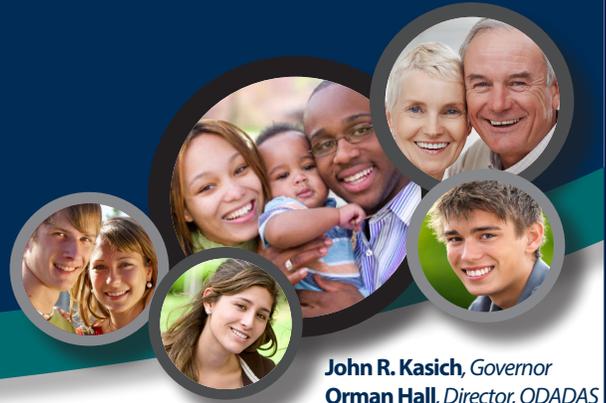




Department of Alcohol & Drug Addiction Services
Department of Mental Health

Behavioral Health e-Update

May/June 2013



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



How to Reach OhioMHAS

Ohio Department of Mental Health & Addiction Services (OhioMHAS)

30 East Broad Street, 36th Floor
Columbus, OH 43215- 3430

MAIN PHONE:

614.466.2596

614.752.9696 TTY

TOLL-FREE BH HELPLINE:

1.877.275.6364

1.888.636.4889 TTY

WEBSITE:

mha.ohio.gov

An updated Table of Organization and staff contact information will be available on the new website.

Beginning **June 21, 2013**, OhioMHAS staff will have a new email format:

FirstName.LastName@mha.ohio.gov

NOTE: Old email addresses will continue to work for a period of time to allow ample time to update email address books.

Launch of combined agency signals new chapter in behavioral healthcare services for Ohioans

A message from Director Tracy J. Plouck

For Ohio's mental health and addiction services system, July 1, 2013, represents a marquee moment in history — a day when months of careful planning will culminate with the launch of the Ohio Department of Mental Health & Addiction Services (OhioMHAS). For Ohioans with mental illness or addiction, the pending consolidation represents a shift toward integrated care and a more direct pathway to wellness and recovery.

We are excited to turn the page to a new chapter in the delivery of behavioral healthcare services in Ohio — one designed to promote better efficiencies and improved outcomes. It makes sense that treatment services for Ohioans with mental illness and addiction are coordinated, especially since we know that both are diseases of the brain that can be treated successfully. Ohioans will benefit from shared expertise and knowledge of best practices, streamlined policies, and smarter operations.

The new agency will oversee a state-wide mental health and alcohol, drug and gambling addiction service system that consists of approximately 300 addiction treatment providers and 400 mental health agencies, 47 community alcohol, drug addiction, and mental health services (ADAMHS) boards, three community mental health services (CMH) boards, and three alcohol and drug addiction services (ADAS) boards. The Department will consist of nearly 2,400 employees,

the bulk of whom work in the state's six regional psychiatric hospitals.

OhioMHAS services and responsibilities will include:

- Developing clinical evaluation and monitoring services;
- Establishing minimum standards for services;
- Maintaining compliance with standards at state hospitals;
- Establishing essential elements of the Community Support Program;
- Providing training, consultation, and technical assistance to stakeholders; and
- Developing strategies to prevent alcohol, drug, and gambling addictions in youth and adults.

As the agency launch date approaches, it's worth noting that we have accomplished a tremendous amount of work in preparation for this moment. I am proud of our agency leadership and the dedicated work of my co-workers. Most importantly, I am grateful for all of the feedback and support we've received from YOU, our constituents. Please know we are committed to making this transition as seamless as possible, while maintaining a high standard of transparency, professionalism and accountability.

Working as a team, I am confident we will all be more effective in responding to the needs of Ohio residents.

I welcome your questions at consolidationquestions@mh.ohio.gov.

adamh.ohio.gov

mha.ohio.gov

Find us on:



It's been said that if you want to know where you are headed, you have to understand your past. As our system prepares to turn the page to a new chapter in the history of behavioral healthcare in Ohio, we thought it might be worthwhile to take a brief look at how we got to where we are today.

The first state hospitals for people with mental illnesses were established by Ohio's legislature nearly 200 years ago in Cincinnati and Columbus. By the end of the 19th century, state hospitals were added in Cleveland, Athens, Toledo and Massillon. The number of hospitals climbed to 17 by 1988. Today, there are six regional psychiatric hospitals.

Treatment for Ohioans with mental illness was part of the Department of Public Welfare in the mid-1900s, until the General Assembly established a separate Department of Mental Hygiene and Correction in 1954. Populations in Ohio's state-operated psychiatric hospitals peaked in 1955 at 28,663 resident patients.

The 1960s brought a focus on community mental health care at the federal level and Ohio created the county-board system to plan and coordinate care. By the mid-1970s, general hospitals were admitting more psychiatric patients than were state hospitals. The Division of Corrections was separated into its own department in 1972, and the Department of Mental Health and Mental Retardation was established.

In 1980, House Bill 900 separated out the Ohio Department of Mental Health as a stand-alone cabinet-level agency. The first ODMH director was **Myers R. Kurtz**, followed by **Suzanne M. Hockley**, **Pamela S. Hyde** and **Martha B. Knisley**.

In 1988, Ohio moved to the national forefront of mental health reform with the passage of the Mental Health Act (Am. Sub. S.B. 156). This landmark legislation had two primary goals: to move toward community treatment rather than institutionalization and to emphasize local direction rather than state control.

In 1991, **Michael Hogan, Ph.D.**, was named director and became the longest-serving state mental health director in the country before his departure in 2007. Gov. Ted Strickland appointed **Sandra Stephenson** to head the department in 2007. She served until current Gov. John Kasich appointed **Tracy J. Plouck** in 2011.

Since 1990, as local systems have increased the services they provide, the inpatient population of state hospitals has decreased from 4,000 to fewer than 1,100 patients, the majority of whom are involved with the criminal justice system. Local boards contract with approximately 400 community agencies to provide services to more than 250,000 Ohioans every year. Going forward, the importance of non-clinical community supports, such as employment opportunities and safe, affordable housing, are becoming a key focus of the system. Learn more ODMH history at: <http://1.usa.gov/10NRang>

Throughout much of the last century, people who struggled with alcohol and other drug addiction were thought to be "morally flawed" and/or "lacking in willpower." As a result, society came to regard alcoholism and drug addiction as a moral failing rather than a health issue. Today, thanks to decades of scientific research, we know addiction is a disease that affects both brain and behavior. The Ohio Department of Alcohol and Drug Addiction Services (ODADAS) has battled through that stigma to give Ohio access to a comprehensive network of alcohol, drug and gambling addiction prevention, treatment and recovery support services for nearly a quarter century.

The journey began Oct. 10, 1989, with passage of Amended Substitute House Bill 317 — the Alcohol and Drug Addiction Services Act. Prior to 1989, services were housed within multiple systems — the Bureau of Drug Abuse (BuDA) and the Bureau of Alcohol Abuse and Alcoholism Recovery (BAAAR). One dozen County Councils on Alcoholism and 53 Community Mental Health and Mental Retardation Boards — known as "648 Boards" — preceded the current county Board structure. **Luceille Fleming** was recruited to lead ODADAS.

Under Director Fleming's watch, Ohio established a reputation as a national leader in the delivery of quality, cost-effective addiction prevention, treatment and recovery support services. The successive leadership of directors **Gary Tester**, **Carolyn J. Givens**, **Angela Cornelius-Dawson** and **Orman Hall** helped to further cement Ohio's exemplary standing among its peers. Cross-systems collaboration became the norm, and the Department invested in gender-specific and culturally-appropriate programming to best meet the needs of Ohioans. The Department continued to nurture long-standing partnerships with Ohio's criminal justice, child welfare, education, employment and physical and behavioral health fields — always with an eye on technology, efficiency and accountability.

This space is far too restrictive to list two-plus decades of achievements, progress and innovation. Throughout its history, ODADAS has given help and hope to millions of Ohio's most fragile citizens. We've made significant progress, but our work is far from finished. Under the umbrella of the new OhioMHAS, we will continue to promote access to an integrated system of care with a goal of saving even more lives and promoting safe, healthy and productive families and communities. Learn more about ODADAS' array of services at: www.odadas.ohio.gov.



Ohio Department of Mental Health



Peer Support Program provides hope, opportunity to participants

To provide an opportunity for mental health consumers to be trained as Certified Peer Specialists (CPS), participate in paid internships and become ready for employment, the Ohio Department of Mental Health, the Ohio Rehabilitation Services Commission and the Ohio Association of County Behavioral Health Authorities partnered last October to facilitate the Peer Employment Project.

To date, project participants have completed a 56-hour Certified Peer Support Specialist training, a 40-hour motivational interviewing training and a 24-hour benefit planning training. In addition, they have received individualized benefits planning and employment soft-skills training. Individuals are referred to RSC by their local Alcohol, Drug Addiction and Mental Health or County Mental Health and Recovery Boards. The Cuyahoga, Logan-Champaign, Portage, Stark and Trumbull Boards have referred 22 consumers to RSC for participation in the Peer Employment Project.

Recently, participants from the Logan-Champaign Board area began their 30-week internships. One participant, Alicia, is providing peer support services at Recovery Zone in Bellefontaine and Urbana. As an intern, Alicia uses her lived experi-

ence to help others by sharing her journey, strength and hope to bridge relationships and offer support.

Two years ago, Alicia was living with addiction, as well as an untreated mental illness. At her lowest point, she lost custody of her children and her desire to live. She didn't know where to turn for help or how to ask for it. When she was in crisis, she needed the support of someone else who had been in a similar situation, but this wasn't available to her. As a peer support specialist, this is the gift Alicia wants to offer to others – a lifeline, a source of encouragement without condition.

Today, with more than 21 months of sobriety, Alicia has regained custody of her youngest son and

has developed a new relationship with her oldest child. She described how her children now bring friends to their home, something that would not have happened in the past. She has transitioned from being a resident in her community to being a vibrant advocate.

By working with others, Alicia has gained a sense of pride. Her self-confidence has blossomed. She has regained her voice and wants to help others find and share theirs. Alicia's story will continue to be followed throughout her internship as she serves as a source of inspiration in her community.



Peer support services intern Alicia uses her lived experience to help others by sharing her journey at Recovery Zone's Bellefontaine and Urbana locations.



Photo courtesy of Greg Lynch, Cox Media Group

ODMH grant helps to support Butler County program for ex-offenders with mental illness

To help keep prisoners in Butler County who have a mental illness from re-offending after re-entering the community, a program was instituted by Forensic and Mental Health Services, Inc., in January 2012 to help these individuals become independent again. Of the \$110,000 in grant funds the agency has received for its **Ex-Offender Re-Entry Program**, \$60,000 has been provided through the Ohio Department of Mental Health's Forensic Block Grant. The agency also received funds from Butler County. Read more about this program in the [Hamilton Journal News](#).

(Pictured l-r) Butler County Forensic and Mental Health Services, Inc., Community Psychiatric Supportive Treatment Specialists Josh Diggs and Toni Campbell help ex-offenders who have a mental illness in their transition back into their home communities.

Guidelines target childrens' psychotropic drugs

New best-practice guidelines should help reduce the prescription of psychotropic medications to children, especially those in foster care who receive anti-psychotic medications at nearly nine times the rate of other children receiving Medicaid.



BEACON, or Best Evidence Advancing Child health in Ohio Now! — a coalition of Ohio's Department of Job and Family Services, Department of Mental

Health and Department of Health officials — launched new guidelines on June 4 for medical professionals who administer prescriptions that affect the central nervous system and brain function.

Under the program, a team of doctors and child psychiatrists will evaluate whether drugs are necessary based on medication history, the child's behavior and past experiences. The goal is to reduce anti-psychotic medication use among children younger than six and use of more than four psychotropic medications by children younger than 18 by 25 percent by July 30, 2014.

Thirteen counties have been identified as pilot communities. The project is supported by a three-year \$2.3 million investment from the Governor's Office of Health Transformation [Health Transformation Innovation Fund](#). Learn more about this project at: www.ohiomindsmatter.org.



Peers welcome, educate and support each other at Ohio's consumer operated centers

Social workers from the Ohio Department of Mental Health recently toured Consumer Operated Service (COS) centers in Lima and Columbus to learn of the supports that people with mental health issues can find in casual, community settings. These centers offer safe havens for people to build relationships with peers who understand their challenges. [Read more](#) about Changing Seasons in Lima and The P.E.E.R. Center in Columbus. PEER Center participants pictured above exemplify the camaraderie that a COS can provide.

UC researchers examine risk, protective factors around youth prescription drug abuse

A [new study](#) from the University of Cincinnati could shed light on what factors could increase or lower the risk of prescription drug abuse among youth. Researchers focused on 54,000 students – 7th through 12th grade – in the Greater Cincinnati area, and found that 13.7 percent of the students reported using prescription drugs without a doctor's prescription during their lifetime. They found that males were more likely to abuse the drugs than females, and high school students more likely to abuse the drugs than junior high students. Hispanic students were found to be more likely to use nonmedical prescription drugs compared with white or African-American students.

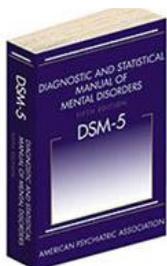
Pro-social behaviors, including strong connections with parents, teachers and peers who disapproved of substance abuse, were also found to reduce the risk of prescription drug abuse. "Students at every grade level who reported high levels of parent and peer disapproval of substance use were at decreased odds for lifetime nonmedical prescription drug use," according to the study. Conversely, the researchers found that relationships with drug-using peers increased the odds of youth substance abuse. Use of alcohol, tobacco and marijuana among peers were associated with increased use of nonmedical prescription drugs for all students.

"While much research has examined factors associated with overall substance use among youth, relatively few studies have specifically investigated risk factors, protective factors and sex/grade differences for youth involvement in nonmedical prescription use," said the authors. "Identifying specific risk and protective factors for males, females, junior high and high school students would help to clarify prevention needs and enhance prevention programming."

Students at every grade level who reported high levels of parent and peer disapproval of use were at decreased odds for lifetime nonmedical prescription drug use.

APA releases DSM-V

After 14 years of development, the American Psychological Association (APA) recently released the fifth edition of its *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, incorporating nearly 20 years of scientific advances and clinical experiences since the manual's last revision in 1994. *DSM-5* is available in a print edition first, and an electronic version will be available later this year.



"The changes to the manual will help clinicians more precisely identify mental disorders and improve diagnosis while maintaining the continuity of care," said DSM-5 Task Force Chair David Kupfer, M.D. "We expect these changes to help clinicians better serve patients and to deepen our understanding of these disorders based on new research."

Among the changes are a new chapter organization that shows how mental disorders may relate to one another based on underlying vulnerabilities or symptom characteristics. In addition, disorders are organized in the context of age, as well as gender and cultural expectations. Significant to Ohio, problem gambling has been moved from an impulse control disorder under mental illness in the *DSM IV* to a process disorder under addiction in the updated manual.

Several new disorders have been added to the updated manual, including binge eating disorder, disruptive mood dysregulation disorder and hoarding disorder.

OSU offering free online pharmacy and science courses

The Ohio State University College of Pharmacy will offer two courses this fall through Coursera.org, an education company that partners with the world's top universities and organizations to offer free courses online that anyone can take.

Courses to be offered beginning Sept. 9 include:



Generation Rx: The Science Behind Prescription Drug Abuse taught by Nicole Cartwright Kwiek, Ph.D., which investigates the epidemic rise of prescription drug abuse and uses science to debunk commonly held misconceptions regarding the non-medical use of prescription medications.



Introduction to Pharmacy taught by Kenneth M. Hale, R.Ph., Ph.D., a survey of the profession of pharmacy including its history, evolving scope of practice, ethical foundations, regulation and educational and career opportunities. The class will also explore topics relating to medication use and drug development.

Learn more at: <http://bit.ly/10Mf71K>.



Ohio Legislature Continues Debate on SFY 2014-15 "Jobs 2.0" Budget

This week, members of the Ohio Senate finished their work on the state's FY 14-15 biennial budget. The Ohio House is now expected to send the bill to conference committee when they meet in mid-June. As the budget enters the final phase of its debate, there continues to be a good deal of discussion around Medicaid reform. As of press time, Governor Kasich's proposal to extend Medicaid benefits to Ohioans earning up to 138 percent of poverty remains out of the bill. This week, Ohio Department of Mental Health Director Tracy Plouck **testified** before the House Healthier Ohio Working Group to continue advocacy for the Governor's budget and Medicaid expansion. Her testimony and the subsequent Q & A can be **viewed** on *The Ohio Channel* website.

National News Round Up

Attorneys General to Retailer: Pull Products Promoting Rx Drug Abuse

In May, 23 state attorneys general, including Ohio AG Mike Dewine, sent a letter to Urban Outfitters CEO and Chairman Richard A. Hayne, urging him to remove products promoting prescription drug abuse from the stores' shelves. The letter asked the company to stop selling a line of items that look like prescription pill bottles, boxes, pads and syringes. "These products are not in any way fun or humorous but make light of this rampant problem," the attorneys general wrote. "We invite you to pull these products from your shelves and join with us to fight prescription drug abuse."



National News Round Up, cont.

Feds Launch New Campaign to Encourage Dialogue about Mental Health

The U.S. Department of Health and Human Services recently launched "Let's talk about it" — a new campaign to encourage people to start talking about mental health issues. Join the conversation at: <http://www.mentalhealth.gov/> to learn more.

CDC Offers Free Digital Repository of Publications

The Centers for Disease Control and Prevention (CDC) recently unveiled CDC Stacks — a free digital repository of publications produced by and based on CDC scientific research. [CDC Stacks](#) is composed of curated collections of peer reviewed articles, CDC guidelines and recommendations as well as other publications on a broad range of public health topics. The repository provides the ability to search the full text of all documents, browse journal articles by public health subject, and explore the curated collections of over 10,000 publications. There are ongoing updates and revisions to the application.



CDC: Addiction to Drugs, Alcohol, Tobacco Most Common Mental Health Problem in Teens

In a new report, [Mental Health Surveillance Among Children — United States 2005-2011](#), the Centers for Disease Control and Prevention (CDC) says addiction to drugs, alcohol and tobacco are the most common mental health problems in teenagers. An estimated one million teenagers abuse drugs or alcohol, and more than 695,000 are addicted to tobacco, the CDC found. In 2011, a total of 4.2 percent of teens were dependent on or abused alcohol in the past year, and nearly 5 percent of teens had an illicit drug use disorder in the past year. The report also found that attention deficit hyperactivity disorder (ADHD) is the most commonly diagnosed problem overall in youth ages 3 to 17.

Nearly One-Quarter of Parents Don't Think They Can Influence Teens' Substance Use

A new report indicates that more than one in five parents of teens aged 12 to 17 (22.3 percent) think what they say has little influence on whether or not their child uses illicit substances, tobacco, or alcohol. This report by the Substance Abuse and Mental Health Services Administration (SAMHSA) also shows one in ten parents said they did not talk to their teens about the dangers of using tobacco, alcohol, or other drugs even though 67.6 percent of these parents who had not spoken to their children thought they would influence whether their child uses drugs if they spoke to them.

"Although most parents are talking with their teens about the risks of tobacco, alcohol, and other drugs, far too many are missing the vital opportunity these conversations provide in influencing their children's health and well-being. Parents need to initiate age-appropriate conversations about these issues with their children at all stages of their development in order to help ensure that their children make the right decisions," SAMHSA Administrator Pamela S. Hyde said in a [news release](#).

Training Opportunities

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: 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 18, Amherst; 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.

Training Opportunities, cont.

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.

Ohio Alliance to End Sexual Violence Annual Statewide Conference — June 26-27

The Ohio Alliance to End Sexual Violence, in partnership with the Ohio Department of Mental Health and Ohio Domestic Violence Network, will present *Turning Up the Volume to End Sexual and Intimate Partner Violence — Social Media for Social Change* June 26-27 at the OCLC Conference Center in Dublin, Ohio. Participants will discover why effective use of social media and social justice are important strategies for sexual and intimate partner violence prevention and intervention. Participants who attend both days will qualify for 11.75 CPE hours for social workers and counselors. Click [here](#) for more information.

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 from which to choose. 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

Multiethnic 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.

National Conference on Addiction Disorders — Sept. 21-25

Addiction Professional magazine in conjunction with *Behavioral Healthcare* magazine, the International Certification & Reciprocity Consortium (IC&RC) and the National Association of Addiction Treatment Providers are sponsoring the National Conference on Addiction Disorders Sept. 21-25 at the Anaheim Marriott in Anaheim, CA. Now in its fourth year, the conference has established itself as a premier, respected and trusted national training that provides a diverse educational curriculum on the prevention, intervention, treatment and recovery management of addictions that affect various genders, generations and cultures. Nationally recognized treatment providers, authors and educators will discuss a wide range of topics in a compelling array of keynote sessions and in-depth workshops. The conference also features the Behavioral Healthcare Leadership Summit on Sept. 21-23. Click [here](#) for complete details.

Behavioral Health e-Update is published monthly by the combined public affairs offices of ODADAS and ODMH. We welcome your feedback and suggestions. If you have an announcement for a future issue, please send an email to Eric.Wandersleben@ada.ohio.gov. Encourage your colleagues to subscribe to eNews [HERE](#).