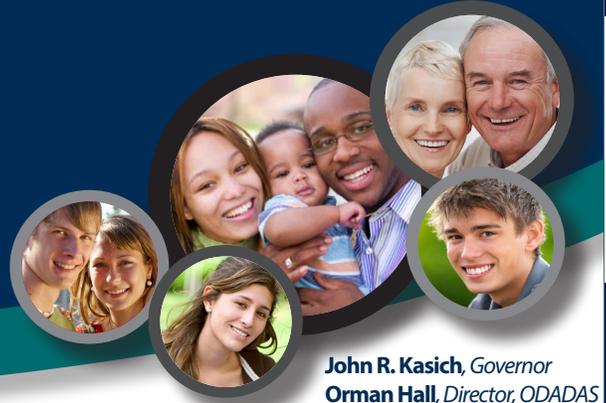


Behavioral Health e-Update

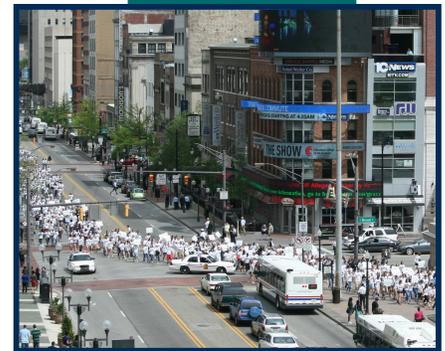
April/May 2013



John R. Kasich, Governor
Orman Hall, Director, ODADAS
Tracy Plouck, Director, ODMH



(Pictured clockwise) Ohio teens took to the streets of downtown Columbus in force May 2 as they marched to the Ohio Statehouse to take part in the "We are the Majority" rally sponsored by the Ohio Youth Led Prevention Network (OYLPN); students from Chardon High School were honored during the Statehouse rally by State Sen. John Eklund (R-Munson Twp.) and ODMH Dir. Tracy Plouck for their resiliency in the wake of last year's shooting tragedy at the school; exuberant teens stream toward Capitol Square.



Huge Crowds Proclaim "We Are the Drug-Free Majority" at Statehouse, Lorain County Prevention Rallies

More than 1,000 youth from around the state converged on the Ohio Statehouse May 2 to bring awareness that the majority of young people are alcohol- and drug-free. The second annual "We are the Drug-Free Majority" rally and conference was coordinated by the [Ohio Youth-Led Prevention Network](#) (OYLPN), a group of young leaders who focus on promoting youth behavioral health and living a healthy, substance-free lifestyle. A similar rally, held simultaneously in Lorain County, drew 600 youth.

OYLPN welcomed Ryan Smith, a student from Virginia Tech University, to share an evidence-based program called "Actively Caring 4 People" that was created by Virginia Tech faculty and students after the 2007 shootings on their campus that left 32 people dead and 17 injured. The campus shooter was said to have been bullied since elementary school, and the program was created to reduce bullying among youth and encourage caring values among young people. The AC4P program was implemented in Chardon Schools after the 2012 shooting at that high school.

During the Statehouse rally, Tracy Plouck, director of the Ohio Department of Mental Health, presented the Actively Caring award to students from Chardon High School for their resiliency following the 2012 school shooting. She was joined by State Sen. John Eklund (R-Munson Twp.) who acknowledged that the response of school administration, faculty and students in the year following the shooting is being seen as an example to other communities that have been struggling with tragedy.

Click [here](#) to read a press release from the rally. Visit the OhioMHAS Flickr page to [see more photos](#) from the event. See coverage of the Lorain rally in [The Elyria Chronicle-Telegram](#) and [The Lorain Morning Journal](#).



Advocates 'Shred' Stigma of Mental Illness with Assistance from Gov. John Kasich

In recognition of May as National Mental Health Awareness Month, an estimated 500 advocates — including individuals with mental illness and their loved ones — gathered on the West Lawn of the Ohio Statehouse on May 8 to raise awareness about the hurtful consequences of stigma, and to demonstrate the amazing outcomes when stigma is overcome. Gov. John Kasich (center, at podium) helped to kick off Mental Health Awareness Month in Ohio by encouraging persons in recovery to share their stories with others without fear of embarrassment or shame to help overcome stigma. The Governor also pledged to continue his fight to expand Medicaid benefits to more Ohioans. Attendees heard from several Ohioans in recovery, as well as [NAMI Ohio](#) Executive Director Terry Russell and ODMH Dir. Tracy Plouck (pictured at right). NAMI Ohio's Annual Day at the Statehouse wrapped up with the 9th annual [Ohio Federation for Children's Mental Health](#) Resiliency Ring and a symbolic shredding of paper "stigma" signs. Click the links to see more [photos](#) and [videos](#) from the day.

View the National Mental Health Awareness Month [proclamation](#). Also, be sure to [watch](#) our new "Pursuit of Acceptance" video!

2013 Ohio Opiate Conference: Turning the Tide Together



The Ohio Association of County Behavioral Health Authorities, in partnership with the Ohio Department of Alcohol and Drug Addiction Services and the Ohio Rehabilitation Services Commission, presented *Ohio's 2013 Opiate Conference: Turning the Tide Together* April 29-30 at the Hyatt Regency Hotel in downtown Columbus. U.S. Sen. Rob Portman (pictured top right) and Chris Jones, a health scientist with the Centers for Disease Control and Prevention (inset), served as the keynote speakers on April 30. Additionally, Ohio's state and local leaders shared their efforts and plans to address Ohio's opiate epidemic. In all, about 1,000 participants from a wide range of disciplines came to hear about progress made in Ohio's fight to stem the tide of opiate addiction, and learn more about the next steps underway. [See more conference photos](#) on the OhioMHAS Flickr page. See coverage from [The Columbus Dispatch](#) and [The Associated Press](#).

ODH Releases 2011 Overdose Data

The increase in accidental opioid drug overdoses in Ohio in 2011 was half of what it was the previous year, according to *new data* released by the Ohio departments of Health and Alcohol and Drug Addiction Services in late April. While the percentage increase dropped to 13 percent from 26 percent in 2011 over 2010, the number of deaths continued to rise, with fatal overdoses reaching 1,765 in 2011.



“The slowed increase provides a ray of hope but underscores just how much work still needs to be done to free Ohio from the prescription drug overdose epidemic,” said Dr. Ted Wymyslo, director of the Ohio Department of Health in a *joint press release*.

Closing the “pill mills” in southern Ohio through enactment of HB 93 in mid-2011 was a critical step. Expanding addiction treatment options, including accessibility of medication-assisted treatment, has been a key initiative of the Office of Medical Assistance and ODADAS. Other strategies implemented in 2012, include the development of emergency room and urgent care opiate prescribing guidelines; a pilot Naloxone education and distribution program in Scioto County; and drug drop box projects.

“We are encouraged that the rate of increase is going down, but the number is still unacceptably high,” said ODADAS Director Orman Hall.



Congratulations to Dr. Tammy Collins, ODADAS Chief of Prevention Services, who was recognized with the Alcohol and Drug Abuse Prevention Association of Ohio’s (ADAPAO) 2013 Prevention Visionary Award at the organization’s annual conference. Dr. Collins received the award as a result of her “exemplary efforts to address prevention across Ohio,” according to ADAPAO.

TRICARE Awareness Week held April 22-25

Gov. John R. Kasich, Maj. Gen. Deborah Ashenurst and the Ohio National Guard reached out to health care providers during TRICARE Awareness Week, April 22-25, 2013, to enlist additional resources to help meet the physical and behavioral health needs of service members and their families.

An educational tour was conducted at Rickenbacker Air National Guard Base to showcase the Ohio National Guard. In addition, Dr. Chrisanne Gordon from Resurrecting Lives, delivered remarks on how to recognize symptoms of Traumatic Brain Injury.

Last year, in collaboration with more than 11 health care associations across the state, the campaign built awareness about the need for physicians, behavioral health and other health care providers to accept more TRICARE beneficiaries, especially in rural areas of Ohio.



Story courtesy of Ohio National Guard. Photo credit: Todd Cramer

The Guard is encouraging Ohio providers to accept TRICARE beneficiaries, and invites them to “join the other patriotic health care providers who treat the more than 155,500 Ohio service members, families and retiree beneficiaries who sacrifice to protect our freedoms.” For more information about TRICARE Awareness Week, visit <http://ong.ohio.gov/TRICARE.html>. Learn more about how Ohio is supporting the behavioral health needs of service members at: <http://ong.ohio.gov/ohiocares/>.

Behavioral Healthcare Emergency/Disaster Preparedness and Crisis Counseling Featured in Latest Ohio EMA Newsletter

Disaster can strike anywhere, any time, any place. Making sure Ohio is prepared to meet the behavioral health care needs of its citizens in times of crisis — whether naturally occurring (floods, tornadoes and severe storms) or man-made terrorist events such as chemical, biological, radiological, nuclear (CBRN) or explosive incidents — is the focus of an article featured in the latest State of Ohio Emergency Management newsletter. The article was written by Joseph Hill, M.S., Ed., chief of the ODMH Office of Community Support Services and Emergency Preparedness.



“As evidenced by the April 15 Boston Marathon day bombing, there is always the threat of domestic and international terrorism. The trauma, fear and anxiety created by these events demand a state of perpetual readiness in addressing the physical, emotional and psychological needs of individuals, families, children and communities,” Hill wrote.

“We must be prepared to address these issues through an all-hazards approach to disasters and emergency preparedness that utilizes psychological first aid (PFA) crisis counseling. Additionally, we must support ongoing mental health awareness, education training, improved use of media and communication tools, appropriate level interventions, and collaborative planning strategies.”

[Read the full article](#) and learn more about trauma-informed care [here](#).

ODMH Office of Support Services Helps Ohio Prisons Save Millions in Medical Expenses

The Columbus Dispatch recently [reported](#) that the Ohio Department of Rehabilitation and Correction made a number of changes to its health system last year that led to \$26 million in savings. The article noted that those cost-savings measures included the addition of inmate co-pays, switching to mail-order drugs — facilitated through ODMH’s Office of Support Services (OSS)— and requiring prisoners to buy their own aspirin. The pharmacy savings attributed to OSS were estimated at \$2 million. Learn more about OSS services [here](#).

Ohio Developmental Disabilities Council (ODDC) Seeking New Membership

The Ohio Developmental Disabilities Council (ODDC) is currently seeking applicants for new membership. Those interested in becoming a Council member may apply at any time at: <http://ddc.ohio.gov/newmembership.htm>.



Representing Ohio’s Race to the Top delegation and Early Childhood Mental Health programs, Valerie Alloy, Ph.D., (fourth from left) poses next to U.S. Secretary of Health and Human Services Kathleen Sebelius (in gray suit) during a recent training in Washington, D.C. Along with participants from the Ohio Department of Education, Alloy shared lessons learned in Ohio, such as the importance of cross-agency collaboration and private sector participation.

Innovation Mini-Grants to Align Early Childhood Services with Race to the Top Priorities

Recognizing the need for communities to develop and sustain evidence-informed practices that support young children, the Ohio Department of Mental Health (ODMH) recently requested funding applications for 10 Innovation Mini-Grants. The projects will produce a digitally-based media segment that demonstrates innovative early childhood mental health evidence-informed best practices for priority populations.

The Innovation Mini-Grants will work to align Ohio’s Early Childhood Mental Health Services with the statewide Race to the Top Early Learning Challenge Grant Initiative. The 2012-2015 Race to the Top priorities focus on children birth to age six who are low income and have high needs, multiple disabilities or are English Language learners. Selected local grantees will demonstrate practices which:

- 1) strengthen social and emotional resiliency in young children; or
- 2) model innovative multi-ethnic family engagement strategies increasing protective factors for young children.

For more information, contact Valerie Alloy, Ph.D., at Valerie.Alloy@mh.ohio.gov



Opiate Epidemic Focus of ONDCP Visit to Cincinnati

Early in May, Michael Botticelli (pictured top left), deputy director of the White House Office of National Drug Control Policy (ONDCP) visited Cincinnati to meet with about 40 regional officials and addiction professionals from Hamilton, Butler and Clermont counties, as well as northern Kentucky to discuss the area's growing challenges related to prescription drug abuse, heroin, overdose and crime. ODADAS Director Orman Hall (far right) presented a brief overview of the state and local opiate problem. (Pictured top right) Stephen P. Walkenhorst vice president, Patient Services for the Center for Chemical Addictions Treatment (standing) and Margo Spence, executive director of First Step Home provide comments related to the treatment aspects of the opiate crisis. The event, which came on the heels of ONDCP's release of its latest [National Drug Control Strategy](#), was hosted by The Health Foundation of Greater Cincinnati, with Senior Program Officer Ann Barnum providing onsite leadership.

National News Round Up

Cleveland Hospital Among Eight Newly-Accredited Addiction Medicine Fellowship Programs

Eight new addiction medicine fellowship programs, including Cleveland's St. Vincent Charity Medical Center, have been accredited by the American Board of Addiction Medicine (ABAM) Foundation, bringing the total number of programs to 18. Doctors who complete one of these fellowships are eligible to sit for the ABAM exam to become certified in addiction medicine. There are 47 addiction medicine fellowship slots available, although some slots are not yet funded. Demand for addiction treatment is expected to expand as the Affordable Care Act adds millions of new patients to the system. The other fellowship programs are located at the Betty Ford Center/Eisenhower Medical Center, Rancho Mirage, CA; Centre for Addiction and Mental Health, Toronto, Ontario, Canada; Hartford Hospital, Hartford, CT; St. Joseph Mercy Hospital Ann Arbor, Ypsilanti, MI; St. Paul's Hospital, Vancouver, Canada; Stanford Hospital and Clinics, Stanford, CA; and Yale-New Haven Hospital, New Haven, CT.

SAMHSA: Programs Can Lower Substance Abuse Rates in Young Adults with Mental Health Issues

Older teens and young adults with mental health issues who participate in community-based treatment programs report lower levels of substance use disorders, a [new government report](#) finds. The Substance Abuse and Mental Health Services Administration (SAMHSA) says young adults ages 18 to 25 who take part in community-based treatment programs supported by the agency achieve positive outcomes in behavioral and emotional health, employment, school enrollment, daily life skills and reduced homelessness. Among adolescents in substance abuse treatment programs, during an eight-month period there was an 80 percent increase in the number of young adults who were living in the community, a 34 percent decrease in the number who reported experiencing mental health concerns such as depression and anxiety, and a 10 percent increase in the number who were enrolled in school or working.



National News Round Up, cont.

Tennessee Launches “Recovery Courts” to Combat Substance Abuse and Mental Health Issues

Nine “recovery courts” will be created in Tennessee to combat substance abuse and mental health issues, state officials announced this week. They will combine services currently found in drug courts, mental health courts and veterans courts. The Tennessee Department of Mental Health and Substance Abuse Services said in a [press release](#) that the new courts will serve juvenile and adult addicted nonviolent offenders, whose participation will be voluntary. The courts will incorporate intensive judicial supervision, treatment services, sanctions and incentives.

Latest National Prescription Drug Take-Back Day Yields 50 Percent More Pills Than Previous Event

Fifty percent more pills were collected during the latest National Prescription Drug Take-Back Day, compared with the previous event in 2012, the Drug Enforcement Administration (DEA) [announced](#). The agency said more than 742,000 pounds of prescription medications were collected from almost 6,000 sites around the country on April 27. More than 2.8 million pounds of prescription medications have been removed from circulation during the six national take-back days the DEA has sponsored. The events are designed to provide a safe, convenient and responsible way for people to dispose of their unwanted or expired medications, while educating the public about the potential for abuse of prescription drugs.



USA Today: Heroin Use Increasingly Seen in Suburbs Across the Country

As prescription painkillers become more difficult to obtain and abuse, a growing number of people addicted to these drugs are switching to heroin, [USA Today reported](#). The trend is increasingly being seen in the suburbs. Health officials and police report a significant rise in overdoses and crime, the newspaper notes. Heroin is popular because it is cheap, officials say. While an 80-mg OxyContin costs between \$60 to \$100 a pill on the black market, heroin costs \$45 to \$60 for a multiple-dose supply. OxyContin abuse has also been declining because the drug has been reformulated so it is more difficult to crush and snort. According to the 2011 National Survey on Drug Use and Health, the number of people who were past-year heroin users in 2011 (620,000) was higher than the number in 2007 (373,000). Results from the [Ohio Substance Abuse Monitoring \(OSAM\) Network](#) corroborate these findings.

2012 Partnership Attitude Tracking Study (PATS) Released

The Partnership at Drugfree.org and MetLife Foundation released their 24th annual national survey on teen drug and alcohol abuse in late April. This year’s national study data on American teens confirms that one in four teens has misused or abused a prescription (Rx) drug at least once in their lifetime – a dramatic 33 percent increase over the past five years. The new data from the [Partnership Attitude Tracking Study \(PATS\)](#) also found a significant rise in misuse or abuse of prescription stimulants, with one in eight teens (13 percent) now reporting that they have misused or abused Ritalin or Adderall in their lifetime.

SAMHSA Ready to Launch “Talk. They Hear You” Underage Drinking Prevention Campaign



The Substance Abuse and Mental Health Services Administration will launch its new [“Talk. They Hear You.”](#) underage drinking campaign this month. The campaign gives parents and caregivers the information and resources they need to start talking with their children early — as early as 9 years old — about the dangers of underage drinking. SAMHSA hosted a campaign launch event on Monday, May 13, 2013, with remarks from SAMHSA Administrator, Pamela S. Hyde, U.S. Surgeon General Dr. Regina Benjamin, and White House Office of National Drug Control Policy Deputy Director Michael Botticelli.

May is National Drug Court Month

The National Association of Drug Court Professionals (NADCP) announced that it will once again be hitting the road this May to celebrate National Drug Court Month with an epic cross-country RV tour of drug courts, veterans treatment courts and DWI courts. All Rise America! will travel more than 3,500 miles coast-to-coast to shine a spotlight on communities that prove addicted people belong in treatment, not prison, and that drug courts, DWI courts and veterans treatment courts are the solution for saving lives, reuniting families and making communities safer. Follow the All Rise America! [blog](#) for tour stops and updates from the road.



Training Opportunities

Utilizing the WMR Wellness Wheel to Support Person-Centered Health Navigation — May 22

ODMH is pleased to present *Utilizing the Wellness Management and Recovery (WMR) Wellness Wheel to Support Person-Centered Health Navigation* webinar from 10 to 11:30 a.m. on May 22. This webinar will provide information on the Wellness Wheel, a tool used in the Wellness Management and Recovery curriculum to support goal-setting in the multiple dimensions of wellness. WMR has been identified as a health promotion service in Ohio's Medicaid Health Homes and supports person-centered wellness self-management. Information will be shared on how organizations are utilizing this tool to support integrated health care coordination and treatment planning. This webinar will appeal to a broad audience of mental health and primary care providers, administrators, persons in recovery, family members, advocates and other community stakeholders. Continuing Education Units (1.5 CEUs) are available to participants. Space is limited so register today at: <http://bit.ly/10SsXup>.

Serving People with Mental Health Concerns Webinar — May 29

This webinar is the fifth and final in the series of *Serving Special Populations: Serving People with Mental Health Concerns*. Craig Gebers, chief operating officer of Adult Services for Lucas County's The Source Northwest Ohio, will discuss how to identify people with mental health concerns and build community partnerships with mental health organizations. Meg Griffing, director of Adult Services for the Center of Vocational Alternatives (COVA) will discuss the challenges people with mental health illness face when searching for, getting and keeping a job, and the solutions that COVA provides. For more information, or to register, visit: <http://bit.ly/10IzaDh>.

Cultural Competency — May 29

The ODMH Social Work Planning Committee in collaboration with the National Association of Social Workers – Ohio Chapter, is sponsoring a three-hour workshop on Cultural Competence. Presenters Ellie Jazi, Debbie Nixon-Hughes and Jamoya Cox will highlight ways to increase your awareness of the importance of cultural competence in reducing disparities. They also will introduce strategies for addressing health care disparities. The workshop is scheduled for May 29 from 1-4 p.m. in Room 806 of the Rhodes Office Tower in downtown Columbus. For more information, please contact Lynette.Cashaw-Davis@mh.ohio.gov.

Regional Forensic Trainings — Spring/Summer 2013

The Ohio Department of Mental Health, the Ohio Association of County Behavioral Health Authorities, the Ohio Council of Behavioral Health and Family Services Providers and the Ohio Judicial Conference are pleased to sponsor a series of Regional Forensic Trainings designed to provide an intermediate level instruction about the forensic mental health system in Ohio. This round of trainings will focus on case examples and presentations by people who have been found by trial courts to be not guilty by reason of insanity. In addition, there will be a presentation on models of collaboration between the Mental Health and Developmental Disabilities systems. Remaining dates include: May 17, Cincinnati; June 14, Marietta; June 21, Canton; and July 12, Cleveland. Cost is \$40 for all trainings except Columbus, which is \$30. Application for Continuing Education Credits has been made. Learn more and register today at: <http://bit.ly/YaxtU9>.

Regional Problem Gambling Prevention Trainings — June 2013

Drug Free Action Alliance, with funding provided by the Ohio Department of Alcohol and Drug Addiction Services, is hosting Problem Gambling Prevention trainings across Ohio throughout June. These regional trainings will examine the relationship of problem gambling and substance abuse, highlight Ohio's gambling trends and help participants identify strategies for communities to combat problem gambling. Cost is \$10, which includes lunch and six RCHs/CEUs. Trainings are scheduled for: June 5, Cincinnati; June 19, Akron; June 20, Bowling Green; June 26, Columbus; and June 27, Cambridge. For complete details and to register, view the [Upcoming Events](#) section of the Drug Free Action Alliance website. For questions regarding these trainings, contact Derek Longmeier at DLongmeier@DrugFreeActionAlliance.org.

National Council Regional Integration Forums — Spring 2013

The National Council for Community Behavioral Healthcare will host four face-to-face forums, which are open to all organizations working to improve integrated primary and behavioral healthcare in Ohio. The full-day interactive forums are designed to deepen participants' knowledge of integrated care, spur development of partnerships, and lead to concrete action at the CBHC or Board level. Space is still available for upcoming forums in Columbus, Cleveland and Cincinnati. Learn more at: <http://bit.ly/19iL4Pb>.

Save the Date! Ohio Employment First Conference — June 4-5

The Ohio Departments of Developmental Disabilities, Education, Mental Health and the Ohio Rehabilitation Services Commission will host "Employment First: Changing Expectations — Every Person. Every Talent. Every Opportunity," June 4-5 at the Embassy Suites Hotel Columbus-Dublin. Session topics include: interagency collaboration, school-to-work transition, employer engagement and changing culture. The conference will feature keynote remarks from Dale DiLeo, president, Training Resource Network, and David Hoff, program director, Institute for Community Inclusion. Register now on the new Ohio Employment First website at: www.ohioemploymentfirst.org.

Mental Health America (MHA) 2013 Annual Conference — June 5-8

Mental Health America (MHA) will host its 2013 Annual Conference, *Why Wellness Works: Breakthroughs and Pathways to Whole Health*, at the Gaylord National Resort & Convention Center in National Harbor, MD, June 5-8. Learn about the latest developments in the whole health and wellness fields. Speakers, including keynote presenters Geoffrey Canada, president & CEO of the Harlem Children's Zone, and Dr. James O. Prochaska, director of the Cancer Prevention Research Center and Professor of Clinical and Health Psychology at the University of Rhode Island, will share their insights and successes. For more information, or to register, visit: <http://www.mentalhealthamerica.net/go/annualconference>.

Ohio Teen Institute — July 14-18

Ohio Teen Institute (OTI) will be held July 14 - 18 at Heidelberg University. High school students will attend workshops, participate in small discussion groups ("family groups"), and learn how to take an active role in substance abuse prevention programming within their local communities. There is also a special track designed for adult advisors. Cost, which includes lodging, meals, supplies and a T-shirt, is \$275. For registration information, visit www.ohioti.com.

2013 Ohio Addiction Studies Institute — July 31-Aug. 2

Make your plans now to attend The Addiction Studies Institute sponsored by Talbot Hall at The Ohio State University Wexner Medical Center. The Institute will be held July 31 - Aug. 2 at the Columbus Convention Center. Keynote presenters include Scott D. Miller, Ph.D., and Joan Borysenko, Ph.D., and there are more than 50 breakout sessions to choose among. The Institute will provide 20+ hours of CEU credit. Learn more at www.addictionstudiesinstitute.com.

Generation Rx University Conference for Rx Drug Abuse Prevention & Recovery — Aug. 7-8

The second "Generation Rx University Conference for Prescription Drug Abuse Prevention & Recovery" will be held Aug. 7-8 at the Blackwell Inn & Conference Center at The Ohio State University. Plenary and break-out sessions will include speakers from various associations and institutions. Colleges and universities are encouraged to send teams including students, staff and faculty members to develop take-home strategies for the implementation of prescription drug abuse prevention programs or collegiate recovery communities. Space is limited, so those wishing to attend are encouraged to register early. The registration fee for the two-day conference is \$100 (\$75 for students). For registration and more information, visit the conference website at www.go.osu.edu/rxabuseconference.

Save the Date! National Loss Team Conference — Sept. 10-11

The Ohio Suicide Prevention Foundation, in partnership with the National Loss Team Committee, will host "In the Journey of Loss, We Can Find Meaning Again — The National Loss Team Conference" at the Embassy Suites Hotel Columbus Airport. Frank Campbell, Ph.D., will provide keynote remarks. Watch www.ohiospf.org for more details in the coming months.

MACC 2013 Annual Meeting and 10th Statewide Training Conference — Sept. 19-20

Multicultural Advocates for Cultural Competence (MACC), with support from the Ohio Department of Mental Health, will host its 2013 Annual Meeting and 10th Statewide Training Conference, "Streams of Change: From Disparities to Equity," Sept. 19-20 at the Holiday Inn-Columbus in Worthington, OH. Application has been made for Social Work, Counseling and Ohio Chemical Dependency Professional CEU's. For more information, visit www.maccinc.net or call 614/221-7841.

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