. The services provided by ALERT are connection and transportation to detox and/or treatment, linkages to needed resources such as housing, food, clothing, mental health/addiction counseling, and one-on-one peer support. Since the expansion of ALERT on April 21st, our ALERT supporters have provided the following services to individuals in Huron County:

- Detox: 5 individuals
- Treatment: 3 individuals
- Recovery Housing: 3
- Food/Clothing: 4
- Transportation: 4

We are very grateful for local organizations such as the Norwalk United Fund and Norwalk Clothing Bank, who partner with us to help provide resources to individuals in need.

Below is an overview of our jail group attendance for the 4th quarter of FY19.

Date	Men	Women
April	19	0
May	26	51
June	76	55
Total	121	106

*No Women's ALERT groups during the month of April

For ALERT services and to connect with recovery and local resources please call 980-4ALERT4.

Individuals may also contact the Huron County Mental Health and Addiction Services office at 419-668-9858 and our local Certified Peer Supporters, Drew Riley (419-921-9224) and Michael Pack (419-554-5312) for more information.

Jail Services

The MHAS Board Executive Director recently met with area agencies and the jail to establish a continuum of care for individuals who are incarcerated. The current services that have been established in the Huron County Jail are:

- AOD Assessments & Vivitrol (Oriana House)
 - Peer Support Services (ALERT)
- Assessments, Crisis Services, Coping Skills Groups and Adjustment Counseling (Firelands Counseling & Recovery Services)
- Vocational Services (Firelands Counseling & Recovery Services)

Summer Events

The MHAS Board will be attending multiple events in the community this summer. We will be at Love Norwalk on August 10th and the Huron County Fair August 12th-18th.

Love Norwalk will be providing kids with back to school necessities such as free haircuts, socks, bookbags, school supplies, hygiene products, and more.

We look forward to connecting with the community and sharing many valuable mental health and addiction resources.



New Board Members

The Board also welcomes two new board members, Ben Chaffee Jr. and Steven Fawcett.

Ben Chaffee, Jr.

- Superintendent, South Central Local Schools (2006-2012, 2017-present)
- Executive Adult Director, EHOVE Career Center (2012-2017)
- High School Principal, South Central Local Schools (2001-2006)

Ben has been married 22yrs to Jody and together they have three children - Ben III, Lydia, Bryan. Jody is employed by Firelands Symphony Orchestra--principal piccolo, education outreach coordinator, personnel manager.

Ben enjoys spending time with my family, attending their sporting events. His family also is very active in 4-H, showing dairy goats, dairy steers and miscellaneous projects at the fair; he is a Boar Goat Superintendent at the Huron County Fair.

Ben joined the MHAS Board in April 2019. "I am excited to be a part of the MHAS Board; its purpose and mission are so passionate to me as a school leader. It is my hope to be able to share with my fellow superintendents the many mental health services that are available in Huron County, and that we can provide support to our students and families who may need such."



Steven Fawcett

A graduate of New London High School, Steven went on to earn a bachelor's degree in Accounting from Bowling Green State University. Steven is a Certified Public Accountant and owns and operates Fawcett Tax and Accounting Services in New London. He resides in New London with his wife and children.

Steven joined the MHAS Board in March 2019.



FY2020 Providers and Programs

Firelands Counseling and Recovery Services offers mental health services for all ages and comprehensive programs for substance abuse, psychiatric services, vocational rehabilitation, prevention services, educational programs and crisis intervention including a 24-hour helpline and warmline 800-826-1306. Medication Assisted Treatment is available. Clients may be referred or self-admit. Firelands accepts all payer sources and offers financial assistance. For more details please call 419-663-3737 Norwalk, 419-935-0452 Willard, 419-483-6516 Bellevue

Services for Aging offers the Age Exchange Program which connects elementary-aged youth with volunteer seniors. This program is a once-a-week group mentoring program where children gain social, team-building and educational assets. For more details please call 419-668-6245

Oriana House offers two comprehensive substance abuse treatment programs in Huron County. Northwest Ohio Behavior & Reporting Services (NO BARS) is a court-ordered treatment program for women and men. Rigel Recovery Services is a substance abuse treatment program open to the public for self-referrals. Medication Assisted Treatment is available. Oriana House accepts all payer sources. For more details please call 567-280-4023

Family & Children First Council of Huron County offers youth and family service coordination, wraparound coordination, along with respite services. For more details please call 419-668-8126

Miriam House offers housing that offers safe and stable housing to women and their children. Staff help residents identify issues that have contributed to their homelessness and promote recovery. Talk to your counselor or peer supporter for referrals. Located in Norwalk. For more details please call 419-668-3073

House of Hope offers safe and stable housing to men. Staff help residents identify issues that have contributed to their homelessness and promote recovery. Located in Willard. For more details please call 419-933-4100

Family Life Counseling & Psychiatric Services (FLC) offers comprehensive mental health and addiction outpatient services for adults and youth, including: assessments, counseling, and case management services. School-based prevention services are also offered. Clients may be referred or self-admit. FLC accepts all payer sources. For more details please call 567-560-3584 Norwalk, 567-560-3586 Willard, 567-560-3587 Bellevue

Bayshore Counseling Services offers Early Childhood Mental Health Consultation for all schools and preschools in Huron County. For more details please call 419-577-5373

Catholic Charities of Norwalk offers guardianship services for severely mentally ill adults. For more details please call 419-668-3073 x 8211 or 419-706-1334

Huron County Probate Court provides collaborative evaluation and integrated treatment intervention services for substance abusing parents who have lost, or are at risk of losing custody, of their children to abuse, neglect, or dependency. For more information please call 419-668-4383

ALERT (Area Law Enforcement Recovery Team) is a partnership between the MHAS Board, Norwalk Police, and the Huron County Sheriff, providing immediate help for individuals seeking assistance for addiction. Individuals can go to the jail or the Norwalk police department and ask for help, at which time they will be linked with a volunteer and a peer supporter who will assist them in connecting with treatment. For more information please call 419-668-9858

FY2020 Providers and Programs

Reach Our Youth (ROY) is a one-to-one mentoring program that matches volunteer mentors with at-risk youth between the ages of 6 and 18. For more information please call 419-663-2525

Drug Free Clubs of America is a substance use prevention program and is currently operating in Norwalk City Schools, Norwalk Catholic Schools, Western Reserve, EHOVE, and Monroeville. For more information please call 419-668-9858

Quick Response Team (QRT) is a collaboration between the Huron County Sheriff's Department, Norwalk Police Department, Willard Police Department, Firelands Counseling and Recovery Services, Family Life Counseling, Certified Peer Supporters, and the Huron County Board of Mental Health and Addiction Services. A team of professionals visits the home of individuals who have recently overdosed, providing support and resources. For more information please call 419-668-9858

Crisis Services:

CRISIS/SUICIDE HOTLINE: 800-826-1306

Staffed 24 hours-a-day, 7 days-a-week by Firelands Counseling and Recovery Services



You are not alone

CONTACT US

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