

Awareness Activities Abound in September

September is full of awareness activities of interest to Ohio's behavioral health care field, including:

Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration sponsors **Recovery Month** to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover.



For ideas, sample social media posts, proclamations, media releases, infographics, and more, download SAMHSA's free **Recovery Month toolkit**. View a **proclamation** from Gov. John R. Kasich.

Ohio Rally for Recovery — Sept. 23

In recognition of Recovery Month, OhioMHAS is proud to partner with Ohio Citizen Advocates for Addiction Recovery, The Ohio State University Wexner Medical Center — Talbot Hall and Joyner & Associates to sponsor the **2016 Ohio Rally for Recovery** on Sept. 23 from 1-4 p.m. at the Statehouse.

Suicide Prevention

September 2016 is also known as **National Suicide Prevention Awareness Month**, which helps promote resources and awareness about suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm. Sept. 10 is observed as **World Suicide Prevention Day**. Read the **proclamation**.

FASD Awareness & Prevention

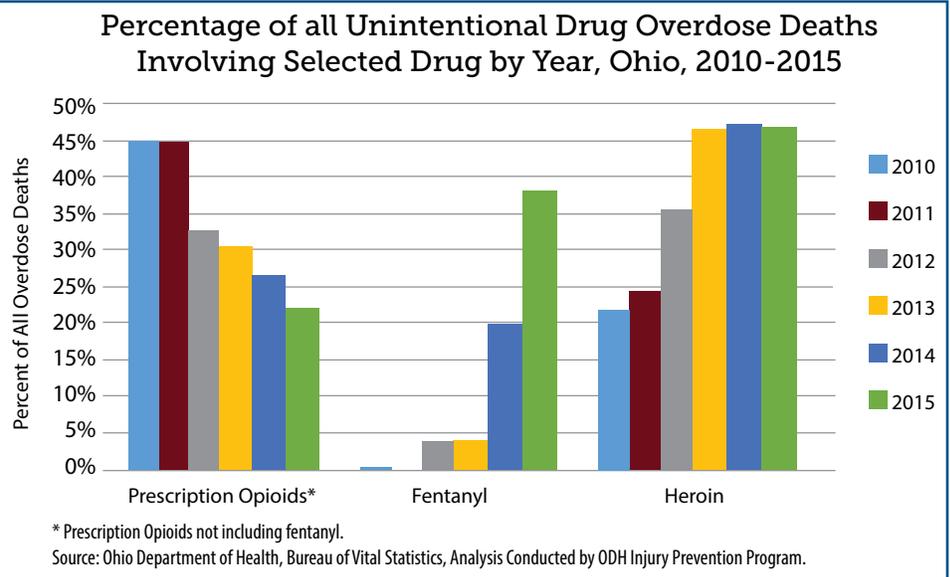
September is also **Fetal Alcohol Spectrum Disorders Awareness and Prevention Month**. View the **proclamation**.



NAMI.org/suicideawarenessmonth

SUICIDE PREVENTION AWARENESS MONTH

[One conversation can change a life.]



Report: Illicit Fentanyl Fuels Increase in Drug Overdose Deaths in Ohio

The number of unintentional drug overdose deaths in Ohio increased again in 2015, driven by a sharp rise in fentanyl-related deaths, according to a new report from the Ohio Department of Health (ODH). The number of fentanyl-related deaths in Ohio has increased from 84 in 2013, to 503 in 2014 and rose to 1,155 in 2015. Overall, drug overdose deaths in Ohio increased from 2,531 in 2014 to 3,050 in 2015.

The report also dramatically demonstrates the rapidly changing nature of the battle against drug abuse. As the state has worked with physicians to curb prescription opiate abuse, the number of prescription opiate overdose deaths have begun to level off. Of all unintentional drug overdose deaths, the percentage of prescription-opioid-related deaths declined for the fourth consecutive year.

"In the midst of this growing opiate epidemic, we are seeing positive indications that our aggressive efforts are working to reduce opioid prescription pain medications available for abuse," said ODH

Medical Director Dr. Mary DiOrio. "There were 81 million fewer opioid doses dispensed to Ohio patients since the state took initiative to curb opiates, and the number of people who try to get controlled substances from multiple doctors has dramatically decreased."

DiOrio attributed the decline in the number of opiates dispensed to Ohio patients with efforts to reduce the prescription pill supply, increased law enforcement efforts, empowering prescribers and pharmacists to use Ohio's prescription drug monitoring system, the Ohio Automated Rx Reporting System, and working with medical professionals to establish opioid prescribing guidelines for health care professionals who treat chronic and acute pain.

View the full 2015 report 2015 Overdose Data At a Glance New Strategies (2016-17) Combatting the Opiate Crisis in Ohio Fentanyl Backgrounder Resource Toolkit (Updated) Community Response Plan Template



On the Road with Director Plouck



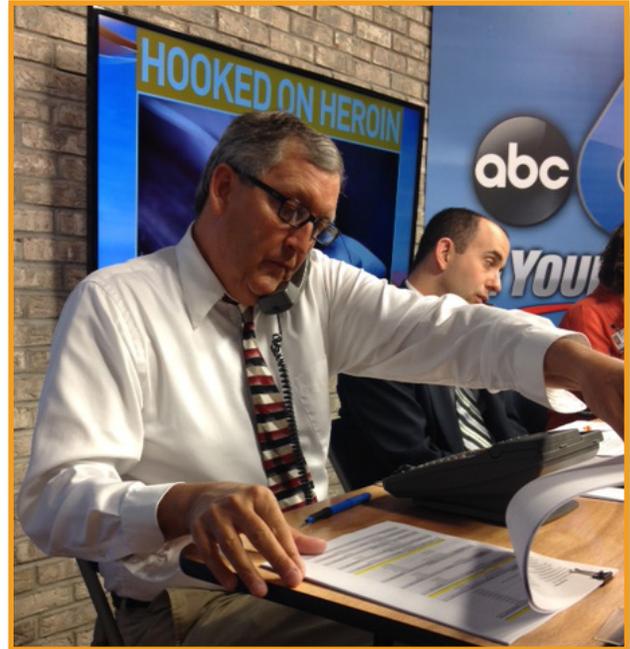
A brief recap of some of Dir. Plouck's public activities this month:

- 8.7-9 Attended the annual National Association of State Mental Health Program Directors (NASMHPD) commissioners meeting and 2016 SAMHSA National Block Grant Conference in Washington, D.C.
- 8.12 Provided remarks at the annual board meeting of the Ohio Council of Behavioral Health and Family Services Providers.
- 8.12 Participated in a panel discussion sponsored by the Board of Executives of Long-Term Services and Supports about how OhioMHAS assists skilled nursing facilities.
- 8.22 Participated in panel discussion hosted by The Ohio State University Wexner Medical Center to discuss priority health issues in Ohio.
- 8.25 Attended the Regional Judicial Opioid Initiative Summit in Cincinnati.
- 8.26 Chaired quarterly meeting of the Housing & Homeless Collaborative.

SAVE THE DATE! 2016 Ohio Rally for Recovery

Friday, Sept. 23 | 1-4 p.m. | Ohio Statehouse

Watch the promo video. For more information, call 614.486.2430.



Columbus ABC News Affiliate Encourages Viewers to Start Talking About Prevention

The Governor's Cabinet Opiate Action Team partnered with WSYX-TV in Columbus on Aug. 23 for a *Hooked on Heroin/Start Talking Day* to highlight community resources in the fight against opiate addiction. Throughout the day, the station aired various news segments focused on addiction treatment and recovery and overdose prevention. The station featured several live interviews, including a discussion with Ohio's First Lady Karen W. Kasich on the importance of talking to kids about the dangers of alcohol and other drugs. Volunteers from various state and local agencies helped to staff a phone bank from 6:30 a.m. - 6:30 p.m. to connect callers to community resources. *Pictured: OhioMHAS Problem Gambling Specialist Scott Anderson assists a caller.*

Planning Council Seeking Members

The *Ohio Community Recovery Support Planning Council* is seeking youth and young adults ages 16-25 who have lived experience with mental illness to fill mid-year vacancies. The Planning Council serves as an advisory board to OhioMHAS for planning mental health and addiction services, and meets federal requirements for the Substance Abuse and Mental Health Services Block Grants. Members meet six times a year on Fridays and Saturdays in Columbus. Travel reimbursement is available for those who qualify. For an application, and more information, please contact Elizabeth.Gitter@mha.ohio.gov or call 614.466.9963.

Ohio Embracing Recovery-Oriented Systems of Care Model Implementation Paving Way for Coordinated, Patient-Centered Services

Ohio is revolutionizing the way that behavioral health leaders think about people with mental health and substance use disorders and how services and systems are developed. Pointing the way is the [*Recovery is Beautiful: A Blueprint for Ohio's Community Mental Health and Addiction System*](#) — a five-year plan for transforming Ohio's mental health and addiction services system from one that focuses on acute care to one that focuses on recovery management.

Moving Ohio's local systems of care to Recovery-Oriented Systems of Care will take time and the involvement of all the stakeholders to help mobilize communities to ensure that their local systems of care are focused on the



individuals and families in need of mental health and addiction services and critical supports such as housing, peer support, employment and transportation.

"Recovery is Beautiful is about supporting individuals and their families in the process of recovery, helping communities become and stay healthy with programs and services from prevention and wellness to crisis services to treatment and long-term recovery supports. Most of all, Recovery is Beautiful is about hope, the hope that anyone can recover, and by working together we can make recovery not only possible, but desirable," said Ohio Association of County Behavioral Health Authorities CEO Cheri Walter, whose organization is overseeing the ROSC roll-out.

This summer, the OhioMHAS Office of Public Affairs reached out to several boards for an update on ROSC implementation. The following stories provide insight into some of the transformative work underway in communities throughout Ohio.

Precia Shenk Stuby, Executive Director

Hancock County Board of Alcohol, Drug Addiction and Mental Health Services

Imagine coming home one day and your neighbor tells you he or she has been diagnosed with cancer. Your intuitive response is to be immediately empathic and sympathetic. Most of us would offer a hug and/or a kind word followed by "What can I do help?" In our mind we begin to think of things we can do to help out: mow their lawn, bring over a meal, offer to watch their children, drive them to appointments, etc. I suspect the conversation would end with "Let me know if there is anything I can do." From that point on, each time you run into your neighbor you'd likely ask how things are going and if there is anything he/she needs.

We assume that our neighbor will have access to excellent medical care and that there will be some sort of financial coverage for the treatment he/she needs. We expect that his/her employer will be flexible, allowing him/her time off to go to their treatment, and time off without question, as he/she deals with the side effects. Co-workers pick up the "extra load" to help out, sometimes even donating their sick time to help. They offer words of encouragement and expressions of hope. Members of church congregations add them to prayer lists and provide symbols of hope (knitted hats and shawls). The community shows visible signs of support purchasing items that are "pink," and participating in fundraisers.



Precia Shenk Stuby

That is ROSC. ROSC is having an intuitive response of support and knowing what that support might look like.

Now imagine coming home one day and your neighbor tells you they are dependent on heroin or they have just been diagnosed with bipolar disorder. Is your intuitive response one of empathy and sympathy? Do we embrace him/her, offer him/her help and hope? Do we assume he/she will have access to the best care science has to offer? Do we expect that when he/she shows up at his/her place of employment he/

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What is a ROSC?

A ROSC is "a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families and communities to achieve abstinence and improved health, wellness and quality of life for those with or at risk of alcohol and drug problems."

A ROSC places its primary focus on the individuals in need of recovery services and their families, building on their strengths, and incorporating a coordinated and collaborative approach across the community. A ROSC encompasses prevention and wellness, intervention, treatment and recovery supports that are all focused on getting the individual and his/her family into recovery, while helping him/her integrate into the community and workforce.

Source: [SAMHSA](#)

Follow the evolution of Ohio's work on the [OACBHA website](#).

(ROSC, Continued from Page 3)

she will be supported and that everything will be done to maintain him/her in his/her position? Are churches praying for him/her? Is the community visibly showing support?

Implementing ROSC requires a change in community culture, access to care and support from many. Most of all it puts the person with the disease in the “driver’s seat,” allowing him/her to choose the path that will most likely lead him/her to success.

As we move forward with ROSC we must think outside of our behavioral health system and be inclusive of the entire community. Health will follow.

Hancock County adopted a Strategic Framework for the Implementation of ROSC in 2013. The Framework builds on strengths and identifies priorities for our local system. Some accomplishments to date include: the transformation of our drop-in center to a recovery support center; becoming a trauma-informed community; the development of a substance use residential treatment facility; increasing access to medication-assisted treatment; expanding mental health first aid; increasing services to the criminal justice system and the development of two recovery homes. While we have a long way to go, the culture is beginning to change.

Joe Trolian, Executive Director

Mental Health and Recovery Services Board of Richland County

Richland County is working to evolve the evidence-based model of Recovery-Oriented System of Care to a Trauma-Informed Recovery-Oriented Community of Care. The purpose of this change is to empower all residents of Richland



Joe Trolian

County to become partners in creating an effective community. The Community of Care project involves implementing an organizational trauma-informed care (TIC) approach, in combination with recovery-oriented philosophies and principals. Rather than focusing on a specific technique or tool that can be used in the clinical setting, it is the hope that by changing the foundational environment, we will create fertile soil to grow several

TIC and ROSC clinical techniques with customers and create a lasting change in the system as a whole.

In the first year the Trauma-Informed, Recovery-Oriented Community of Care (TIROCC) partners have all undergone detailed organizational evaluations preformed by consultant L. Harrison Associates out of Pittsburgh, Penn. These evaluations included reviews of programs, interviews with staff at all levels, interviews with primary customers and referral sources. Each partner was given a report that pointed out where he/she excelled, as well as opportunities for change.

Each partner chose certain elements of his/her report to supply to the Board and to be a part of a five-year, Trauma-Informed, Recovery-Oriented, system-wide strategic plan. This plan will be developed during the next few months and become a guiding document to address the behavioral health systems as we move into an era of Medicaid re-design and managed care.

Kim Fraser, Executive Director

Lake County Alcohol, Drug Addiction and Mental Health Services Board

The Lake County ADAMHS Board was proud to be one of eight ROSC “pilot boards” in Ohio when it was first introduced 18 months ago, and we continue to prioritize the integration of ROSC principles into our system today.

ROSC principles are important to us in many ways. We strive to be very client and family focused — the numerous support groups and trainings offered through our network help families understand and deal more effectively with their loved one’s illness.

We believe in the celebration of recovery, and use events like our annual *Expressions of Recovery* show to spotlight and celebrate the role that the creative process can play in recovery from mental illness or addiction. Access to care is a priority, and our Compass Line and Transportation Line are innovative ways we’re helping ensure that local residents have timely access to services. We value collaboration and understand the importance of working with our local partners to make locally driven decisions that are best for our community.

The perspectives and expertise of the Lake County residents on our Board are vital when it comes to decisions about our local network of services. We are always mindful that we need to be accountable — to clients and families, as well as to the taxpayers who support our work. Thus, we demand much of ourselves relative to our system’s efficiency and effectiveness.



Kim Fraser

Judy Wortham Wood, Executive Director

Mental Health and Recovery Services Board of Wayne and Holmes Counties

The Mental Health & Recovery Board of Wayne and Holmes Counties (WHMHRB) continues to transform the local system toward a Recovery-Oriented System of Care (ROSC). The Board embraces recovery services and supports as the crucial Long-Term Services and Supports (LTSS) necessary to increase quality, effectiveness and cost efficiency. Picture a triangle with each of these: quality, effectiveness and efficiency — with recovery at the center, or at the “heart of it all.”

For recovery, linkages to recovery social systems are required. These can be group treatment services, family support groups, AA groups or a consumer-operated center, which is

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Partnership for Drug-Free Kids Releases Re-Imagined “Fried Egg” PSA to Mark 30 Years of Prevention Messaging, Illustrate Evolution of Drug Landscape

In honor of its 30th anniversary, *The Partnership for Drug-Free Kids* — a national nonprofit committed to helping families struggling with their son or daughter’s substance use — has launched a new campaign that illustrates the evolution of the drug landscape, including the challenging questions parents get asked by their kids. The campaign features 30-second radio and TV public service announcements (PSAs), a print ad and online banner ads.

The *Fried Egg 2016 PSA* features a voiceover from Emmy-Award winning actress Allison Janney, who not only portrays a mother in recovery on the CBS sitcom, “Mom,” but whose own brother struggled with substance abuse for many years before he ultimately lost his battle with addiction and depression.

Fried Egg 2016 is a nod to the Partnership’s iconic TV spot from the 1980s, but is re-envisioned to reflect parenting today and the change in perceptions and awareness about drug use. The new campaign focuses on the litany of drug questions that parents face from their teens, and it also shows how the Partnership has evolved to meet the needs of families.

The new TV spot opens with familiar imagery, an egg being cracked open on a cast iron frying pan, as the sound of hot butter sizzles. Then the voiceover says, “This is your brain. This is drugs. This is your brain on drugs.

Any questions?” It transitions to a series of kids asking parents questions about substance abuse in rapid succession. “Um yeah, I have questions,” says one teen. “Prescription drugs aren’t as bad as street drugs, right?” says another. “Weed’s legal, isn’t it?” The tension continues building in the spot with each question. “Why is heroin so addictive?” “Dad, did you ever try drugs?” The PSA then closes with a voiceover from actress Allison Janney: “They’re going to ask. Be ready. Go to drugfree.org.”

The TV spot will be distributed to national cable networks and hundreds of television stations in more than 200 local markets throughout the country. Messages appearing on Ohio airwaves will be tagged with the OhioMHAS toll-free help and information line:

1.877.275.6364.

View an [interactive timeline](#) of how The Partnership has responded to a changing drug landscape during the past three decades.

OhioMHAS Dedicates \$1.6M to Fund First Episode Psychosis (FEP) Projects

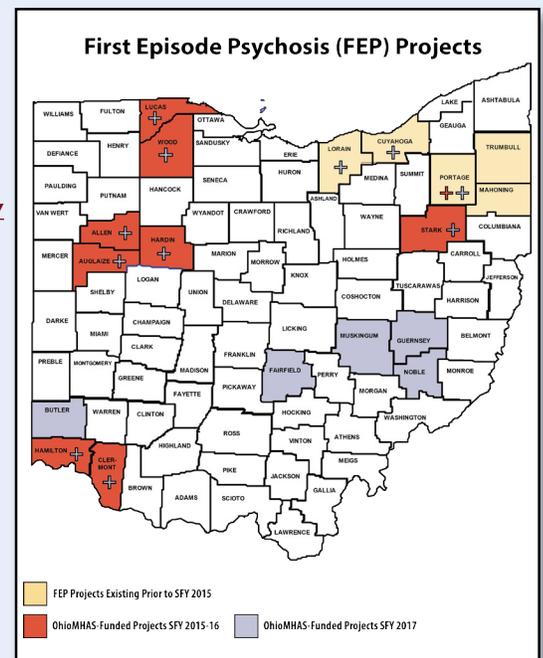
OhioMHAS is pleased to announce that seven agencies providing services in 17 counties have been awarded \$1.6 million in SAMHSA Block Grant funds to develop or expand programs for individuals experiencing their first episode of psychosis. The *First Episode Psychosis* programs target individuals ages 15-35 who are within two years of their initial symptoms of psychosis. The programs are projected to serve approximately 300 individuals in the first year.

Funded providers/counties include:

- **Catholic Charities** (Cuyahoga)
- **Coleman Professional Services** (Allen, Auglaize, Hardin, Portage, Stark)
- **Greater Cincinnati Behavioral Health Services** (Butler, Clermont, Hamilton)
- **New Horizons** (Fairfield)

- **The Nord Center** (Lorain)
 - **Six County, Inc.** (Guernsey, Morgan, Muskingum)
 - **The Zepf Center** (Lucas, Wood)
- Projects are encouraged to model their programs after the National Institute of Mental Health’s *Recovery After an Initial Schizophrenia Episode (RAISE)* research project. This includes implementing multi-disciplinary Coordinated Specialty Care teams that are available whenever the need arises. The teams may offer individual therapy, family education and support, medication management, case management, supportive education and/or employment and peer support.

For more information on Ohio’s FEP initiatives, contact Kathleen.Coate-Ortiz@mha.ohio.gov.



(ROSC, Continued from Page 4)

capable of reflecting the needs and values of the individual. To move toward value-added, outcome-driven treatment and financing, the local continuum of services must include recovery-oriented, long-term recovery supports, including supported employment, permanent supported housing, recovery housing and peer support.

Well-considered, board-driven action plans that result in sound service investments are essential to provide and maintain a full continuum of care. Quality continuums include long-



Judy Wortham Wood

term support services. The Wayne/Holmes behavioral health system of care has been transforming to a Recovery-Oriented System of Care for the last eight years.

Some examples:

- The MOCA House program of NAMI of Wayne & Holmes counties, developed in 2010, is a premier recovery center offering expanded consumer-operated services and peer support.

MOCA members very successfully advocated with the legislature by speaking at the Ohio House of Representatives Finance Committee and members met personally with Gov. Kasich. MOCA received the OACBHA 1st Annual Advocacy Award for their advocacy for Medicaid Expansion.

- The Board-sponsored peer support training for Certified Peer Supporters and Recovery Coaches, and now funds three peer support positions at our agencies.
- Through One Eighty (previously known as STEPS and Every Women's House), our system has added recovery housing beds, including two houses receiving OhioMHAS Community Capital

Funding, and remodeled two additional houses, for a total of five recovery houses providing 17 beds.

- Through our OhioMHAS Community Capital Grant for housing, The Counseling Center has added 15 apartments for transitional-aged young adults with severe and persistent mental illness, providing permanent supported housing.
- NAMI/MOCA and Anazao Community Partners have completed a newly renovated building offering integrated behavioral health.
- The Supported Employment Program was re-instituted at The Counseling Center and has grown, providing measurable outcomes for people with mental illness achieving employment.
- The Board has focused on increasing the number of Evidence-Based Practices, utilizing OhioMHAS and foundation grants to move toward wrap-around services for youth, multi-systemic treatment (MST), supported employment, QPR suicide prevention and mental health first aid.
- Thanks to local levy funding, OhioMHAS board and grant funding, OhioMHAS Community Capital Grants, Recovery Housing Capital Grants, 507 & 505 funding from OhioMHAS, and foundation grants, the Board has been able to expand the ROSC system of care. These targeted goals assure that local citizens have increased access to mental health permanent supported housing, recovery housing, consumer-operated services, certified peer support, recovery coaches, and supported employment.

Recovery is our priority. The Board is investing in the future to assure the availability of comprehensive mental health and addiction services, including a full continuum of recovery supports to provide a Recovery-Oriented System of Care.

OPPF Seeking Applicants for Research Award

The Ohio Psychiatric Physicians Foundation (OPPF) is sponsoring research awards for each of the following categories: general member, resident-fellow member, and medical student. The winners and runners-up in each category will be invited to attend the OPPA Annual Meeting on March 12, 2017, at the Hilton Easton in Columbus. Each winner will receive a plaque and each runner-up will receive an award certificate. The registration fee to attend the Annual Meeting will be paid for by the OP PF for the winners and



**Ohio
Psychiatric
Physicians
Foundation**

the runners-up. This is a great opportunity to recognize individuals for the contribution they are making to psychiatry and the understanding of mental disorders. Entries should be submitted to OPPF@ohiopsychiatry.org no later than 11:59 p.m. on Dec. 31, 2016.

Click [HERE](#) for more information.

Fresh A.I.R. Gallery to Host New Exhibit

Fresh A.I.R. (Artists in Recovery) Gallery will feature "The Many Parts of One," a new exhibit from artist Toni Jo Coppa, through Sept. 23.

Coppa explained that her work is both cathartic and socially motivated. "The disgraceful stigma of mental illness labels a person and puts them in a stereotyped group," she said. "I'm hoping to break the negative attitudes towards common mental conditions like depression, anxiety and/or addictive behaviors. These disorders have affected my mood, thinking, behavior, and, most obviously, my art. Conjuring my feelings into a tangible form helps me to identify and manage them more clearly."

Fresh A.I.R. Gallery is located at 131 N. High St. in Columbus and open weekdays from 8 a.m.-5:30 p.m. For more information, call 614.744.8110.



News & Research Roundup

APA Publishes New Resource on Marijuana and Mental Health

The American Psychiatric Association has released [*Marijuana and Mental Health*](#), a new publication that not only explores medical marijuana and the neuroscience behind marijuana, but offers comprehensive information on marijuana and mental health in modern society. The publication offers insight into a variety of topics, including: the effects of marijuana on the brain and mind; marijuana-related legislation; comorbidities between marijuana misuse and mood/anxiety disorders; the link between marijuana use and psychotic disorders; synthetic cannabinoids, and more.

Infertility Patients' Mental Health Symptoms Often Unaddressed

A [*new study*](#) from the University of California, San Francisco has concluded that people undergoing fertility treatment often suffer symptoms of depression or anxiety, but few get any formal help. The study of 352 women and 274 men seen at one of five San Francisco-area fertility clinics revealed that more than half of women and one-third of men had clinical-level depression symptoms at some point, and that 76 percent of women and 61 percent of men had symptoms of clinical anxiety. Despite that, only about one-fourth of all patients said their fertility center had given them any information on mental health resources. The findings were published in the July issue of *Fertility and Sterility*.



Serious Infections Tied to Suicide Risk

Danish researchers have discovered a possible link between hospitalization for serious infections and an increased risk of death by suicide. In a study of more than seven million people, the researchers found that individuals who had been hospitalized for infections were 42 percent more likely to die of suicide compared to people with no history of serious infection. Although the study couldn't prove a cause-and-effect link, the study authors and at least one other brain health expert think the increased risk of suicide after infection might not simply reflect the psychological impact of serious illness. Instead, infections might directly contribute to suicide risk by causing inflammation in the brain. The findings were published online in the [*Aug. 10 edition of JAMA Psychiatry*](#).

Increased Risk of Suicide Attempts in Teens Linked to Abuse of Prescription Drugs

A new study finds an increased risk of suicide attempts in teens is associated with prescription drug abuse, according to a [*Reuters news report*](#). Teens who said they used prescription drugs for non-medical purposes at the start of the study were almost three times as likely to report a suicide attempt a year later. The study of 3,300 Chinese teens is published in [*JAMA Pediatrics*](#). The researchers found teens' suicide risk was more than tripled if they abused opiates. Overall, fewer than 3 percent of teens in the study reported misusing any prescription drugs, including 1.8 percent who said they misused opiates or stimulants and 1 percent who said they abused sedatives.



Women in Combat, Like Men, at Risk for PTSD

A new study by researchers Brandeis University has found that women in the military who experience combat have a much greater risk than those who don't of developing post-traumatic stress disorder (PTSD) and other mental health issues. Compared to their peers without any combat exposure, enlisted women who had just one combat experience were more than four times more likely to screen positive for PTSD in post-deployment exams, the study found. With three or more combat experiences, the PTSD risk was more than 20 times greater. The findings appear in the Aug. 1 [*Journal of Traumatic Stress*](#).

NIH Launches Moms' Mental Health Matters

The National Institutes of Health has launched [*Moms' Mental Health Matters*](#), a new initiative to raise awareness among pregnant and postpartum mothers, their families and health care providers about depression and anxiety during pregnancy and after the baby is born. The website offers free health education materials in English and Spanish.

2016 National Directory of Mental Health Treatment Facilities

The federal Substance Abuse and Mental Health Services Administration has released the [*2016 National Directory of Mental Health Treatment Facilities*](#). The directory provides a listing of federal, state and local government and private facilities offering mental health treatment services that responded to the 2015 National Mental Health Services Survey.

News & Research Roundup, cont.

Study: Childhood Abuse Associated With Higher Risk Of Death For Women

A [new study](#) published online Aug. 17 in *JAMA Psychiatry* suggests that being physically or emotionally abused as a child can increase a woman's risk of death later in life. The study did not determine a causal relation as to why childhood abuse is linked with a higher risk for death, but the researchers speculate that abuse may heighten women's risk for mental health issues, like depression. The study asked roughly 6,200 men and women about their childhood experiences with physical and emotional abuse, tracking them for 20 years. Edith Chen, an author of the study, pointed out in an email that "the link to early death was with self-reported abuse, not abuse confirmed by courts or independently documented in other ways." Researchers also said it was unclear why the association appeared in women, but not men.

Fostering Resilience in Communities Affected by Trauma and Violence

Community violence can have a significant impact on individuals, families and communities. It is not uncommon for those affected to experience grief reactions and anger. Witnessing community violence and death can be traumatic experiences that can lead to negative mental health outcomes. SAMHSA's fact sheet, [Coping With Grief After Community Violence](#), introduces some of the signs of grief and anger, provides information about how to cope with grief and offers tips for helping children deal with grief.



New Resource: What Individuals in Recovery Need to Know About Wellness

SAMHSA has released [What Individuals in Recovery Need to Know About Wellness](#), a new resource that explains to consumers what wellness is and how it affects overall quality of life, particularly for persons with mental illness. This resource describes the eight dimensions of wellness and offers suggestions about how people can apply them to their own lives to improve wellbeing.

ADHD Treatment Linked to Lower Risk of Substance Use Disorder

Children and teens who are diagnosed with attention deficit hyperactivity disorder (ADHD) and take medication for the condition are less likely to have a substance use disorder than youth with ADHD who don't take medication, a new study finds. Researchers at Princeton University found children and teens with ADHD who received medication were 7.3 percent less likely to have a substance use disorder. They also were 3.6 percent less likely to contract a sexually transmitted disease and 2.3 percent less likely to be injured, [HealthDay reported](#). The findings are published in [Labour Economics](#). Study co-author Anna Chorniy said young people with ADHD tend to have problems with self control, which can lead to injury and engaging in risky behaviors.

Study: Alcohol Screening Program Can Save Money and Reduce Hospitalization

A new study suggests that having health coaches deliver a drug and alcohol screening program to Medicaid patients can save money, while significantly reducing inpatient hospital days. The program, known as Screening, Brief Intervention and Referral to Treatment (SBIRT), can help many people with risky or problem drinking and drug use, says study co-author Richard L. Brown, MD, MPH, professor of Family Medicine at the University of Wisconsin School of Medicine and Public Health. The results suggest that SBIRT increases utilization of low-cost outpatient services and decreases utilization of high-cost inpatient and emergency services by Medicaid patients. The study of Wisconsin Medicaid patients, published in [The Journal of Behavioral Health Services & Research](#), found the SBIRT program resulted in two-year average savings of \$782 per patient screened. Click [HERE](#) to learn more about Ohio's SBIRT initiative.



Easy Access to Alcohol or Other Drugs in Teen Years May Increase Risk of Later Substance Use

Teens who have easy access to drugs or alcohol may be at increased risk of substance use in adulthood, a [new study](#) suggests. The effects are stronger for individuals who are white and male. Researchers from Michigan State University analyzed data from 15,000 teens and young adults. The study found teens with easy access began using drugs and alcohol at a younger age, and were more likely to be using one or both substances later in life. The findings appear in the [Journal of Child and Adolescent Substance Abuse](#).

News & Research Roundup, cont.

Street Drug Combining Fentanyl and New Synthetic Opioid Poses Danger

A street drug that combines fentanyl and a new synthetic opioid is being sold illegally as the prescription painkiller Norco, according to a [new report](#). Researchers caution that the street version is much stronger and more hazardous than the real medication. The illegal version of Norco looks very similar to brand-name Norco, according to Dr. Patil Armenian of the University of California, San Francisco. She reported the case of a woman who took the illegal version of Norco in the [Annals of Emergency Medicine](#). Legal Norco contains acetaminophen and hydrocodone. The illegal version has led to an unexpected cluster of fentanyl deaths in California this spring.

Illicit Drugs Increasingly Being Traded Online in “Cryptomarkets”

Illicit drugs increasingly are being traded in hidden online marketplaces known as “cryptomarkets,” [The Wall Street Journal reported](#). Revenue for illicit drugs in these online markets has doubled since 2013, while transactions have tripled, according to a [study](#) released by RAND Europe, a policy research institute. Cryptomarkets are predominantly run by drug sellers in the U.S., Australia and the United Kingdom. Monthly revenue is estimated at between \$12 and \$21.1 million. Most of the revenue is being generated by customers purchasing drugs in large quantities, suggesting they intend to resell them. Marijuana sales represent 37 percent of total revenue, followed by cocaine and amphetamines. These online markets have emerged since the Federal Bureau of Investigation closed the illicit online marketplace [Silk Road](#) in 2013.

CDC: Plant-Based Drug Kratom Emerging Public Health Threat

Kratom, a plant-based drug with opioid-like effects, is an emerging public health threat, the Centers for Disease Control and Prevention (CDC) warns. In a [new report](#), the CDC says the number of kratom-related calls to poison control centers in 2015 was 10 times higher than in 2010. Last year, poison control centers received 263 such calls. [Kratom](#) is often taken in combination with other drugs, such as ethanol, botanicals, benzodiazepines, narcotics and acetaminophen. Kratom can lead to psychosis, seizures and death, the CDC said. It is on the Drug Enforcement Administration’s Drugs of Concern list, but is unregulated at the federal level.



Partnership for Drug-Free Kids Develops Safe Drug Disposal Resources

Communities throughout the nation face the challenging issue of helping their residents safely dispose unwanted drugs from their homes. Unwanted drugs pose a threat to families: they can be intentionally misused or accidentally ingested. They can also be a target for theft. If drugs are improperly disposed, they become a danger to the environment. The Partnership for Drug-Free Kids has developed [Safe Drug Disposal: A Guide for Communities Seeking Solution](#), a free resource that provides background on this issue and helps readers understand what safe drug disposal is, and can be; who should be involved in the development of a program; and ways in which safe drug disposal programs can be promoted to community members. The guide identifies key issues for program developers to consider and resources they can utilize.

Training Opportunities

CWRU Center for Evidence-Based Practices Trainings

The Case Western Reserve University Center for Evidence-Based Practices has released its schedule of upcoming trainings. Click the links below for more information:

Sept. 13 — [Foundations of Motivational Interviewing, Part 2 \(Athens\)](#)

Oct. 19-20 — [2016 Evidence-Based Practices Conference](#)

Foundations in Disordered Gambling — Stage 1 Trainings

Registration is now open for the Foundations in Disordered Gambling Training at the Summit County Department of Public Health in [Akron on Sept. 22-23](#) and at the Adena Paccar Medical Education Center in [Chillicothe on Oct. 27-28](#). The two-day training is approved for 12 CEUs. These hours are also approved for the new Gambling endorsement on the Chemical Dependency License. Cost is \$50.

Training Opportunities, cont.

SAMHSA Innovations in Developing the Behavioral Health Workforce Webinar — Sept. 7

SAMHSA, in partnership with the National Association of State Alcohol and Drug Abuse Directors, the National Association of State Mental Health Program Directors, the Annapolis Coalition on the Behavioral Health Workforce and the Behavioral Health Education Center of Nebraska will host an [*Innovations in Developing the Behavioral Health Workforce webinar*](#) on Sept. 7 from 2-3 p.m. For more information, contact valerie.kolick@samhsa.hhs.gov.

OACCA Fall Conference: Residential Treatment Transformation — Sept. 8-9

The Ohio Association of Child Caring Agencies will host its [*2016 Fall Conference: Residential Treatment Transformation*](#) Sept. 8-9 at Embassy Suites—Dublin. Keynote presenters include Dr. Peter Pecora, Casey Family Programs, and Tom Wall, Alliance for Strong Families and Communities and the Strategic Change Initiative. Click the link for more information.

Northwest Regional TIC Collaborative Trainings — Sept. 15 & 29

The Northwest Regional Trauma-Informed Care Collaborative is holding a free training on “The Integration of Trauma-Informed Care and Primary Health Care.” This training will walk the audience through identifying and understanding the impact of health care reform and Medicaid expansion on Ohio’s health care system. Included will be a review of trauma, its presence, and how OSU ED and OSU Harding Hospital collaborated to develop trauma-informed, best practice approaches to safely meet the community demand through the four R’s of a trauma-informed system: realizing, recognizing, responding and resisting. Space is still available in both trainings in Wapakoneta and Bowling Green. 3.0 CEUs and CMEs have been approved for this training. Register below.

[*Sept. 15 | Wapakoneta - Grand Plaza Conference Center*](#)

[*Sept. 29 | Bowling Green - Wood County ESC*](#)

Violence Risk Assessment Conference — Sept. 16

Join [*Ohio Psychiatric Nurse Administrators*](#) for its [*Violence Risk Assessment Conference*](#) on Sept. 16 at the Quest Conference Center in Columbus. This training opportunity will focus on mental disorder and substance abuse violence risks. Speakers include: Dr. Phillip Resnick, director of the division of forensic psychiatry, University Hospitals Case Medical Center and professor of psychiatry, Case Western Reserve University School of Medicine, and Jonathan Fulkerson, deputy chief counsel, Office of Ohio Attorney General Mike DeWine. Register [HERE](#).

2016 Pediatric Mental Health Symposium — Sept. 19

Cincinnati Children’s Hospital will host the 2016 Pediatric Mental Health Symposium on Sept. 19 at the Great Wolf Lodge in Mason, Ohio. The Symposium is a one-day, comprehensive education event held to raise awareness of current mental health trends and their impact on mental health care for children and adolescents. Click [HERE](#) for more information or to register.

PreventionFIRST! Coalition Academy 2016 — Sept. 20

PreventionFIRST! will host its annual Coalition Academy on Sept. 20 at Great Wolf Lodge in Mason. The Academy brings together community members from Ohio, Kentucky and Indiana to learn more about substance abuse prevention. Harvard University’s Dr. Bertha Madras will provide keynote remarks about the importance of using science to inform the public about marijuana’s harm. Cost, which includes lunch, is \$35 for PreventionFIRST member coalitions and \$50 for general public. Click [HERE](#) to register.

Youth to Youth International: Making the Way Easy — Sept. 20-21

Youth to Youth International will present the Making the Way Easy adult training conference Sept. 20-21 at the Quest Conference Center in Columbus. The training is geared for adult advisors who work with youth in their prevention efforts. Click [HERE](#) for more information.

PEERdance 2016 — Sept. 24

The PEER Center is hosting a free event to celebrate recovery on Sept. 24, at Franklin Park Amphitheater. PEERdance will feature dancing, live singing, a DJ, prizes and more! The free event is open to all ages; [*registration*](#) is required. For more information, please contact goward@thepeercenter.org.

Training Opportunities, cont.

9th Annual RSVP Mental Health Recovery Conference — Sept. 28

The Mental Health and Recovery Board of Ashland County, in partnership with Disability Rights Ohio, will host the 9th Annual Respect, Success, Value, Purpose (RSVP) Mental Health Recovery Conference "Recovery: Our Journey, Our Future" on Sept. 28 in Ashland. Dr. Paul J. Caplan, author of several books, including *They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal*, will provide keynote remarks. The conference will also feature 12 breakout sessions covering a variety of topics, including: trauma and use of creative arts in recovery and advocacy. Up to 5.25 CEUs are available for counselors and social workers. Click [HERE](#) to register.

Registration Open: 2016 UMADAOP State Conference — Sept. 28-30

The 27th Annual Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP) Conference, themed TUTAJENGA "We Will Build," will take place Sept. 28-30 at the Westin Hotel — Downtown Cleveland. The conference will feature an array of speakers and workshops that provide empirical and traditional knowledge, skills and tools for professionals who work with African- and Latino-American populations as it relates to substance abuse prevention, treatment and other related issues. Click [HERE](#) to register.

Save the Date: Integration of Trauma-Informed Care and Primary Health Care — Sept. 29

The Northwest Ohio regional Trauma-Informed Care (TIC) Collaborative is sponsoring a free workshop on the integration of TIC and primary health care on Sept. 29 from 9 a.m.-noon. More details will be available in the coming months.

Save the Date: The Ohio Council 2016 Annual Conference & Exhibit Hall — October 20-21

The Ohio Council of Behavioral Health & Family Services Providers will hold its Annual Conference & Exhibit Hall on Oct. 20-21 at the Hilton Columbus/Polaris. Please visit www.theohiocouncil.org or contact Brenda Cornett, cornett@theohiocouncil.org, 614.228.0747 for more information.

2016 Health Educators Institute — Oct. 21-22

The Ohio Society for Public Health Education ([Ohio SOPHE](#)) will host its 2016 Health Educators Institute, *The Many Faces of Health Education: One Shared Goal*, Oct. 20-21 at Mohican State Park in Ashland County. Click [HERE](#) to register.

Children of Addicted Parents (CAP) Conference — Nov. 1

PreventionFIRST! is partnering with Cincinnati Children's Hospital and Children of Addicted Parents to host "Impact of the Heroin Epidemic on Our Children, The Silent Victims," on Nov. 1 at the Sabin Auditorium at Children's Hospital. Physicians, nurses, social workers, psychologists, early intervention personnel, child protective services (CPS) workers, law enforcement personnel, foster parents and family members are encouraged to attend. In addition to information presented on the realities of the impact of addiction, participants will be encouraged to share their own experiences and engage to be a part of the solution. Click [HERE](#) for more information.

Fourth Annual HOME Choice Conference — Nov. 1

Save the Date! The [HOME Choice Consumer Advocacy Council](#) in association with the Ohio Department of Medicaid will present the Fourth Annual HOME Choice Conference "Breaking Down Barriers to Community Living" on Nov. 1 at the Hilton Columbus Downtown. Click [HERE](#) for more information.

Annual Forensic Conference — Nov. 3

OhioMHAS will host its [Annual Forensic Conference](#), "Meeting Current Ethical, Clinical and Public Policy Challenges" on Nov. 3 at the Embassy Suites Columbus — Dublin. Keynote speaker Joel Dvoskin, Ph.D., ABPP, will present "Violence and Mental Illness: Myth vs. Reality." [Register online](#). For more information about registration, contact Dr. Jenny O'Donnell at conferenceinfo@forpsycheval.org. For general conference information, contact Dr. Bob Baker at Robert.Baker@mha.ohio.gov.



Have a news story or training opportunity you'd like to share with colleagues?
Please forward submissions to Eric.Wandersleben@mha.ohio.gov for consideration.