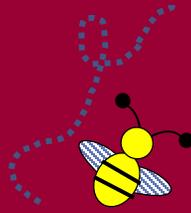


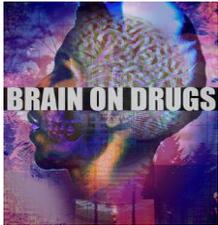
# Board Buzz

Winter 2018

Vol. 2, No. 1



Mental  
Health and  
Addiction  
Services



## Addiction and the Brain

Some ask, "I don't understand why s/he just can't stop abusing alcohol." It turns out that addiction is a whole lot more complicated than just saying "no." Although the stigma of addiction as a moral failing persists, we now know that **addiction is a brain disease**. Addiction

disrupts pathways and processes that underlie desire, habit formation, pleasure, learning, emotional regulation, and cognition.

### Addiction is a disease.

Knowledge is power. Learning about the science of addiction can help us better understand and cope with our loved one's self-defeating behaviors. Addiction is a chronic disease that requires long term management for successful recovery. Understanding what's happening when a loved one behaves the way they do under the influence of drugs or alcohol, can lead to less judgment and more compassion. This knowledge can help us to be less reactive. Try to remember, behind the disease of addiction is a person.

### Addiction can be treated.

Since addiction is a complex disease, quitting generally takes more than good intentions and a desire to stop. Treatment can help people recover. Currently, two approaches prevail:

- 1.) Fixing the brain's faulty chemistry or rewiring it through medication, such as naltrexone (e.g., Vivitrol). Psychosocial support (e.g., outpatient treatment) is viewed as a necessary add-on to medication.
- 2.) Psychological work (such as 12-step programs and other psychotherapeutic approaches) with medication as an adjunct. And recently, mindfulness which includes meditation and other holistic techniques, has been shown to be effective.

What's important here is trying to find the best fit for a loved one when he or she is ready to quit. There isn't any one size fits all treatment. Remember, relapse can be a part of recovery. The good news is that ever-advancing treatment approaches can help people recover from addiction and lead productive lives. Over 23 million Americans have benefited from treatment and are living in long-term recovery.

Source: Adapted from <https://www.psychologytoday.com/blog/family-affair/201708/addiction-and-the-brain>

### *Board Chair*

Laura Wheeler

### *Board Members*

Steven Barnes  
Chris Castle  
Rob Duncan  
Lisa Hivnor  
Julie Landoll  
David Light  
Ashley Morrow  
Corey Ream  
Dorothy Ruffer  
Angie Smith  
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: 2/6, 3/20, 5/8



## [Board Bids Farewell to Two Members and Welcomes New Member](#)

Long-time Board Member, Ambrose O'Brien, resigned from the Board, effective January of 2018. Mr. O'Brien served on the Board since November of 2005 and was a delight to work with. We wish him much success in his future endeavors and thank him for his contributions and commitment to change.

As well, based on conflict of interest, Certified Nurse Practitioner Matthew Clingman has had to resign due to his newly employed status with Firelands Counseling and Recovery Services. We thank Mr. Clingman for his wealth of knowledge and contributions to the Board and wish him well as he continues addressing the treatment needs of the citizens of Huron County.

Ms. Dorothy Ruffer, who joined the Board in November of 2017, has been a welcome addition. We look forward to working with her and benefiting from her rich experiences.

## [Board Launches New Website](#)

With the support of local web design firm and web hosting company, Effective Web, the MHAS Board has launched its new and improved website. Come and see us at [www.huroncountymhas.org](http://www.huroncountymhas.org), where you will find links,

resources for mental health and addiction treatment, as well as useful documents such as Board minutes, strategic plan, annual reports, brochures, and newsletters.

We welcome your feedback via the "Contact Us" section on how we may improve our website to meet your needs!



## [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](http://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](http://findtreatment.samhsa.gov) or by calling the SAMHSA 24/7 Treatment Referral Line: 1-800-662-HELP (4357)

## [Appreciation Week for Frontline Workers](#)

During the week of April 9-13, 2018, there will be a statewide *Appreciation Day* for frontline workers. This effort is being spearheaded by the statewide Opioid Standing Committee, which includes leadership from MHAS Boards across the state. The message is: **Bringing Help. Bringing Hope. Thank you.** Each county will independently develop their own activities, so stay tuned to hear about what Huron County has in store!

## [Event Announcement: Rave for Recovery](#)

There's no better way to end frontline worker Appreciation Week than to have a fundraising event in support of the Peer Recovery Community Center. This event, Rave for Recovery, has been created and spearheaded by Jen Gore of Flutterby Photography. The event will be held at the Huron County Fairgrounds, Expo Building, on Saturday, April 14, 2018, 6-9:30 p.m.

Tickets are \$10 each. The event's primary target audience is youth grades 6 to 12. Artists include Silversyde, Egypt Speaks, I Defiance, Teelow, Aaliyah Warnke and recovery advocate speakers. Sponsors include us (MHAS Board), Friendship Food Stores, New Horizons Baking Co. Inc, Lake Erie Construction, CLI, Inc, Norwalk First United Methodist Church, Norwalk

Ministerial Association & Extol of Ohio, Inc.

**PAX Training Completed in Huron Co.**

Invented by a 4<sup>th</sup> grade teacher in 1967, PAX is an evidenced-based game that teaches students self-regulation, self-control, and self-management while collaborating with others for peace, productivity, health, and happiness. PAX combines science from other games and studies. It has numerous citations for experimental related studies with replicated evidence that school failure, mental illness, crime and substance abuse are preventable from an early age. The state has released monies to implement he training across the state. Training for Huron Co. K-1<sup>st</sup> teachers was held on Nov. 10. Thanks to the following schools who participated: Norwalk Catholic Schools, Bellevue Elementary, Western Reserve Elementary, Powers Elementary, and Perkins Local!



**Men's Recovery Home Opens in Willard**

House of Hope, funded by the Huron Co. MHAS Board and operated by the Starting Point Outreach Center, has opened for business. This Level I sober living residence offers peer-to-peer support for up to four men in recovery. Length of sobriety requirement is five months.

The home can increase to a Level II with a senior resident manager. If you know someone who is interested, or are in need of placement, please contact the home at: 419-933-4100.

**Update: Peer Recovery Community Center**

Since its ribbon cutting on December 2, 2017, the Huron County Peer Recovery Community Center (PRCC) has assisted many Huron County individuals. PRCC Director Michael Pack has been helping County residents getting into whatever form of recovery support/treatment they need. Michael and his team have a full schedule. On Sundays, they go into the jails for open discussions; Monday-Fridays they hold noon AA meetings; and on Saturdays, noon NA meetings.

In January alone, the PRCC staff offered an educational movie night, clothing drive, and conducted Narcan training to the public.

In January of 2018, the Huron Co. MHAS Board facilitated a

meeting with PRCC administrator Denny Wilson and local treatment agencies to review how the PRCC staff can link individuals in need of treatment directly to care.

To raise proceeds for the PRCC will be a Raffle for Recovery, February 24, 5-9 PM, Norwalk Eagles. Tickets are \$15. Live auction. Featured speaker is Tim Ryan; music by The Divots, and food by Bone Boys BBQ.

If you or someone you know is in need of addiction recovery help, feel free to reach out to the PRCC staff:

- Michael: 567-805-1262
- James: 561-563-0441
- Stefani: 561-351-3369
- Cori: 740-851-0032

The PRCC is located at 130 Shady Lane Dr., Suite A. For help, call 866-588-6446 (866-LUV-OHIO).

**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.

*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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Norwalk, OH 44857

P: 419-668-8649

F: 419-663-8649

[www.huroncountymhas.org](http://www.huroncountymhas.org)

Name  
Company  
Address

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